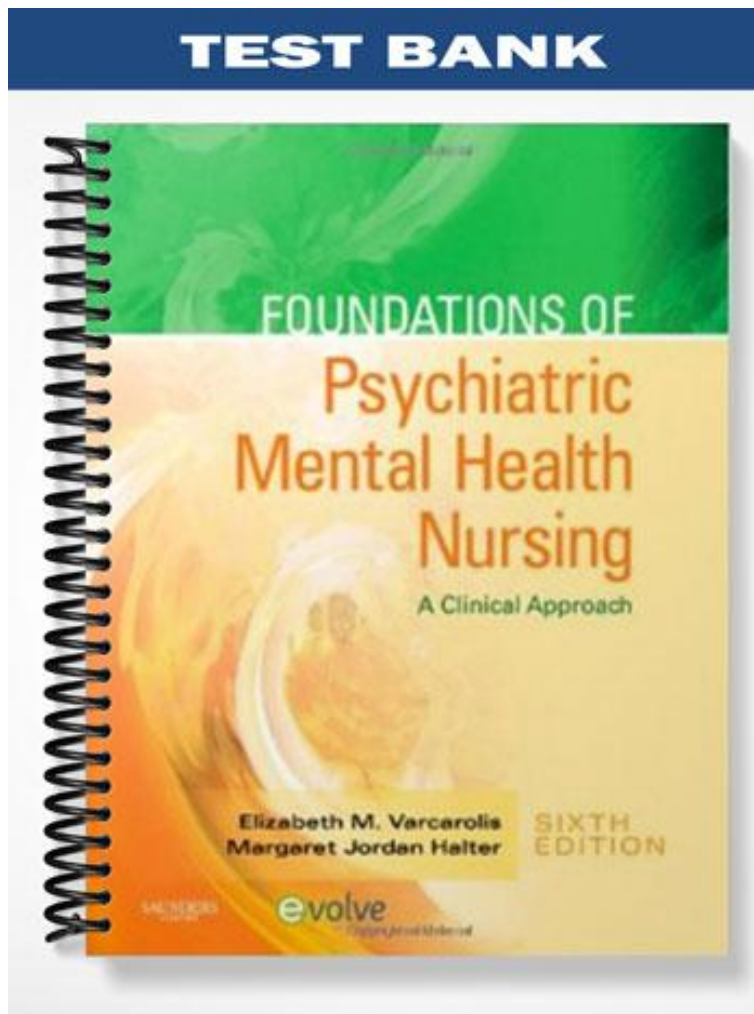


**TEST BANK**



# Varcarolis: Foundations of Psychiatric Mental Health Nursing, 6th Edition

## Chapter 02: Relevant Theories and Therapies for Nursing Practice

### Test Bank

#### MULTIPLE CHOICE

1. A 2-year-old child often displays negative behaviors. The parent says, "My child refuses toilet training and shouts 'No!' when given directions. What do you think is wrong?"  
Select the nurse's best reply.
  - a. "The child needs firmer control. It is important to set limits now."
  - b. "This is normal for your child's age. The child is striving for independence."
  - c. "There may be developmental problems. Most children are toilet trained by age 2."
  - d. "Some undesirable attitudes are developing. A child psychologist can help you develop a plan."

ANS: B

This behavior is typical of a child around the age of 2 years whose developmental task is to develop autonomy. The distracters indicate the child's behavior is abnormal.

DIF: Cognitive Level: Application      REF: Text Pages: 28-29  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

2. A 26-month-old displays negative behavior, refuses toilet training, and often says, "No!"  
Which stage of psychosexual development is evident?
  - a. Oral
  - b. Anal
  - c. Phallic
  - d. Genital

ANS: B

The anal stage occurs from age 1 to 3 years and has as its focus toilet training and learning to delay immediate gratification. The oral stage occurs between birth and 1 year. The phallic stage occurs between 3 and 5 years, and the genital stage occurs between age 13 and 20 years.

DIF: Cognitive Level: Comprehension      REF: Text Page: 27  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

3. A 26-month-old displays negative behavior, refuses toilet training, and often says, "No!"  
Which psychosocial crisis is evident?
  - a. Trust versus mistrust
  - b. Initiative versus guilt
  - c. Industry versus inferiority

## d. Autonomy versus shame and doubt

ANS: D

The crisis of autonomy versus shame and doubt relates to the developmental task of gaining control of self and environment, as exemplified by toilet training. This psychosocial crisis occurs during the period of early childhood. Trust versus mistrust is the crisis of the infant. Initiative versus guilt is the crisis of the preschool and early-school-aged child. Industry versus inferiority is the crisis of the 6- to 12-year-old child.

