

Test Bank for Mental Health in Nursing 5th Foster

Chapter 2: Nursing and mental health in context

Foster et al: Mental Health in Nursing, 5th Edition

Test Bank

Multiple-choice questions

1. Social determinants of mental health include:

- a. Ethnicity
- b. Gender
- c. Food security
- d. All of the above

ANS: D

2. It is important to acknowledge gender identity in mental health care because:

- a. Gender identity is an inherent aspect of individual identity.
- b. Gender identity is fixed from birth.
- c. Most consumers want to discuss their gender identity.
- d. Gender identity is biological in origin.

ANS: A

3. Personal recovery from mental illness means the person:

- a. No longer has symptoms of mental illness
- b. Has gained insight into their need for treatment
- c. Regards their mental health as a personal development journey
- d. No longer needs the support of mental health professionals

ANS: C

4. Trauma-informed care involves:

- a. Preventing any trauma in the consumer's life
- b. Avoiding any discussion of emotionally painful experiences
- c. Discussing your own experiences of trauma with consumers
- d. Supporting consumers so they feel safe when receiving care

ANS: D

5. Therapeutic relationships have been described as:

- a. An equal partnership between a nurse and consumer
- b. Something that happens automatically between a nurse and consumer
- c. Something that develops once the nurse has a long-term relationship with the consumer

- d. Only possible for nurses with advanced training and experience

ANS: A

True/false

- 1. Many people have a non-religious worldview while still maintaining spiritual beliefs and values.

ANS: True

- 2. Hope can be described as the act by which the temptation to despair is actively overcome.

ANS: True

- 3. Maintaining professional boundaries in clinical practice is always the responsibility of the nurse.

ANS: True

- 4. Self-disclosure should never occur in a professional relationship.

ANS: False

- 5. The concept of neuroplasticity refers to the brain's ability to develop new pathways even after experiencing trauma.

ANS: True