Test Bank for Social Work and Mental Health Evidence-Based Policy and Practice 1st Mignon

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TEST BANK for

SOCIAL WORK AND MENTAL HEALTH: EVIDENCE-BASED POLICY AND PRACTICE

Sylvia I. Mignon, MSW, PhD

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CHAPTER 1

True/False Test Questions

1. Mental illness is found in all cultures.
*a. T
b. F

2. The treatment of mental illness is not typically considered a priority in addressing urgent health problems in developing countries.
*a. T
b. F

3. Culture does not have much impact on attitudes toward mental health and mental illness.
a. T
*b. F

4. Lack of health insurance can limit access to mental healthcare.
*a. T
b. F

5. Prejudice is holding negative attitudes toward those who have mental illness.
*a. T
b. F

6. Stigma is the behavior that can result from prejudice toward the mentally ill.
a. T
*b. F

7. Those with schizophrenia are likely to be among the most stigmatized in American society.
*a. T
b. F

8. Social workers and mental health professionals rarely hold stigmatizing attitudes toward those with mental illness.
a. T
*b. F

9. The Goldwater Rule ensures that all mental health professionals should be allowed to study the behavior of President Donald Trump and diagnose whether he has a mental illness.
a. T
*b. F

10. Only psychiatrists and psychologists have the appropriate credentials to treat clients with mental illness.
a. T
*b. F

Multiple Choice Test Questions

1. An individual's choice to disclose mental illness can be:
*a. empowering

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b. a symptom of severe mental illness
c. a side effect of antidepressant medication
d. a likely result of long-term psychiatric hospitalization

2. Self-stigma refers to:
a. the need to hide an individual's mental illness from others
*b. the mentally ill taking on stigmatized attitudes toward themselves
c. neglecting one's own hygiene and physical care
d. discriminating against others who have mental illness

3. Discrimination toward individuals with mental illness is:
a. a belief system that encourages those with mental illness to live in poverty
b. designed to assist those with mental illness to get medical help
*c. the behavior that results from prejudice against those with mental illness
d. a minor social problem today

4. Mental illness is associated with:
a. poverty
b. violence
c. growing up in a dysfunctional family
*d. all of the above

5. Perceptions of mental illness can be rooted in:
a. culture and genetics
*b. culture and religion
c. brain chemistry and trauma
d. victimization and religion

6. The Goldwater Rule refers to:
a. social workers not sharing a client's mental health diagnosis with anyone else
*b. the fact it is unethical for a psychiatrist to comment on the mental health status of a public official without making an assessment and receiving permission of that person to disclose information
c. the importance of making known when a presidential candidate may be considered dangerous due to mental health problems
d. trying to reduce the stress of public figures so that they do not develop mental health problems

7. Recommendations to improve the mental health system can include:
*a. providing evidence-based mental health services
b. reducing the amount of research on mental illness and putting these funds toward treatment
c. reducing collaborative efforts among mental health providers
d. increasing the number of volunteer mental health advocates while reducing the number of psychiatrists

8. Which is NOT a core competency of the Council on Social Work Education (CSWE)?
a. demonstrate ethical and professional behavior
b. advance human rights
c. engage in practice-informed research and research-informed practice
*d. provide services only to clients who are able to pay for them

9. Social workers can help to reduce stigma by:

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*a. working in and leading antistigma campaigns
b. refusing to engage with policy makers about stigma
c. encouraging their clients to take psychotropic medications
d. encouraging family members to not discuss mental illness with others

10. Mental health services in the United States can be improved by:
a. expanding the mental health workforce
b. investing in research
c. educating the public about mental illness to reduce stigma
*d. all of the above

Type: E

1. Discuss the social and family factors that can contribute to the development of mental illness.

- poverty
- stress
- poor diet/obesity
- substance abuse and/or mental illness in the family

2. What can social workers do to help reduce the stigma of mental illness?

- evaluate their own attitudes toward those with mental illness
- work with and support family members
- advocate for change in their agencies to make mentally ill clients a priority
- develop and lead antistigma programs and workshops

3. Discuss the reasons there has not been much progress in the development of mental health policy in the United States.

- lack of political will and interest on the part of the public
- mental illness is not well understood in our society
- stigma
- no cohesive national system exists in the United States to provide mental health services
- lack of coordination and collaboration among social service agencies