DIF: Cognitive Level: Comprehension REF: Text Page: 29

TOP: Nursing Process: Assessment

MSC: Client Needs: Health Promotion and Maintenance

4. A 4-year-old grabs toys from siblings and says, "I want that now!" The siblings cry, and the child's parent becomes upset with the behavior. Using Freudian theory, the nurse can interpret this behavior as a product of impulses originating in the:
- id.
  - ego.
  - superego.
  - preconscious.

ANS: A

The id operates on the pleasure principle, seeking immediate gratification of impulses. The ego acts as a mediator of behavior and weighs the consequences of the action, perhaps determining that taking the toy is not worth the mother's wrath. The superego would oppose the impulsive behavior as "not nice." The preconscious is a level of awareness.

DIF: Cognitive Level: Application REF: Text Pages: 25-26

TOP: Nursing Process: Assessment

MSC: Client Needs: Health Promotion and Maintenance

5. The parent of a 4-year-old rewards and praises the child for helping a younger sibling, being polite, and using good manners. The nurse supports the use of praise related to these behaviors. These qualities will likely be internalized and become part of the child's:
- id.
  - ego.
  - superego.
  - preconscious.

ANS: C

The superego contains the "thou shalt," or moral standards internalized from interactions with significant others. Praise fosters internalization of desirable behaviors. The id is the center of basic instinctual drives, and the ego is the mediator. The ego is the problem-solving and reality-testing portion of the personality that negotiates solutions with the outside world. The preconscious is a level of awareness from which material can be retrieved easily with conscious effort.

DIF: Cognitive Level: Comprehension REF: Text Pages: 25-26  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

6. A nurse supports a parent for praising a child behaving in a helpful way. When this child behaves with politeness and helpfulness in adulthood, which feeling will most likely result?
- Guilt
  - Anxiety
  - Humility
  - Self-esteem

ANS: D

The individual will be living up to the ego ideal, which will result in positive feelings about self. The other options are incorrect because each represents a negative feeling.

DIF: Cognitive Level: Application REF: Text Pages: 25-26  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

7. A patient says, "I never know the answers," and "My opinion doesn't count." The nurse correctly assesses that this patient had difficulty resolving which psychosocial crisis?
- Initiative versus guilt
  - Trust versus mistrust
  - Autonomy versus shame and doubt
  - Generativity versus self-absorption

ANS: C

These statements show severe self-doubt, indicating that the crisis of gaining control over the environment was not successfully met. Unsuccessful resolution of the crisis of initiative versus guilt results in feelings of guilt. Unsuccessful resolution of the crisis of trust versus mistrust results in poor interpersonal relationships and suspicion of others. Unsuccessful resolution of the crisis of generativity versus self-absorption results in self-absorption that limits the ability to grow as a person.

DIF: Cognitive Level: Application REF: Text Pages: 28-29  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

8. Which patient statement would lead the nurse to suspect unsuccessful completion of the developmental task of infancy?
- "I have very warm and close friendships."
  - "I'm afraid to allow anyone to really get to know me."
  - "I'm always absolutely right, so don't bother saying more."
  - "I'm ashamed that I didn't do things correctly in the first place."

ANS: B

According to Erikson, the developmental task of infancy is the development of trust. The correct response is the only statement clearly showing lack of ability to trust others. Warm, close relationships suggest the developmental task of infancy was successfully completed; rigidity and self-absorption are reflected in the belief one is always right; and shame for past actions suggests failure to resolve the crisis of initiative versus guilt.

DIF: Cognitive Level: Analysis REF: Text Page: 29  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

9. A patient is suspicious and frequently manipulates others. To which psychosexual stage do these traits relate?
- Oral
  - Anal
  - Phallic
  - Genital

ANS: A

The behaviors in the stem develop as the result of attitudes formed during the oral stage, when an infant first learns to relate to the environment. Anal-stage traits include stinginess, stubbornness, orderliness, or their opposites. Phallic stage traits include flirtatiousness, pride, vanity, difficulty with authority figures, and difficulties with sexual identity. Genital stage traits include the ability to form satisfying sexual and emotional relationships with members of the opposite sex, emancipation from parents, a strong sense of personal identity, or the opposites of these traits.

