Chapter: Chapter 01: Introduction to Psychiatric-Mental Health Nursing

Multiple Choice

1. A nurse is giving a presentation about preventing mental illness to college freshmen. A student asks, “What does it mean to be mentally healthy?” Which of the following potential responses by the nurse is best?

A) “Mental health is difficult to define and depends on cultural norms.”
B) “Mental health is marked by productivity, fulfilling relationships, and adaptability.”
C) “Mental health is characterized by the absence of mental illness.”
D) “Mental health is the performance of behavior that is accepted as normal.”

Ans: B

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Client Needs: C
Feedback: Mental health means the successful performance of mental function, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. Mental health provides people with the capacity for rational thinking, communication skills, learning, emotional growth, resilience, and self-esteem.

2. A 48-year-old independent, successful woman is recovering from a modified radical mastectomy. She states she was grateful that during the first few weeks after surgery her mother stayed with her and did “everything” for her. Which element of mental health does this reflect?

A) Reality orientation  
B) Mastery of the environment  
C) Self-governance  
D) Tolerance of the unknown  

Ans: C
Feedback:  In self-governance, the person acts independently, dependently, or interdependently as the need arises without permanently losing his or her autonomy. Tolerance of the unknown means the person faces the uncertainty of life and the certainty of death with faith and hope. To master the environment, the person becomes competent, effective, and creative in interacting with and influencing his or her environment. Reality orientation involves differentiating fact from fantasy and behaving accordingly.


A) Because it states clearly that there are effective treatments for mental illness

B) Because it allocates research money to psychiatric facilities

C) Because it sets new guidelines for use of restraints

D) Because it establishes reimbursement guidelines for third-party payers

Ans: A

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Client Needs: A-1

Cognitive Level: Knowledge

Difficulty: Moderate

Integrated Process: Communication and Documentation

Feedback: *Mental Health: A Report of the Surgeon General* addressed that mental health is fundamental to and necessary for a healthy life; mental disorders are real
health conditions with enormous consequences for individuals, families, communities, and the nation; effective treatments for mental disorders are available; a range of treatment options is available for most mental disorders; and those with mental disorders or symptoms should seek treatment.

4. While a nurse is performing an admission assessment for a mental health client, the client states that all of his problems have been caused by his parents. The nurse knows that psychological factors that can influence mental health include which of the following?

A) Neuroanatomy

B) Emotional developmental level

C) Values and beliefs

D) Religion

Ans: B

Chapter: 01

Client Needs: C

Cognitive Level: Analysis

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 01

Page and Header: 3, Figure 1.2

Feedback: Psychological influences on mental health include interactions, intelligence quotient, self-concept, skills, creativity, and emotional developmental level. Neuroanatomy is a biological influence on mental health. Values, beliefs, and religion are sociocultural influences on mental health.
5. What is the primary purpose of the five-axis system used in the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders, 4th edition, text revision (DSM-IV-TR)*?

A) To separate the various mental disorders into five related categories

B) To give a comprehensive picture of client functioning

C) To improve prognostic ability

D) To provide a decision-making algorithm for pharmacologic treatment

Ans: B

Chapter: 01

Client Needs: A-1

Cognitive Level: Knowledge

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 03

Page and Header: 7, Five Axes of the DSM

Feedback: The categorical classification of the *DSM-IV-TR* uses a five-axis system to give a comprehensive picture of the client’s functioning.

6. One limitation of the *DSM* relates to diagnostic labels given to children. The most problematic issue caused by applying adult categories to children is which of the following?

A) It prevents the proper treatment of childhood disorders.

B) The criteria for diagnosis of a disorder are flexible for an adult, but not for children.
C) Categories are based on manifestations of adult disorders, not research in children.

D) The *DSM* was written before childhood psychological conditions were recognized.

Ans: C

Chapter: 01

Client Needs: A-1

Cognitive Level: Knowledge

Difficulty: Moderate

Integrated Process: Communication and Documentation

Objective: 03

Page and Header: 8, Limitations and Criticisms of the DSM

Feedback: The *DSM* diagnostic labels for children were derived from adult categories. The most problematic related issue is that the diagnoses are not based on a body of research on children—similar disorders may have different signs and symptoms for each age group.