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CHAPTER 2

True/False Test Questions

1. Both lobotomy and electroconvulsive therapy were developed in the 1970s.
a. T
b. *F

2. Dorothea Dix was a strong opponent of cruel treatment of patients in mental asylums.
*a. T
b. F

3. White and African American mentally ill patients were treated together in asylums in the 1800s.
a. T
*b. F

4. Historically, "religious excitement" was considered a cause of mental illness.
*a. T
b. F

5. Hitler deemed the mentally ill and disabled as "life unworthy of life" and had them murdered.
*a. T
b. F

6. Rose Marie Kennedy became severely and permanently disabled as a result of a lobotomy, for which her father gave permission.
*a. T
b. F

7. The Rosenhan experiments show that it can be relatively easy to distinguish between those who have mental illness and those who do not.
a. T
*b. F

8. In the 1800s some patients were put into asylums for "moral treatment" as an opportunity to rest from daily responsibilities.
*a. T
b. F

9. Sociologists in the 1960s proved that mental illness was caused by genetic defects.
a. T
*b. F

10. Managed mental healthcare developed in the 1980s is the best way to deliver mental health services.
a. T
*b. F

Multiple Choice Test Questions

1. Moral treatment in the 1800s supported:

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*a. a supervised environment that provided a respite from the responsibilities of daily life
b. the importance of stigmatizing the mentally ill
c. punishment for women who were sexually active outside of wedlock
d. the use of physical restraints for those in asylums

2. Dorothea Dix advocated for:
a. a slower, more measured government response to helping the mentally ill
b. the use of physical restraints for the severely mentally ill
*c. the use of state and federal funds to expand psychiatric hospital beds
d. resistance to the ideas of "moral" treatment for the mentally ill

3. Psychiatry and mental health social work in the early 1900s:
a. had a very competitive relationship with little respect for the other discipline
*b. were both seeking professional identities and respect for their expertise
c. were responsible for a large increase in psychiatric hospitalizations
d. showed disregard for patients with schizophrenia

4. Deinstitutionalization during the 1950s resulted in:
a. an increase in the number of psychiatric hospital patients
b. a decrease in the use of psychotropic medications for the mentally ill
c. a substantial commitment from the federal government to provide both inpatient and outpatient services
*d. a decline in the use of state hospital care and an increase in the use of psychotropic medications

5. The mental hygiene movement in the early 1900s:
a. removed World War I soldiers with "shell shock" from the battlefield and sent them home
b. proved the importance of primary care physicians in providing psychiatric care
*c. with leadership from Clifford Beers, brought important advocacy and reforms to improve conditions in mental hospitals and reduce abuse
d. utilized lobotomy with most chronic mentally ill hospital patients

6. In the 1960s sociologists were asking the question:
a. Is mental illness really illness?
b. Will the Community Mental Health Act reduce the need for psychiatric hospitalization?
c. Is inpatient psychiatric care necessary?
*d. Is mental illness biologically based?

7. The Canton Asylum for Insane Indians:
a. had few patients because few Native Americans have mental illness
*b. subjected Native American patients to severe abuse and neglect
c. was one of many facilities for Native Americans
d. gained national prominence for its outstanding care

8. In the 1980s hospitals were paid by insurance companies, not according to the unique needs of patients but based on specific medical problems. This way to compensate hospitals for care was known as:
a. community healthcare
*b. diagnosis-related groups
c. the Parity Act
d. the Diagnosis Exemption Act

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9. The Wellstone and Domenici Mental Health Parity and Addiction Equity Act of 2008 was designed to:
a. ensure quality mental health and substance abuse treatment for all Americans
*b. ensure that mental health and addiction services were provided "on par" with medical and surgical services
c. make psychiatric hospitalization free for those without health insurance
d. increase compensation to mental health social workers

10. Electroconvulsive therapy:
a. is the least expensive treatment for severe mental illness
b. is known to cure schizophrenia
*c. is a successful treatment for individuals with severe depression that does not respond to medication
d. was so helpful to the recovery of Rose Marie Kennedy

Type: E

1. Discuss the purpose of asylums that developed in the 1880s in the United States.

- Separate the mentally ill from families, communities, and society
- remove the mentally ill from the community to minimize community disruption
- not designed to treat those with mental illness

2. Discuss Hitler's views of the mentally ill and his responses.

- the mentally ill and disabled were special targets for Hitler
- utilized medical interventions to murder the mentally ill and the disabled
- referred to these individuals as "life unworthy of life"
- had gases released into wards to kill patients as they slept—this served to develop the gas chambers that were responsible for the deaths of millions

3. What role do health insurance companies play today in restricting mental health services?

- requires considerable oversight and permission for the delivery of medical services
- responsible for restricting access to those deemed in need of treatment
- permission may be granted to see only specific therapists within specific provider networks
- results in considerable difficulty in arranging for inpatient psychiatric care

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