DIF: Cognitive Level: Application REF: Text Pages: 25-27  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

10. A patient expresses the desire to be cared for by others and often behaves in a helpless fashion. The patient's needs relate to which stage of psychosexual development?
- Latency
  - Phallic
  - Anal
  - Oral

ANS: D

Fixation at the oral stage sometimes produces dependent infantile behaviors in adults. Latency fixations often result in difficulty identifying with others and developing social skills, resulting in a sense of inadequacy and inferiority. Phallic fixations result in having difficulty with authority figures and poor sexual identity. Anal fixation sometimes results in retentiveness, rigidity, messiness, destructiveness, and cruelty.

DIF: Cognitive Level: Application REF: Text Pages: 25-27  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

11. A nurse listens to a group of recent retirees. One says, "I volunteer with Meals on Wheels, coach teen sports, and do church visitation." Another laughs and says, "I'm too busy taking care of myself to volunteer to help others." Which developmental task do these statements contrast?
- Trust and mistrust
  - Intimacy and isolation
  - Industry and inferiority
  - Generativity and self-absorption

ANS: D

Both retirees are in middle adulthood, when the developmental crisis to be resolved is generativity versus self-absorption. One exemplifies generativity; the other embodies self-absorption. This developmental crisis would show a contrast between relating to others in a trusting fashion or being suspicious and lacking trust. Failure to negotiate this developmental crisis would result in a sense of inferiority or difficulty learning and working as opposed to the ability to work competently. Behaviors that would be contrasted would be emotional isolation and the ability to love and commit oneself.

DIF: Cognitive Level: Application REF: Text Pages: 28-29  
TOP: Nursing Process: Assessment  
MSC: Client Needs: Health Promotion and Maintenance

12. Although ego defense mechanisms and security operations are unconsciously determined and designed to relieve anxiety, the major difference is:
- defense mechanisms are intrapsychic and not observable.
  - defense mechanisms cause arrested personal development.
  - security operations are masterminded by the id and superego.
  - security operations address interpersonal relationship activities.

ANS: D

Sullivan's theory explains that security operations are interpersonal relationship activities designed to relieve anxiety. Because they are interpersonal, they are observable. Defense mechanisms are unconscious and automatic. Repression is entirely intrapsychic, but other mechanisms result in observable behaviors. Frequent, continued use of many defense mechanisms often results in reality distortion and interference with healthy adjustment and emotional development. Occasional use of defense mechanisms is normal and does not markedly interfere with development. Security operations are ego centered.

DIF: Cognitive Level: Comprehension REF: Text Pages: 26, 28, 30  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

13. A student nurse says, "I don't need to interact with my patients. I learn what I need to know by observation." An instructor can best interpret the nursing implications of Sullivan's theory to this student by responding:
- "Interactions are required in order to help you develop therapeutic communication skills."

- b. "Nurses cannot be isolated. We must interact to provide patients with opportunities to practice interpersonal skills."
- c. "Observing patient interactions will help you formulate priority nursing diagnoses and appropriate interventions."
- d. "It is important to note patients' behavioral changes, because these signify adjustments in personality."

ANS: B

Sullivan believed that the nurse's role includes educating patients and assisting them in developing effective interpersonal relationships. Mutuality, respect for the patient, unconditional acceptance, and empathy are cornerstones of Sullivan's theory. The nurse who does not interact with the patient cannot demonstrate these cornerstones. Observations provide only objective data. Priority nursing diagnoses usually cannot be accurately established without subjective data from the patient. The other distracters relate to Maslow and behavioral theory.

DIF: Cognitive Level: Application      REF: Text Pages: 26, 28, 30  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

14. A psychiatric technician says, "Common sense is the most important part of working with people who have mental illness. Theories are just something to fill up textbooks." The nurse wants to educate the technician by identifying which common use of Sullivan's theory?
- a. The method nurses use to determine the best sequence for nursing actions
  - b. The ongoing use of restraint and seclusion as behavior-management tools
  - c. The structure of the therapeutic milieu of most behavioral health units
  - d. Assessment tools based on age-appropriate versus arrested behaviors

ANS: C

The structure of the therapeutic environment has as foci an accepting atmosphere and provision of opportunities for practicing interpersonal skills. Both constructs are directly attributable to Sullivan's theory of interpersonal relationships. Sullivan's interpersonal theory did not specifically consider use of restraint or seclusion. Assessment based on developmental level is more the result of Erikson's theories. Sequencing nursing actions based on patient priority needs is related to Maslow's hierarchy of needs.