7. Which of the following represents a problem complicating the treatment of people with mental illness?

A) Insurers’ reimbursement decisions

B) Increased responsibility for care by state mental hospitals

C) Overuse of the well-coordinated mental health care system

D) Lack of effective treatments

Ans: A

Chapter: 01
Feedback: A goal of behavioral health-managed care has been to reduce hospital admissions, which are the most expensive part of psychiatric care. Unfortunately, some managed care “gatekeepers” have denied or restricted access to needed services and therefore have added to the discouragement, distress, and even despair of clients and their families.

8. Julie, a 47-year-old woman, missed 1 week of work when she was hospitalized with bipolar disorder. She was placed on medication and was able to return to work. When asked about her absence, Julie informed coworkers that she was suffering from influenza. What is the most likely reason Julie lied about her illness?

A) This is a sign that the medication is not effectively treating her illness.

B) Fear of rejection, isolation, and discrimination based on her mental health diagnosis

C) Due to workplace policies that encourage the firing of those with mental illnesses

D) To avoid eliciting sympathy among her coworkers

Ans: B
Difficulty: Difficult

Integrated Process: Nursing Process

Objective: 04

Page and Header: 10, Stigma

Feedback: Strong stigma still attaches to people who suffer from mental illness, largely related to public misunderstandings, misconceptions, and associated fears. At a personal level, people with mental illness must deal with painful rejection, isolation, and discrimination that erode self-assurance and can systematically undermine self-confidence. Stigma creates or reinforces interpersonal, financial, employment, and social barriers to accessing care.

9. A 22-year-old man with a history of a recent suicide attempt is being treated for depression. Prior to becoming depressed, the client attended a prestigious art school and enjoyed many social and leisure activities. Of the following long-term goals for this client, which is consistent with an overarching recovery goal for all clients with mental disorders?

A) The client will not injure himself.
B) The client’s symptoms will be reduced.
C) The client will show interest in social and leisure activities.
D) The client will resume pre-illness functioning.

Ans: D

Chapter: 01

Client Needs: C

Cognitive Level: Analysis

Difficulty: Difficult

Integrated Process: Nursing process
Objective: 04

Page and Header: 12, Beyond Response to Recovery

Feedback: The aim now is for clients to recover or to experience a remission and be restored to pre-illness functioning in various domains, such as occupationally, socially, and educationally.

10. Which of the following approaches to care best reflects cultural competence?

A) Always assign nurses of a specific ethnic background to clients with the same ethnic background.

B) Learn the behaviors and values associated with people of specific ethnic backgrounds.

C) Assess the culturally mediated beliefs of each client.

D) Believe that people are more alike than they are different.

Ans: C

Chapter: 01

Client Needs: C

Cognitive Level: Analysis

Difficulty: Difficult

Integrated Process: Nursing Process

Objective: 04

Page and Header: 12, Culturally Competent Care

Feedback: Culturally competent care means that care is provided in a manner acceptable to the person’s cultural background, regardless of whether it is provided by a care provider from the same ethnic or minority group as the client. Health care professionals must be able to incorporate cultural factors including language, customs, beliefs, and traditions into plans of care.
11. The family advocacy movement and the National Alliance for the Mentally Ill (NAMI) have identified stages through which families progress when confronting the mental illness of a loved one. Which of the following accurately reflects the stages identified in the Family Advocacy Model?

A) Dealing with a catastrophic event, learning to cope, moving into advocacy

B) Learning acceptance, experiencing grief, developing advocacy

C) Beginning recognition, denial, grief, acceptance, advocacy

D) Learning to cope, understanding, advocating

Ans: A

Chapter: 01

Client Needs: C

Cognitive Level: Comprehension

Difficulty: Difficult

Integrated Process: Nursing Process

Objective: 05

Page and Header: 14, Table 1.2 and Table 1.3

Feedback: Initially, when dealing with the catastrophic event, the family is overwhelmed, confused, and lost. They then learn to cope and realize the illness is a reality. The family often expresses grief, fear, and sorrow over lost possibilities and the uncertain future. Finally, moving into advocacy is evidenced when family members develop empathy, acknowledge and own the situation, and focus anger and grief on empowerment.

12. According to research conducted by the National Alliance for the Mentally Ill (NAMI), the first event and stage of the Client Adaptation Model includes which of the following?

