

## Test Generator Questions, Chapter 1, Psychiatric and Mental Health Nursing: From Past to Present

1. During the 1800s, moral treatment became the influential idea that led to the belief that which was the cure for mental illness?

- A) arrest and confinement
- B) early psychotherapy
- C) humane treatment
- D) the use of chains

Ans: C

### **Feedback:**

During the 1800s, Pinel claimed that the cure for mental illness was humane treatment, defined as kindness, compassion, and a pleasant environment. Pinel opposed earlier strategies such as confinement and chains. Psychotherapy had not yet been introduced at this time.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Easy

Header: A Revolutionary Idea: Humane Treatment

Integrated Process: Nursing Process

Objective: 1, 3

Page: 3

2. Who was the psychiatrist who suggested the term "mental hygiene"?

- A) Clarence Hincks
- B) Sigmund Freud
- C) Philippe Pinel
- D) Adolf Meyer

Ans: D

**Feedback:**

The psychiatrist who suggested the term "mental hygiene" was Adolf Meyer. He chose the term because it was consistent with his view of mental health as the expression of physiologic and emotional "cleanliness."

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3, 4

Page: 6

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.

Ans: D

**Feedback:**

Until the 19th century, mentally ill people were kept mostly at home, cared for by their families. Only the most seriously afflicted people whose behaviour was severely disturbing or dangerous to themselves, their families, or other citizens were locked up often in prisons or a separate wing of a local poorhouse.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Introduction

Integrated Process: Caring

Objective: 1, 3, 5

Page: 2

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

Ans: B

**Feedback:**

History reflects that, generally, social fears and tolerance for what is deemed as "deviant behaviour" are related to social stability and availability of resources. In periods of relative social stability, individuals with mental disorders often have a better chance to live safely within their communities. Professionalism and nursing were not well-developed at this early stage of care. Public policy was not usually formulated explicitly.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Early Forms of Institutional Care

Integrated Process: Nursing Process

Objective: 1, 3, 5

Page: 2

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

Ans: A

**Feedback:**

History reflects that, generally, in periods of relative social stability, there are fewer fears and more tolerances for deviant behaviour, and it is easier for individuals with mental disorders to live safely within their communities. During periods of rapid social change and instability, there are more general anxieties and fears and, subsequently, more intolerance and ill treatment of people with mental disorders.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Early Forms of Institutional Care

Integrated Process: Nursing Process

Objective: 1

Page: 2

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

Ans: A, C, D, E

**Feedback:**

As industrialization and urbanization increased during the 18th and 19th centuries, the rising middle class became concerned about a growing number of poor and deviant people who were not able to work and sustain themselves. At the same time, medical and social ideas about mental illness changed under the influence of ideas associated with the Enlightenment, and medical concerns with the treatment of mental illness increased. The insight gained ground that, rather than being afflicted by loss of reason or evil spirits, people with mental disorders were rational beings with a human nature common to all human beings and should be treated humanely. As a result, the idea of a moral pedagogical treatment emerged that allegedly would help the suffering restore their innate capacity for self-control. During periods of rapid social change and instability, there tended to be more general anxieties about people with mental disorders. This actually led to increased intolerance and maltreatment of persons with mental disorders rather than turning to humane treatment as the primary approach.

Format: Multiple Selection  
Chapter: 1  
Client Needs: Psychosocial Integrity  
Cognitive Level: Understand  
Difficulty: Difficult  
Header: Early Forms of Institutional Care  
Integrated Process: Nursing Process  
Objective: 1, 3, 4  
Page: 2

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

Ans: B

**Feedback:**

Dix was outraged at the treatment of mentally ill inmates and advocated for measures that reflected compassionate treatment. She also was instrumental in the establishment of mental hospitals in England, Canada, and Europe in the 19th century. Exercise therapy and music therapy, however, were not yet in existence at this time. She did not contribute to "commitment" laws.

Format: Multiple Choice  
Chapter: 1  
Client Needs: Psychosocial Integrity  
Cognitive Level: Understand  
Difficulty: Moderate  
Header: A Social Reformer: Dorothea Lynde Dix  
Integrated Process: Caring

Objective: 3

Page: 4

8. Which province in Canada was first to open a mental institution in 1835?

- A) Ontario
- B) Nova Scotia
- C) Quebec
- D) New Brunswick

Ans: D

**Feedback:**

In Canada, New Brunswick was the first of the old British North American provinces to open a mental institution. As the population increased in the early 1800s, so did the number of people with mental disorders who were in need of publicly provided care. In that same year, the provincial government approved the conversion of a building in Saint John, formerly a hospital for cholera clients, to a Provincial Lunatic Asylum until a new facility could be built. By 1848, this new facility was ready for use. During the latter half of the 19th century and beginning of the 20th century, each Canadian province established a publicly funded asylum.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Canadian trends in the 19th and Early 20th Centuries: An Era of Asylum Building