DIF: Cognitive Level: Application      REF: Text Pages: 26, 28, 30  
TOP: Nursing Process: Implementation  
MSC: Client Needs: Health Promotion and Maintenance

15. A nurse uses Maslow's hierarchy of needs to plan care for a patient with mental illness. Which problem will receive priority? The patient:
- a. refuses to eat or bathe.
  - b. reports feelings of alienation from family.
  - c. is reluctant to participate in unit social activities.
  - d. is unaware of medication action and side effects.

ANS: A

The need for food and hygiene are physiological and therefore take priority over psychological or meta-needs in care planning.

DIF: Cognitive Level: Analysis REF: Text Pages: 38-40  
TOP: Nursing Process: Planning/Outcomes Identification  
MSC: Client Needs: Safe and Effective Care Environment

16. Operant conditioning is part of the treatment plan to encourage speech in a child who is nearly mute. Which technique applies?
- Encourage the child to observe others talking.
  - Include the child in small group activities.
  - Give the child a small treat for speaking.
  - Teach the child relaxation techniques.

ANS: C

Operant conditioning involves giving positive reinforcement for a desired behavior. Treats are rewards and reinforce speech through positive reinforcement.

DIF: Cognitive Level: Application REF: Text Pages: 32-33  
TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

17. The parent of a child with schizophrenia tearfully asks the nurse, "What could I have done differently to prevent this illness?" Select the nurse's best response.
- "Although schizophrenia results from impaired family relationships, try not to feel guilty. No one can predict how a child will respond to parental guidance."
  - "Schizophrenia is a biological illness resulting from changes in how the brain and nervous system function. You are not to blame for your child's illness."
  - "There is still hope. Changing your parenting style can help your child learn to cope effectively with the environment."
  - "Most mental illnesses result from genetic inheritance. Your genes are more at fault than your parenting."

ANS: B

The parent's comment suggests feelings of guilt or inadequacy. The nurse's response should address these feelings as well as provide information. Patients and families need reassurance that the major mental disorders are biological in origin and are not the "fault" of parents. One distracter places the burden of having faulty genes on the shoulders of the parents. The other distracters are neither wholly accurate nor reassuring.

DIF: Cognitive Level: Application REF: Text Pages: 40-41  
TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

18. A nurse influenced by Peplau's interpersonal theory works with an anxious, withdrawn patient. Interventions should focus on:
- rewarding desired behaviors.
  - changing the patient's self-concept.

- c. administering medications to relieve anxiety.
- d. enhancing the patient's interactions with others.

ANS: D

The nurse-patient relationship is structured to provide a model for adaptive interpersonal relationships that can be generalized to others. The distracters apply to theories of cognitive, behavioral, and biological therapy.

DIF: Cognitive Level: Application      REF: Text Pages: 30-31  
TOP: Nursing Process: Implementation      MSC: Client Needs: Psychosocial Integrity

19. A patient had psychotherapy weekly for 5 months. The therapist used free association, dream analysis, and facilitated transference to help the patient understand conflicts and foster change. Select the term that applies to this method.
- a. Rational-emotive behavior therapy
  - b. Cognitive-behavioral therapy
  - c. Psychodynamic psychotherapy
  - d. Operant conditioning

ANS: C

The situation describes psychodynamic psychotherapy. The distracters use other techniques.

DIF: Cognitive Level: Comprehension      REF: Text Pages: 26-28  
TOP: Nursing Process: Assessment      MSC: Client Needs: Psychosocial Integrity

20. Consider a therapist's statement: "The patient is homosexual but has kept this preference secret. Severe anxiety and depression occur when the patient anticipates family reactions to this sexual orientation." Which perspective is evident in the speaker?
- a. Theory of interpersonal relationships
  - b. Classical conditioning theory
  - c. Psychosexual theory
  - d. Behaviorism theory

ANS: A

The theory of interpersonal relationships recognizes the anxiety and depression as resulting from unmet interpersonal security needs. Behaviorism and classical conditioning theories do not apply. A psychosexual formulation would focus on uncovering unconscious material that relates to the patient problem.