A) Event: crisis, stage: recuperation
B) Event: awakening, stage: recuperation

C) Event: decision, stage: rebuilding

D) Event: crisis, stage: recovery/discovery

Ans: A

Chapter: 01

Client Needs: C

Cognitive Level: Knowledge

Difficulty: Difficult

Integrated Process: Nursing Process

Objective: 05

Page and Header: 14, Table 1.3

Feedback: The first event and stage of the Client Adaptation Model are crisis and recuperation, the second event and stage are decision and rebuilding, and the final event and stage are awakening and recovery/discovery.

13. Which of the following interventions is appropriate for a psychiatric–mental health nurse at the basic level of practice?

A) Promoting symptom management

B) Managing psychotropic medications

C) Conducting family therapy

D) Interpreting laboratory tests

Ans: A

Chapter: 01
Client Needs: A-1

Cognitive Level: Analysis

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 06

Page and Header: 15, Levels of Practice

Feedback: Basic psychiatric–mental health nurses promote and encourage the maintenance of health and prevention of disorders, assess biopsychosocial functioning, serve as case managers, design therapeutic environments, and promote self-care activities, including medication and symptom management. At the advanced level, psychiatric–mental health nurses deliver comprehensive primary mental health services. Functions include teaching and screening, performing preventive interventions, and evaluating and managing care for people with mental illness.

14. An adolescent has a history of self-mutilation. The nurse questions the client about factors that the client believes to contribute to her behavior. The nurse’s questioning reflects which principle?

A) That every person deserves respect

B) That all people share basic human needs

C) That through the therapeutic use of self, nurses can help people adapt, change, and grow

D) That all behavior is meaningful and can be understood from the person’s perspective

Ans: D

Chapter: 01

Client Needs: C
Feedback: Psychiatric–mental health nursing is built on certain principles or beliefs about people and the care they deserve: Every person is worthy of dignity and respect; every person has the potential to change and grow; all people share basic human needs; all behavior is meaningful and can be understood from the person’s perspective; people have the right to participate in decisions affecting their health and treatment. Through the therapeutic use of self, via therapeutic relationships and communication, nurses help people adapt, change, and grow. While all the above principles are followed, the nurse’s questioning in the stem best reflects the principle that all behavior has meaning and can be understood from the person’s perspective.

15. A 44-year-old client with a history of alcohol abuse and schizophrenia is being treated as an outpatient. He is living in a group home, has been stable for several months, is not abusing alcohol, and is not experiencing delusions or auditory hallucinations. Which of the following interventions most appropriately includes the client in decisions about his treatment?

A) Suggest the client decide whether to take his medication, based on his symptoms.

B) Include the client in developing a treatment plan in case he becomes acutely psychotic in the future.

C) Agree with the client’s suggestion that he terminate treatment and call if he experiences a relapse.

D) Encourage the client to make a decision about living independently.

Ans: B
Client Needs: A-1

Cognitive Level: Application

Difficulty: Moderate

Integrated Process: Teaching/Learning

Objective: 06

Page and Header: 16, The Role of the Psychiatric Nurse as a Team Member

Feedback: The nurse is a member of an interdisciplinary team. The team also includes the client and his or her family. Collaboration implies that members work toward a common goal and share responsibility for the outcomes of care.

16. The legal system orders a client with antisocial personality disorder into treatment. He has a history of spousal abuse and multiple arrests and convictions for drug trafficking. Based on the history, the nurse decides to perform a quick assessment and give him information about the anger management classes he is mandated to attend. The nurse’s brief visit and superficial intervention are which of the following?

A) Appropriate, because clients with antisocial personality disorder resist treatment

B) Appropriate, because the client is not in treatment willingly

C) Inappropriate, because all people have the potential to change and grow

D) Inappropriate, because the nurse did not address the client’s history of drug abuse

Ans: C

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Client Needs: A-1

Cognitive Level: Evaluation
Psychiatric–mental health nursing is built on certain principles or beliefs about people and the care they deserve: Every person is worthy of dignity and respect; every person has the potential to change and grow; all people share basic human needs; all behavior is meaningful and can be understood from the person’s perspective; people have the right to participate in decisions affecting their health and treatment; and through the therapeutic use of self, via therapeutic relationships and communication, nurses help people adapt, change, and grow.

17. What is the main tool at the nurse’s disposal in treating clients with mental disorders?

A) Psychotropic medications

B) The therapeutic use of self

C) Self-help groups

D) Family education and therapy

Ans: B
Feedback: Through the therapeutic use of self, via therapeutic relationships and communication, nurses help people adapt, change, and grow. Medications and education will influence and enhance growth, but the therapeutic use of self is the nurse’s primary tool. Self-help groups do not involve health care professionals.

