

1. During the 1800s, what did Pinel believe that the cure for mental illness was?
 - A) arrest and confinement
 - B) early psychotherapy
 - C) humane treatment
 - D) the use of chains

2. Who was the psychiatrist who suggested the term “mental hygiene”?
 - A) Clarence Hincks
 - B) Sigmund Freud
 - C) Philippe Pinel
 - D) Adolf Meyer

3. Before the 19th century, seriously mentally ill clients with severely disturbing behaviour were usually cared for by:
 - A) family members at home.
 - B) spiritual healers in asylums.
 - C) laypersons in hospitals.
 - D) staff in prisons and poorhouses.

4. Which variable of communities had the **most** influence on the early forms of institutional ways of caring for the mentally ill people?
 - A) quality of housing and number of professionals
 - B) social stability and availability of resources
 - C) political climate and public policy
 - D) legal structure and role of nurses

5. Which factor has been historically related to increased intolerance and ill treatment of people with mental disorders?
 - A) social change and instability
 - B) increased family size and mobility
 - C) emphasis on religious beliefs
 - D) increased number of asylums treating mentally ill

6. Which effects of industrialization and urbanization contributed positively to the humane treatment of mentally afflicted treatment? Select all that apply.
- A) the growing number of poor and deviant people who were not able to sustain themselves
 - B) more general anxieties during a period of rapid social change and instability
 - C) moral, pedagogical treatment that would help restore innate capacity for self-control
 - D) the Enlightenment, which changed medical and social ideas about mental illness
 - E) recognition of mental illness by the medical community
7. Which was a primary reform accomplished by Dorothea Lynde Dix?
- A) establishment of “commitment” laws in state legislatures
 - B) introducing compassion to the care of mentally ill clients
 - C) use of music to treat mentally ill clients
 - D) use of exercise therapy to treat mentally ill clients
8. Which province in Canada was first to open a mental institution in 1835?
- A) Ontario
 - B) Nova Scotia
 - C) Quebec
 - D) New Brunswick
9. When did involuntary confinement and institutional care of mentally ill people begin to be the foremost treatment modality?
- A) the 17th and 18th centuries
 - B) end of the 20th century
 - C) beginning of the 19th century
 - D) last half of the 19th century
10. Which was developed in 1909 by the National Mental Health Committee for Mental Hygiene?
- A) mental health nurse training
 - B) stress management clinics
 - C) prison clinics
 - D) hydrotherapy centres

11. What superintendent of various Ontario psychiatric hospitals was one of the first health care providers who reformed models of care to improve treatment approaches in Ontario?
- A) Adolf Meyer
 - B) Clifford Beers
 - C) Charles K. Clarke
 - D) Charles A. Barager
12. When did psychiatric nursing education in the general hospital training commence in eastern Canada?
- A) 1860s
 - B) 1900s
 - C) 1930s
 - D) 1950s
13. Which level of legislation supported confinement of mentally ill clients in Canada in the late 19th century?
- A) provincial
 - B) national
 - C) municipal
 - D) state
14. In the earliest institutions that cared for mentally ill members of the community, what was the **most** common experience of clients?
- A) sporadic focus on treatment
 - B) safer alternative to living in the community
 - C) emphasis on rehabilitation
 - D) deplorable living conditions
15. What psychiatrist who had a strong belief in the ability of female compassion and established a new diploma in Alberta for mental health nurses?
- A) Adolf Meyer
 - B) Charles K. Clarke
 - C) Clarence Hincks
 - D) Charles A. Barager