DIF: Cognitive Level: Application      REF: Text Pages: 28, 30-31  
TOP: Nursing Process: Assessment      MSC: Client Needs: Psychosocial Integrity

21. A psychotherapist works with an anxious, dependent patient. Which strategy is most consistent with psychoanalytic psychotherapy?
- a. Identifying the patient's strengths and assets
  - b. Praising the patient for describing feelings of isolation
  - c. Focusing on feelings developed by the patient toward the therapist

- d. Providing psychoeducation and emphasizing medication adherence

ANS: C

Positive or negative feelings of the patient toward the therapist indicate transference. Transference is a psychoanalytic concept that can be used to explore previously unresolved conflicts. The distracters are more related to biological therapy and supportive psychotherapy. Use of psychoeducational materials is a common “homework” assignment used in cognitive therapy.

DIF: Cognitive Level: Application      REF: Text Pages: 26-28  
TOP: Nursing Process: Implementation      MSC: Client Needs: Psychosocial Integrity

22. A person says, “I was the only survivor in a small plane crash. Three business associates died. I got depressed and saw a counselor twice a week for 4 weeks. We talked about my feelings related to being a survivor and I’m OK now.” Which type of therapy was used?
- Milieu therapy
  - Psychoanalysis
  - Behavior modification
  - Interpersonal psychotherapy

ANS: D

Interpersonal psychotherapy returned the patient to his former level of functioning by helping him come to terms with the loss of friends and guilt over being a survivor. Milieu therapy refers to environmental therapy. Psychoanalysis would call for a long period of exploration of unconscious material. Behavior modification would focus on changing a behavior rather than helping the patient understand what is going on in his life.

DIF: Cognitive Level: Application      REF: Text Page: 30  
TOP: Nursing Process: Assessment      MSC: Client Needs: Psychosocial Integrity

23. A cognitive strategy the nurse could use to help a dependent patient would be:
- avoidance training.
  - filling the patient’s pill minder.
  - interpreting the patient’s dream content.
  - examining the patient’s fears related to being independent.

ANS: D

Cognitive theory suggests that thought processes are the basis of emotions and behavior. Changing faulty learning makes development of new adaptive behaviors possible. The distracters relate to psychoanalytic therapy, biological therapy, and aversion therapy.

DIF: Cognitive Level: Application      REF: Text Pages: 35-38  
TOP: Nursing Process: Implementation      MSC: Client Needs: Psychosocial Integrity

24. A single parent who is employed full time complains of feelings of inadequacy related to work and family. The parent seeks help from a therapist who specializes in cognitive behavioral therapy. The therapist will treat the parent by:

- a. discussing ego states the parent experiences.
- b. negatively reinforcing undesirable behaviors.
- c. promoting assertive behavior at home and work.
- d. helping the parent identify and change faulty thinking.

ANS: D

Cognitive therapy emphasizes the importance of changing erroneous ways people think about themselves. Once faulty thinking is changed, the individual's behavior changes. The distracters describe a psychoanalytic approach and behavior modification.

DIF: Cognitive Level: Application      REF: Text Pages: 35-38  
TOP: Nursing Process: Implementation      MSC: Client Needs: Psychosocial Integrity

25. A college student received an invitation to attend the wedding of a close friend who lives across the country. The student is afraid of flying. What type of therapy would the nurse suggest?
- a. Psychoanalysis
  - b. Milieu therapy
  - c. Systematic desensitization
  - d. Short-term dynamic therapy

ANS: C

Systematic desensitization is a type of therapy aimed at extinguishing a specific behavior, such as the fear of flying. Psychoanalysis and short-term dynamic therapy seek to uncover conflicts. Milieu therapy involves environmental factors.

DIF: Cognitive Level: Analysis      REF: Text Page: 34  
TOP: Nursing Process: Planning      MSC: Client Needs: Psychosocial Integrity

26. A patient would benefit from therapy in which peers as well as staff have a voice in determining patient privileges and psychoeducational topics. Which approach would be best?
- a. Milieu therapy
  - b. Cognitive therapy
  - c. Short-term dynamic therapy
  - d. Systematic desensitization

ANS: A

Milieu therapy is based on the idea that all members of the environment contribute to the planning and functioning of the setting. The distracters are individual therapies that do not fit the description.