18. An adult woman with a diagnosis of major depression has found that few of her peers and family members accurately understand the etiology of her health problem. Which of the following statements best describes the etiology of mental illnesses?

A) Despite advances in neuroscience, the etiology of mental illnesses is largely unknown.

B) Mental illnesses are the result of impaired coping skills and personality deficits.

C) Each specific mental illness is linked to a particular gene defect.

D) Mental illnesses result from a combination of genetic and environmental factors.

Ans: D

Chapter: 01

Client Needs: D-4

Cognitive Level: Analysis

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 01

Page and Header: 7, Etiology

Feedback: The roots of mental illness are a combination of biologic and environmental factors; however, it is inaccurate to think that any one gene is responsible for any mental disorder. Coping skills and personality affect the onset
and course of mental illnesses but these factors are not solely, or even primarily, responsible for their etiology.

19. A male client with a history of depression and suicide attempts has established a psychiatric advanced directive specifying that he does not wish to be treated with psychotropic medications. The client has been admitted to the hospital following a suicide attempt and has been deemed an acute risk to his own safety. How will the individual’s advanced directive affect his plan of care?

A) The client will be treated with all appropriate interventions with the exception of medications.

B) The client will be administered medications if they are determined to be essential to his care.

C) The client will need to waive his advanced directive if he is to be successfully treated.

D) The client will be administered medications without his knowledge.

Ans: B

Chapter: 01

Client Needs: D-2

Cognitive Level: Analysis

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 04

Page and Header: 14, Psychiatric Advanced Directives

Feedback: Advanced directives are not meant to supersede care necessary to protect client safety. As such, the client may be treated with medications despite his advanced directive. Administering medications without the client’s knowledge is never a preferred approach.
20. A psychiatric–mental health nurse has witnessed first-hand the high incidence and prevalence of depression in the American population, particularly among older adults. What phenomenon is known to complicate the diagnosis and treatment of depression in older adults?

A) The disorder is often attributed to the aging process rather than treated aggressively.

B) Depression results from organic brain changes that occur in both healthy and unhealthy adults.

C) Older adults are frequently suspicious of psychiatry and of psychotropic medications.

D) The disorder is often internalized by older adults, making accurate diagnosis challenging.

Ans: A

Chapter: 01

Client Needs: D-4

Cognitive Level: Analysis

Difficulty: Moderate

Integrated Process: Nursing Process

Objective: 04

Page and Header: 4, Incidence and Prevalence

Feedback: Depression, a serious mental health problem for all age groups, is particularly challenging for older adults. Although 8% to 15% of them have depression, the condition often is undiagnosed and untreated for older clients because they, their families, or health care providers mistakenly confuse signs and symptoms with “normal aging.” This phenomenon is more significant than suspicion, internalization of symptoms or organic brain changes.
Chapter 02- Neuroscience-Biology and Behavior

Chapter: 02
Client Needs: D-4
Cognitive Level: Knowledge
Difficulty: Easy
Integrated Process: Teaching/Learning
Objective: 01
Page and Header: 21, Neuroanatomy and Neurophysiology

1. The basic units of structure and function in the nervous system are called which of the following?
   A) Glial cells
   B) Neurons
   C) Axons
   D) Dendrites
   Ans: B
   Feedback:
   Neurons, or nerve cells, are the basic units of structure and function in the nervous
system. Glial cells provide mechanical and metabolic support for neurons. Each
neuron consists of a cell body and snakelike extensions called dendrites and axons.
Because the dendrites and axons are subcomponents or the neuron itself, they are
not considered to be the basic structural and functional units of the nervous system.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 2
Chapter: 02
Client Needs: D-4
Cognitive Level: Knowledge
Difficulty: Moderate
Integrated Process: Teaching/Learning
Objective: 01
Page and Header: 21, Neurons

2. The structure and function of a neuron form the basis for the overall function of
the nervous system. What are the components of a neuron?
A) A glial cell, nucleus, organelles, dendrites, and axons
B) A glial cell, nucleus, dendrites, and synapses
C) A cell body, nucleus, organelles, dendrites, and axons
D) A cell body, nucleus, axon, and synapses
Ans: C
Feedback:
Each neuron consists of a cell body with a nucleus, other organelles, and snakelike
extensions called dendrites and axons that funnel information in and out. Between
each neuron are spaces called synapses, which serve as points of cellular contact.
Glial cells and synapses are not components of a neuron.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 3
Chapter: 02
Client Needs: D-4
Cognitive Level: Comprehension
Difficulty: Moderate
Integrated Process: Teaching/Learning
Objective: 02, 03
Page and Header: 24, First and Second Messengers