16. Which new type of therapy instituted in the 1940s made skilled nursing essential?
- A) cognitive-behavioural therapy
 - B) electroshock therapy
 - C) pharmacologic therapy
 - D) recreational therapy
17. Which socioeconomic classes had new opportunities to pursue careers as psychiatric nurses as the demand for skilled nursing emerged in the 1940s? Select all that apply.
- A) elite class
 - B) impoverished class
 - C) unemployed class
 - D) working class
 - E) middle class
18. Psychosocial theories of mental disorders, which were proposed in the early 1900s, believe that what factor contributed to disorders?
- A) biologic defects
 - B) dysfunctional family systems
 - C) environmental and social deprivation
 - D) unconscious motivators for behaviour
19. What was the major focus of “psychiatric pluralism,” introduced by Adolf Meyer?
- A) integration of the human biologic functions with the environment
 - B) psychoanalysis integrated with daily activities of living
 - C) biologic science integrated with bloodletting treatments
 - D) determining the drives behind the person's behaviours
20. Which factor was believed to lead to the development of a psychosis or neurosis in an individual according to the theory proposed by Sigmund Freud?
- A) a chemical imbalance in the brain
 - B) social deprivation occurred late in adolescence
 - C) an interference in normal development
 - D) development of an oedipal relationship

21. Who promoted university-based scientific research to influence change and find better treatment and support for mentally ill clients?
- A) Charles K. Clarke
 - B) Clifford Beers
 - C) Adolf Meyer
 - D) Clarence Hincks
22. Which type of treatment focused **most** directly on treating the brain, ultimately facilitating discharges from institutions during the mid-20th century?
- A) psychopharmacology
 - B) insulin shock therapy
 - C) psychosurgery
 - D) hydrotherapy
23. Which phenomenon **most** supported the paradigm shift and public policy changes from the Canadian Mental Health Association in the 1960s?
- A) deinstitutionalization
 - B) increased psychiatric admissions to provincial psychiatric hospitals
 - C) psychiatric nursing education
 - D) psychiatric pluralism
24. Which theorist's work influenced psychiatric mental health nursing theory by emphasizing building therapeutic nurse–client relationships and holistic nursing approaches?
- A) Benner
 - B) Peplau
 - C) Freud
 - D) Dix
25. Which theorist's work was the basis of the Canadian Federation of Mental Health Nurses' published Canadian Standards of Nursing Practice reflected in nursing practice today?
- A) Patricia Benner
 - B) Hildegard Peplau
 - C) Sigmund Freud
 - D) Dorothy Dix

26. Which is the percent of hospitalization admissions for mental illness that occurred into general hospitals in 2002, according to a report that was published by the Canadian Alliance on Mental Illness and Mental Health?
- A) 36%
 - B) 56%
 - C) 76%
 - D) 86%
27. Which different model and strategy to provide treatment did provinces develop as a result of the shifts in federal funding in the early 1970s?
- A) criminal code changes for the not criminally responsible clients
 - B) specialized care for children and geriatric services
 - C) diagnosis-specific care
 - D) day treatment programmes
28. As of the 1950s, Canada entertained two separate models of education for psychiatric mental health nursing. The existence of two separate models was largely attributable to:
- A) colleges and universities.
 - B) federal legislation.
 - C) regional differences.
 - D) scarce resources.
29. As part of a career day presentation to a group of nursing students, a psychiatric-mental health nurse plans to describe how this specialty developed. Which individual would the nurse describe as playing a major role in the development of psychiatric nursing as a professional specialty?
- A) Philippe Pinel
 - B) Hildegard Peplau
 - C) Harriet Bailey
 - D) Charles A. Barager
30. A nurse is preparing a presentation about the current status of mental health services in Canada. Which statement would the nurse include as the **most** reflective of this status?
- A) "Mental health care in Canada is equally accessible to individuals."
 - B) "Mental illness ranks second among conditions causing responsible for chronic disability."
 - C) "Mental health care primarily focuses on the cure of mental illness."
 - D) "Mental health care services are inadequate and fragmented."

Answer Key

1. C
2. D
3. D
4. B
5. A
6. C, D, E
7. B
8. D
9. D
10. C
11. C
12. C
13. A
14. D
15. D
16. B
17. D, E
18. C
19. A
20. C
21. A
22. A
23. A
24. B
25. A
26. D
27. B
28. C
29. B
30. D