

1. During the 1800s, Pinel believed that the cure for mental illness was:
 - A) Arrest and confinement
 - B) Placement outside of the community
 - C) Moral treatment
 - D) 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 patients 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) Available housing and professional care
 - B) Perceived notions and fears
 - C) Political climate
 - D) Public policy

5. Which has been historically related to increased tolerance and ill treatment of people with mental disorders?
 - A) Social change and instability
 - B) Family intolerances
 - C) Religious beliefs
 - D) 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) Enlightenment, which changed medical and social ideas about mental illness
 - E) Medical concern with the treatment of mental illness
7. Which was a primary reform accomplished by Dorothea Lynde Dix?
- A) Establishment of “commitment” laws in state legislatures
 - B) Establishment or enlargement of state hospitals
 - 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 stop being the foremost treatment modality?
- A) Latter half of the 19th century
 - B) End of the 20th century
 - C) Beginning of the 19th century
 - D) Mid-20th 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. Who was one of the first physicians 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) 1920s
 - B) 1930s
 - C) 1940s
 - D) 1950s
13. Which level of legislation supported confinement of mentally ill patients in Canada in the late 19th century?
- A) Provincial
 - B) National
 - C) Municipal
 - D) State
14. Which was characteristic of life within early institutions?
- A) Treatment focus
 - B) Pleasant alternative to living in the community
 - C) Rehabilitation focus
 - D) Deplorable living conditions
15. Who was the 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 1930s and 1940s made skilled nursing essential?
- A) Group therapy
 - B) Coma therapy
 - C) Medication therapy
 - D) Recreational therapy

17. Which socioeconomic classes had new opportunities to pursue careers as psychiatric nurses due to the change in climate? Select all that apply.
- A) Elite-class
 - B) Impoverished-class
 - C) Unemployed-class
 - D) Working-class
 - E) Middle-class
18. What was the root of the psychosocial theory, which was proposed in the early 1900s?
- A) Biologic disorders
 - B) Dysfunctional family systems
 - C) Environmental and social deprivation
 - D) Unconscious motivators for behaviour
19. Which is the best definition of the term “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 blood-letting treatments
 - D) Determining the drives behind the person's behaviours
20. Which factor would 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) A child developed an oedipal relationship
21. Who promoted university-based scientific research to influence change and find better treatment and support for mentally ill patients?
- A) Charles K. Clarke
 - B) Clifford Beers
 - C) Adolf Meyer
 - D) Clarence Hincks

22. Which type of treatment was most responsible for the understanding of mental illness and the focus on treating the brain, which facilitated discharges from institutions during the mid-20th century?
- A) Psychopharmacology
 - B) Insulin shock therapy
 - C) Psychosurgery
 - D) Hydrotherapy
23. Which 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–patient 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 hospitalizations for mental illness that occurred in 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 developed as a result of the shift of federal funding in the early 1970s?
- A) Criminal code changes for the not criminally responsible patients
 - B) Specialized care for children and geriatric services
 - C) Diagnosis-specific care
 - D) Day treatment programmes
28. Which had the most influence on education preparation for psychiatric mental health nurses in Canada during the 20th century?
- A) Colleges and universities
 - B) Federal government
 - C) Regional models
 - D) Hospital-based training

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. B
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