3. A patient has researched the role of neurotransmitters in her mental illness. What
is the role of neurotransmitters?
A) Excite the receptor cell located inside the synaptic cleft.
B) Inhibit the receptor cell found inside of glial cells.
C) Communicate information within the receptor cell.
D) Communicate information from one cell or cell group to another.
Ans: D
Neurotransmitters are referred to as first messengers, which refers to molecules that communicate information or change from one cell or cell group to another, cause an immediate effect, and are typically found in circuitry that produces behavior. Glial cells are not involved in neurotransmission and receptor cells do not lie within the synapse.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 4
Chapter: 02
Client Needs: D-4
Cognitive Level: Knowledge
Difficulty: Moderate
Integrated Process: Teaching/Learning
Objective: 02
Page and Header: 24, First and Second Messengers

4. Because neurotransmitters are responsible for immediately transmitting impulses between nerve cells, they are known as which of the following?
   A) First messengers
   B) Second messengers
   C) Receptors
   D) Synapses
   Ans: A

Feedback:
Neurotransmitters are referred to as first messengers, which denotes that they are molecules that communicate information or change from one cell or cell group to another, cause an immediate effect, and are typically found in circuitry that produces behavior. A second messenger is a substance manufactured from the coupling of a first messenger to a receptor. Neurotransmitters can initiate the action of second messengers but neurotransmitter themselves are not second messengers.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 5
Chapter: 02
Client Needs: D-4
Cognitive Level: Application
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 03
Page and Header: 26, Understanding Biologic Foundations 2.2

5. A nurse is caring for a patient who is addicted to alcohol and drugs and is discussing the pathway of the brain responsible for this behavior. The nurse should know that the pathway of the brain thought to be involved in pleasurable sensations
and the euphoria resulting from use of drugs is called the:
A) Tuberinfundibular dopamine pathway
B) Nigrostriatal dopamine pathway
C) Mesocortical dopamine pathway
D) Mesolimbic dopamine pathway
Ans: D
Feedback:
The mesolimbic pathway is thought to be involved in pleasurable sensations and euphoria resulting from substance abuse. Deficiencies in the nigrostriatal pathway result in movement disorders (eg, Parkinson’s disease) and contribute to certain side effects of antipsychotic medications. The mesocortical pathway is thought to mediate both the negative and cognitive symptoms of psychosis. The tuberoinfundibular pathway regulates prolactin secretion.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 6
Chapter: 02
Client Needs: D-4
Cognitive Level: Analysis
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 30, Limbic System
6. A client lives with acquired deficits in emotional control, memory, and learning. What part of this client’s brain is most likely affected?
A) Basal ganglia
B) Brainstem
C) Limbic system
D) Cerebellum
Ans: C
Feedback:
The limbic system controls emotions, memory, and learning. The basal ganglia initiates and controls voluntary motor activities and muscle tone. The brainstem controls respiration, gastrointestinal motility, circulation, and sleep and wakefulness, and it directs visual and auditory reflexes. The cerebellum controls and guides movements and maintains muscle tone.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 7
Chapter: 02
Client Needs: D-4
Cognitive Level: Analysis
Difficulty: Moderate
7. You are caring for a mental health client who has developed difficulty with balance and muscle tone after a car accident that involved a head injury. Based on this information, what area of the brain was most likely injured in the accident?
A) Diencephalon
B) Brainstem
C) Cerebellum
D) Pons
Ans: C
Feedback:
The cerebellum coordinates the voluntary muscles and maintains balance and muscle tone. The diencephalon maintains homeostasis and controls the autonomic nervous system and the pituitary gland. The brainstem connects the cerebrum and diencephalon with the spinal cord. The pons helps regulate respiration.