Integrated Process: Nursing Process

Objective: 1

Page: 5

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

Ans: D

**Feedback:**

During the latter half of the 19th century and beginning of the 20th century, each Canadian province established an asylum. This form of involuntary confinement and institutional care became the most dominant treatment modality for mentally ill people, replacing older forms of familial care and Poor Law-based approaches.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Canadian Trends in the 19th and Early 20th Centuries: An Era of Asylum Building

Integrated Process: Nursing Process

Objective: 1, 3

Page: 5

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



Ans: C

**Feedback:**

In 1909, the National Mental Health Committee formed by Clifford Beers was responsible for the development of child guidance clinics, prison clinics, and industrial mental health approaches.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3

Page: 6

11. What superintendent of various Ontario psychiatric hospitals was one of the first healthcare 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

Ans: C

**Feedback:**

Psychiatrist Charles K. Clarke (1857–1924) was an influential mental healthcare reformer in Ontario. He is one of the first healthcare providers who reformed models of care to improve treatment approaches in Ontario. None of the other listed individuals served as superintendents of Ontario psychiatric hospitals.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3

Page: 6

12. When did psychiatric nursing education in the general hospital training commence in eastern Canada?

A) 1860s

B) 1900s

C) 1930s

D) 1950s

Ans: C

**Feedback:**

General hospital-based schools of nursing, especially in eastern Canada, began to integrate psychiatric nursing into their curriculum. In Ontario, for example, under the influence of the mental hygiene movement, general hospital nurse training schools had included care of mentally ill clients into their training as early as the 1930s.

Prior to the 1930s, psychiatry education had not been integrated into general nursing education. Around 1950, psychiatric attendants in the province of Saskatchewan took the lead in obtaining political support for a different pattern of nurse education that would lead to a separate Psychiatric Nurses Act and related training acts independent of provincial registered nurse practice acts.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Continued Evolution of Psychiatric and Mental Health Nursing

Integrated Process: Nursing Process

Objective: 3

Page: 10

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

Ans: A

**Feedback:**

In the late 19th century, all provinces passed legislation, most often called an Insanity Act, to provide a legal basis to publicly supported confinement of individuals with mental disorders. Historically, there has been no formal national or municipal strategy providing a legal basis to publicly support the confinement of individuals with mental disorders. Canada is made up of provinces and territories only.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: The Legal Basis for Mental Health Care

Integrated Process: Nursing Process

Objective: 1

14. In the earliest institutions that cared for members of the community with mental disorders, what was the **most** common experience of clients?

- A) intense focus on treatment
- B) safer alternative to living in the community
- C) emphasis on rehabilitation
- D) deplorable living conditions

Ans: D

**Feedback:**

Despite the good intentions of early reformers, the approach inside the institution was one of custodial care and practical management, and treatment rarely occurred. Although a medical superintendent usually directed an institution, overcrowded wards and few resources created rowdy, dangerous, and unbearable situations. Once admitted, many clients were cut off from society, in part due to remote settings. In these institutions during this time, treatment rarely occurred. Living in the community may have afforded the clients somewhat better living conditions in comparison to what was offered in the overcrowded institutions. Management of behaviour and acute issues related to mental disorders became more common practice than an emphasis on rehabilitation. Use of restraints or isolation continued to be common practices.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Easy

Header: Life Within Early Institutions

Integrated Process: Caring

Objective: 1, 3

Page: 6

15. Which psychiatrist 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

Ans: D

**Feedback:**

Barager introduced a nurse training school as superintendent at the Brandon Asylum. He had a strong belief in the ability of female compassion: "The nursing of mental clients requires women of finer personality, of wider sympathies, greater self-control and higher intelligence than even the nursing of those who are physically ill." Meyer, Clarke, and Hincks did not express this specific belief.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Regional Influences

Integrated Process: Caring

Objective: 3

Page: 7

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

Ans: B

**Feedback:**

Skilled nursing was essential for new therapies, such as electroshock and insulin coma therapy introduced in the 1940s. CBT and medications were not the incentives for skilled nursing care.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Remember

Difficulty: Easy

Header: Regional Influences

Integrated Process: Teaching/Learning

Objective: 1, 3

Page: 7

17. 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

Ans: C

**Feedback:**

In the early 1900s, the psychosocial theory proposed that mental disorders resulted from environmental and social deprivation. Moral management in an asylum was the treatment of choice. Opposition to this theory came from groups who believed in biologic origins.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Remember

Difficulty: Moderate

Header: Evolution of Scientific Thought

Integrated Process: Nursing Process

Objective: 1

Page: 8

18. 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

Ans: A

**Feedback:**

In the early 1900s, Adolf Meyer's psychiatric pluralism was an integration of the human biologic functions with the environment. Bloodletting was a much earlier treatment. Motivation and psychoanalysis emerged as later focuses.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Moderate

Header: Meyer and Psychiatric Pluralism

Integrated Process: Nursing Process

Objective: 1,4

Page: 8

19. 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

Ans: C

**Feedback:**

According to the theory proposed by Sigmund Freud, a psychosis or neurosis would develop in an individual if there were interference in normal development, particularly early in childhood. Oedipal relationships were seen as results of neurosis, not causes. Freud prioritized the events of childhood. He did not focus on chemical imbalances.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Moderate