DIF: Cognitive Level: Comprehension      REF: Text Page: 41  
TOP: Nursing Process: Planning      MSC: Client Needs: Psychosocial Integrity

27. A patient repeatedly stated, "I'm stupid." Which statement by the patient shows progress because of cognitive behavioral therapy?

- a. "Sometimes I do stupid things."
- b. "Things always go wrong for me."
- c. "I always fail when I try new things."
- d. "I'm disappointed in my lack of ability."

ANS: A

"I'm stupid" is a cognitive distortion. A more rational thought is "Sometimes I do stupid things." The latter thinking promotes emotional self-control. The distracters reflect irrational thinking.

DIF: Cognitive Level: Application

REF: Text Pages: 35-36

TOP: Nursing Process: Evaluation

MSC: Client Needs: Psychosocial Integrity

### MULTIPLE RESPONSE

1. A patient states, "I'm starting cognitive-behavioral therapy. What can I expect from the sessions?" Which response(s) by the nurse would be appropriate? *Select all that apply.*
  - a. "The therapist will be active and questioning."
  - b. "You may be given homework assignments."
  - c. "The therapist will ask you to describe your dreams."
  - d. "The therapist will help you look at ideas and beliefs you have about yourself."
  - e. "The goal is to increase subjectivity about thoughts that govern your behavior."

ANS: A, B, D

Cognitive therapists are active rather than passive during therapy sessions because they help a patient reality-test their thinking. Homework assignments are given and completed outside the therapy sessions. Homework is usually discussed at the next therapy session. The goal of cognitive therapy is to assist the patient in identifying inaccurate cognitions and in reality testing and formulating new, accurate cognitions. One distracter applies to psychoanalysis. Increasing subjectivity is not desirable.

DIF: Cognitive Level: Application

REF: Text Pages: 35-38

TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

2. Which comment(s) by an elderly person best indicate successful completion of developmental tasks? *Select all that apply.*
  - a. "I am proud of my children's successes in life."
  - b. "I should have given to charities more often."
  - c. "My relationship with my father made life more difficult for me."
  - d. "My experiences in the war helped me appreciate the meaning of life."
  - e. "I often wonder what would have happened if I had chosen a different career."

ANS: A, D

The developmental crisis for an elderly person relates to integrity versus despair. Pride in one's offspring indicates a sense of fulfillment. Recognition of the wisdom gained from difficult experiences (such as being in a war) indicates a sense of integrity. Blaming and regret indicate despair and unsuccessful resolution of the crisis.

DIF: Cognitive Level: Analysis                      REF: Text Pages: 28-30  
TOP: Nursing Process: Assessment                MSC: Client Needs: Psychosocial Integrity

3. Which comment(s) by an adult best indicate self-actualization? *Select all that apply.*
- “I am content with a good book.”
  - “I often wonder if I chose the right career.”
  - “Sometimes I think about how my parents would have handled problems.”
  - “It’s important for our country to provide basic health care services for everyone.”
  - “When I was lost at sea for 2 days, I gained an understanding of what is important.”

ANS: A, D, E

Self-actualized persons enjoy privacy, have a sense of democracy, and show positive outcomes associated with peak experiences. Self-doubt, defensiveness, and blaming are not consistent with self-actualization.

DIF: Cognitive Level: Application                REF: Text Pages: 38-40  
TOP: Nursing Process: Implementation        MSC: Client Needs: Psychosocial Integrity

## **OTHER**

1. Order these outcomes from highest to lowest priority. The patient will:
- consume at least 50% of every meal.
  - identify assets and strengths about self.
  - describe characteristics of an intimate relationship.
  - identify reasons to wear a helmet when riding a motorcycle.

ANS:

- A
- D
- C
- B

Correct prioritization is vital to ensure the well-being of patients in a nurse’s care. Health (physiological needs) is first, followed by safety/security, interpersonal (love and belonging), and self-esteem needs.

DIF: Cognitive Level: Analysis                      REF: Text Pages: 38-40  
TOP: Nursing Process: Planning  
MSC: Client Needs: Health Promotion and Maintenance