8. A client who experiences dysfunction in the hypothalamus is most likely to have
A) Maintaining homeostasis
B) Processing sensory input
C) Secreting melatonin
D) Integrating motor activities
Ans: A
Feedback:
The diencephalon consists of the thalamus, hypothalamus, and pineal gland. The hypothalamus maintains homeostasis and controls the autonomic nervous system and the pituitary gland.
9. Sensory deprivation in infancy and childhood has adversely affected a boy’s brain development. Which characteristic of the brain was most directly involved in this process?
A) Neuroplasticity
B) Reactive plasticity
C) Adaptive plasticity
D) Synaptic plasticity
Ans: A
Feedback:
Neuroplasticity is the brain’s ability to develop and alter in response to experiences with various stimuli. Reactive plasticity and adaptive plasticity are two basic phenomena involved in neuroplasticity, both of which depend on a structural change in neurons.

10. Rather than being 100%, concordance rates for schizophrenia in monozygotic twins are only 50%. Which of the following statements best explains this phenomenon?
A) Genetic predisposition to disease is frequently overstated.
B) One twin is inherently more vulnerable in every case.
C) Environmental experiences affect gene expression.
D) The genetic pathway responsible for vulnerability is unrelated to being a twin.
Ans: C
Feedback:
While human genes play an enormous role in certain pathologies, the pathophysiology of psychiatric disorders, like all disorders, depends on a complex interaction of genetic factors and environmental factors. These genetic and environmental factors also affect the brain’s development and subsequent function. Identical genetic material does not necessarily guarantee the development of a disease. Inherent vulnerability does not adequately explain this phenomenon.
11. The process by which DNA sequences are copied into ribonucleic acid (RNA) is which of the following?
A) Transcription
B) Phenotyping
C) Translation
D) Allele formation
Ans: A
Feedback:
Transcription is the process by which DNA sequences are copied into ribonucleic acid (RNA). Translation is the process by which information in RNA produces strings of amino acids, which in turn make up proteins (life’s building blocks). Combinations of genetic parameters altered by environmental influences over time are referred to as the phenotype. Each gene has a specific location on the chromosome called an allele.

12. Imbalances in neurotransmitters contribute to the development of mental disorders. Norepinephrine imbalance is implicated in the etiology of:
A) Schizophrenia
B) Mood disorders
C) Dementia
D) Generalized anxiety disorder
Ans: B
Feedback:
Norepinephrine is implicated in mood disorders. Dopamine is implicated in
schizophrenia; gamma-aminobutyric acid (GABA) is implicated in dementia, schizophrenia, and anxiety disorders; and high levels of serotonin are implicated in anxiety disorders.

13. After testing, it is determined that a mental health client has low levels of serotonin. What symptom(s) would this individual most likely experience?
   A) Fight-or-flight response
   B) Sleep disturbances
   C) Severe anxiety
   D) Depression and impulsivity
   Ans: D
   Feedback:
   Low levels of serotonin are associated with depression, aggression, suicidality, and impulsivity. High levels of serotonin are associated with anxiety disorders. Sleep disturbances are associated with acetylcholine. The fight-or-flight response is associated with epinephrine.

14. A mental health client’s symptomatology has been partially attributed to the effects of neuroplasticity. What statements best describes this phenomenon?
   A) Neuroplasticity is the ability of nervous tissue to change structure and functioning in response to new experiences.
   B) Neuroplasticity determines a client’s response to psychotropic medications.
   C) Neuroplasticity initiates the neuroendocrine-mediated physiologic events that prepare the body for “fight or flight.”
   D) Neuroplasticity is the process by which the information in RNA produces
strings of amino acids.
Ans: A
Feedback:
The brain’s ability to develop and alter in response to experience is known as neuroplasticity. This means that the brain adapts to new conditions during its maturation and during its constant interaction with its environment. In a sense, this also means that, to some degree, humans can create their own brains by exposing them to certain experiences. Neuroplasticity is not a component of gene expression and it does not initiate the fight-or-flight response.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 15
Chapter: 02
Client Needs: B
Cognitive Level: Application
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 30, Brain Development
15. A pediatric nurse develops an educational presentation for parents from a socially and economically disadvantaged area to help them create stimulating, rich environments for their children. Although all children may benefit from an enriched environment, the nurse should primarily target which of the following age groups?
A) Children older than 6 years, because they are developmentally ready for a new learning environment
B) Infants and children up to 18 months of age, because, by that time, the developing brain has reached 90% of its adult size and the foundations for future cognitive and social function are in place
C) Children older than 2 years, because younger children are still attached to their mothers
D) Infants and children younger than 3 years, because the brain is still rapidly developing
Ans: D
Feedback:
The systems that allow people to form and maintain emotional relationships develop during the first years of life. By the time that children are 3 years old, the brain is 90% of its adult size, and the emotional, behavioral, cognitive, and social foundation is in place for the rest of life. An argument can thus be made that interventions should focus on health promotion during this period of development.
16. A client reveals that an uncle sexually abused her during her childhood. She states she recalls in detail the day and the events leading up to the first instance of the abuse. This memory is an example of which of the following types of memory?
A) Retrieved memory
B) Suppressed memory
C) Declarative memory
D) Procedural memory
Ans: C
Feedback:
Declarative or explicit memory storage constitutes a conscious memory for people, places, and things. Procedural or implicit memory is unconscious, and those memories are evident only in performance, not through conscious recall.