Header: Freud and Psychoanalytic Theory

Integrated Process: Nursing Process

Objective: 1,4

Page: 8



20. 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

Ans: A

**Feedback:**

Ontario psychiatrist Charles K. Clarke (1857–1924) had an influential role in bringing about new models of care that would influence change of this situation. To find better treatments and approaches, he sought to start an urban centre for the treatment of acute mental illness under the best possible conditions and supported by university-based scientific research. Meyer, Beers, and Hincks did not advocate for university-based research.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Life Within Early Institutions

Integrated Process: Teaching/Learning

Objective: 1, 3

Page: 6

21. 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

Ans: A

**Feedback:**

Support for the biologic approaches received an important boost as successful symptom management with psychopharmacologic agents became a more widespread possibility in the early 1950s. Psychopharmacology revolutionized the treatment of mental illness and led to an increased number of clients discharged into the community, and the eventual focus on the brain became a key to understanding psychiatric disorders. The other listed therapies have not been linked as directly to the surge in institutional discharges.

Format: Multiple Choice

Chapter: 1

Client Needs: Physiological Integrity: Pharmacological and Parenteral Therapies

Cognitive Level: Understand

Difficulty: Moderate

Header: Integration of Biologic Theories into Psychosocial Treatment

Integrated Process: Nursing Process

Objective: 4

Page: 9

22. 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

Ans: A

**Feedback:**

Support for the biologic approaches received an important boost as successful symptom management with psychopharmacologic agents became a more widespread possibility in the early 1950s. Psychopharmacology revolutionized the treatment of mental illness and led to an increased number of clients discharged into the community, and the eventual focus on the brain became a key to understanding psychiatric disorders.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Easy

Header: New Trends in Post–World War II Mental Health Care

Integrated Process: Caring

Objective: 2

Page: 10

23. 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

Ans: B

**Feedback:**

In 1952, Peplau published the landmark work, *Interpersonal Relations in Nursing*. It introduced psychiatric and mental health nursing practice to the concepts of interpersonal relations and the importance of the therapeutic relationship. The nurse–

client relationship supported a holistic perspective on client care.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Easy

Header: Expansion of Holistic Nursing Care

Integrated Process: Caring

Objective: 2, 3

Page: 12

24. 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

Ans: A

**Feedback:**

In 1995, the Canadian Federation of Mental Health Nurses (CFMHN) published the *Canadian Standards of Psychiatric and Mental Health Nursing Practice*. Based on the influential work of Patricia Benner (1984), the standards were written within a "domains of practice" framework. In 2006, the CFMHN revised and updated the standards, incorporating the most recent perspectives on psychiatric care.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Moderate

Header: Expansion of Holistic Nursing Care

Integrated Process: Teaching/Learning

Objective: 4

Page: 12

25. Which is the percent of hospitalization admissions 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%

Ans: D

**Feedback:**

In 2002, a report was published by the Canadian Alliance on Mental Illness and Mental Health, which revealed general hospital admissions in Canada is at 86%.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: A New Era of Healthcare Reform at the Turn of the 21st Century

Integrated Process: Nursing Process

Objective: 5

Page: 14

26. 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.

Ans: C

**Feedback:**

As of the 1950s, Canada entertained two models of education for PMH nursing, resulting in the preparation of two different professional nursing groups for nursing care in mental health services. Regional influences played a large role in the generation of the two models, more so than legislation, colleges, or distribution of resources.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Continued Evolution of Psychiatric and Mental Health Nursing

Integrated Process: Teaching/Learning

Objective: 3

Page: 10

27. 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

Ans: B

**Feedback:**

Hildegard Peplau developed much of the current framework of psychiatric nursing, essentially designating it as a specialty within the profession. Philippe Pinel originated the idea of humane treatment. Harriet Bailey wrote the first psychiatric nursing textbook. Charles A. Barager was a reforming psychiatrist.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: The Late 20th and Early 21st Century

Integrated Process: Nursing Process

Objective: 3

Page: 12

28. 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 and brain health of children and adolescents in Canada is well understood."
- C) "Mental health care primarily focuses on the cure of mental illness."
- D) "Mental healthcare services remain inequitable for vulnerable groups."

Ans: D

**Feedback:**

Various groups experience inequity in a mental healthcare system that is not adequately geared to meeting diverse needs or address historical injustice. Mental health of Indigenous Peoples is a critical issue in Canada because communities of Indigenous Peoples experience disproportionate rates of both physical and mental illness. While mental illness is no longer kept from sight, we still need to work on ways to provide permanent and persistent support for the most vulnerable populations. Improvements in mental and brain health of children and adolescents in Canada continue to be an area that requires more research and resource allocation. The primary focus of mental health care is prevention.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: A New Era of Healthcare Reform at the Turn of the 21st Century

Integrated Process: Nursing Process

Objective: 5

Page: 14