17. A 34-year-old woman is 3 months postpartum following the birth of her first child and is being treated for postpartum depression. She states that she misses her career, was not ready to become a full-time mother, and resents the time she must devote to the baby. The infant looks well fed and well cared for. Basing the client’s plan of care on concepts of brain development and neuroplasticity, the nurse identifies which of the following goals as the priority?
A) The client will receive physical and emotional support from her husband.
B) The client will resume her job on a part-time basis.
C) The client will develop attachment with the infant.
D) The client will use daycare or other services to allow her more time to herself.
Ans: C
Feedback:
Neuroplasticity means that the brain adapts to new conditions during its constant interaction with its environment. Our brains continue to grow connections, and exposure to new learning results in brain changes, even into advanced old age. The mother can learn to embrace her new role as mother and develop an attachment with the infant.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 18
Chapter: 02
Client Needs: D-4
Cognitive Level: Comprehension
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 37, Table 2.3, Neuroimaging Techniques
18. A client is being prepared for a neuroimaging study of glucose metabolism, blood flow, and neurotransmitter-receptor activity? What neuroimaging study will be performed on this client?
A) Magnetic resonance imaging (MRI)
B) Electroencephalogram (EEG)
C) Ultrasonography
D) Positron emission tomography (PET) scan
Ans: D
Feedback:
PET is used to examine brain functioning, including glucose metabolism, blood flow, and neurotransmitter-receptor activity. MRI, EEG, and ultrasound cannot assess each of these parameters of brain activity.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 19
Chapter: 02
Client Needs: D-2
Cognitive Level: Application
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 03
Page and Header: 24, Psychiatric Implications
19. A nurse is participating in the care of a client whose treatment involves application of the principles of psychopharmacotherapy. As a result, the client’s treatment will prioritize which of the following?
A) Altering the molecular structure of the neuronal nuclei
B) Control of the environmental factors that are known to underlie mental illness
C) Altering the process of gene expression within neurons
D) Blocking or enhancing the effects of specific neurotransmitters
Ans: D
Feedback:
Psychopharmacotherapy involves blocking or enhancing certain neurotransmitters, especially those implicated in mental illness. Psychopharmacotherapy does address genetic factors or environment.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 20
Chapter: 02
Client Needs: D-4
Cognitive Level: Application
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 06
Page and Header: 34, Stress–Diathesis Model
20. The stress–diathesis model has been discussed by the care team as a plausible explanation for the onset of a client’s major depression. This model would attribute the client’s illness as the result of the interplay between what factors? Select all that apply.
A) The pathological absence of neuroplasticity
B) The client’s predisposition toward developing depression
C) Cultural expectations for behavior
D) Life events that exceed the individual’s coping skills
E) The client’s adherence to prescribed treatment
Ans: B, D
Feedback:
The stress–diathesis model was developed to demonstrate the dynamic between the individual’s predisposition (diathesis) toward developing a certain illness, and the levels of stress to which they are subjected and that exceed coping ability. This model does not prioritize the roles of neuroplasticity, culture, or adherence to treatment.

Origin: Chapter 02- Neuroscience-Biology and Behavior, 21
Chapter: 02
Client Needs: C
Cognitive Level: Comprehension
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 06
Page and Header: 33, Interaction Between Genes and Environment
21. An adult female client has been diagnosed with a personality disorder. What characteristic of this client’s experience would be considered to be a possible second hit in the etiology of her disorder?
A) The client’s current socioeconomic status
B) The client’s genetic phenotype
C) Abuse the client suffered as a teenager
D) Psychotropic medications that have been used without success
Ans: C
Feedback:
Examples of second hits might include intense experiential toxins, such as physical abuse or neglect, infections, or prenatal exposure to alcohol. Socioeconomic status, medications, and genetic factors are not normally categorized as second hits.