


**Pool Canvas**

Add, modify, and remove questions. Select a question type from the Add Question drop-down list and click **Go** to add questions. Use Creation Settings to establish which default options, such as feedback and images, are available for question creation.

Add   [Creation Settings](#)

**Name** Chapter 1: Psychiatric and Mental Health Nursing: Past to Present

**Description** Diploma exported pool

**Instructions**

[Modify](#)

[◀ Add Question Here](#)

Question 1 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** During the 1800s, Pinel believed that the cure for mental illness was

**Answer**

- A. arrest and confinement.
- B. placement outside of the community.
- ✓ C. moral treatment.
- D. use of chains.

**Correct Feedback** During the 1800s, the cure for mental illness was believed to be moral treatment, defined as kindness, compassion, and a pleasant environment. Philippe Pinel was one of the first physicians who began using moral treatment in France.

**Incorrect Feedback** During the 1800s, the cure for mental illness was believed to be moral treatment, defined as kindness, compassion, and a pleasant environment. Philippe Pinel was one of the first physicians who began using moral treatment in France.

[◀ Add Question Here](#)

Question 2 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** One of the primary reforms accomplished by Dorothea Lynde Dix was the

**Answer**

- 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.

**Correct Feedback** One of the primary reforms accomplished by Dorothea Lynde Dix was the establishment or enlargement of state hospitals to treat the mentally ill. She also was instrumental in the establishment of mental hospitals in England, Canada, and Europe in the 19th century.

**Incorrect Feedback** One of the primary reforms accomplished by Dorothea Lynde Dix was the establishment or enlargement of state hospitals to treat the mentally ill. She also was instrumental in the establishment of mental hospitals in England, Canada, and Europe in the 19th century.

[◀ Add Question Here](#)

Question 3 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** The psychiatrist who suggested the term "mental hygiene" was

**Answer**

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

**Correct 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."

**Incorrect 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."

[◀ Add Question Here](#)

Question 4 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** In 1909, the National Mental Health Committee for Mental Hygiene was responsible for the development of

**Answer**

- A. mental health nurse training.
- B. stress management clinics.
- ✓ C. prison clinics.
- D. hydrotherapy centers.

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 5 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** One of the first physicians who reformed models of care to improve treatment approaches in Ontario was

**Answer**

- A. Adolf Meyer
- B. Clifford Beers
- ✓ C. Charles K. Clarke
- D. Charles A. Baroger

**Correct Feedback** Charles K. Clarke is one of the first physicians who reformed models of care to improve treatment approaches in Ontario.

**Incorrect Feedback** Charles K. Clarke is one of the first physicians who reformed models of care to improve treatment approaches in Ontario.

[◀ Add Question Here](#)

Question 6 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** Psychiatric nursing education in eastern Canada commenced in the general hospital training in:

- Answer**
- A. 1920's
  - ✓ B. 1930's
  - C. 1940's
  - D. 1950's

**Correct Feedback** Psychiatric nursing education in eastern Canada commenced in the general hospital training in 1930's.

**Incorrect Feedback** Psychiatric nursing education in eastern Canada commenced in the general hospital training in 1930's.

[◀ Add Question Here](#)

Question 7 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** In the early 1900s, the psychosocial theory proposed that mental disorders resulted from

- Answer**
- A. biologic disorders.
  - B. dysfunctional family systems.
  - ✓ C. environmental and social deprivation.
  - D. unconscious motivators for behavior.

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 8 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** The term "psychiatric pluralism," introduced by Adolf Meyer, means

- Answer**
- ✓ 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 behaviors.

**Correct Feedback** In the early 1900s, Adolf Meyer's psychiatric pluralism was an integration of the human biologic functions with the environment.

**Incorrect Feedback** In the early 1900s, Adolf Meyer's psychiatric pluralism was an integration of the human biologic functions with the environment.

[◀ Add Question Here](#)

Question 9 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** According to the theory proposed by Sigmund Freud, a psychosis or neurosis would develop in an individual if

- Answer**
- A. there was a chemical imbalance in the brain.
  - B. social deprivation occurred late in adolescence.
  - ✓ C. there was an interference in normal development.
  - D. the child developed an oedipal relationship.

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 10 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** 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

- Answer**
- A. 36%
  - B. 56%
  - C. 76%
  - ✓ D. 86%

**Correct 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%.

**Incorrect 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%.

[◀ Add Question Here](#)

Question 11 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** Seriously mentally ill patients with severely disturbing behaviour before the 19<sup>th</sup> century were usually cared for by

- Answer**
- A. Family members at home
  - B. Spiritual healers in asylums
  - C. Laypersons in hospitals
  - ✓ D. Staff in prisons and poorhouses

**Correct Feedback** Until the 19<sup>th</sup> 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.

**Incorrect Feedback** Until the 19<sup>th</sup> 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.

[◀ Add Question Here](#)

Question 12 **Multiple Choice**

**1 points**

[Modify](#) [Remove](#)

**Question** Early forms of institutional ways of caring for the mentally ill people depended on communities'

**Answer**

- A. available housing and professional care
- ✓ B. perceived notions and fears
- C. political climate
- D. public policy

**Correct Feedback** The various ways of caring for mentally ill people typically depended on a community's perceived notions and fears of those with mental disorders as well as communities' resources.

**Incorrect Feedback** The various ways of caring for mentally ill people typically depended on a community's perceived notions and fears of those with mental disorders as well as communities' resources.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 13 **Multiple Choice** **1 points**

**Question** Historically increased intolerance and ill treatment of people with mental disorders was related to

**Answer**

- ✓ A. social change and instability
- B. family intolerances
- C. religious beliefs
- D. number of asylums treating mentally ill

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 14 **Multiple Choice** **1 points**

**Question** In the 1800s, humane and supportive rehabilitative attitudes toward caring for the mentally ill in the United States were influenced by the

**Answer**

- ✓ A. Quakers
- B. Roman Catholic priests
- C. Political influences
- D. State legislature

**Correct Feedback** The humane and supportive rehabilitative attitude of the Quakers was seen as an extremely important influence in changing techniques of caring for those with mental disorders.

**Incorrect Feedback** The humane and supportive rehabilitative attitude of the Quakers was seen as an extremely important influence in changing techniques of caring for those with mental disorders.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 15 **Multiple Choice** **1 points**

**Question** Which province in Canada was first to open a mental institution in 1835?

**Answer**

- A. Ontario
- B. Nova Scotia
- C. Quebec
- ✓ D. New Brunswick

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 16 **Multiple Choice** **1 points**

**Question** Involuntary confinement and institutional care of mentally ill people was the foremost treatment modality up until the

**Answer**

- A. latter half of the 19th century
- B. end of the 20th century
- C. beginning of the 19th century
- ✓ D. mid-20th century

**Correct Feedback** During the latter half of the 19th century and beginning of the 20th century, each Canadian province established an asylum. Up until the mid-20th century, 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.

**Incorrect Feedback** During the latter half of the 19th century and beginning of the 20th century, each Canadian province established an asylum. Up until the mid-20th century, 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.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 17 **Multiple Choice** **1 points**

**Question** Which level of legislation supports confinement of mentally ill patients in Canada in the late 19<sup>th</sup> century?

**Answer**

- ✓ A. Provincial
- B. National
- C. Municipal
- D. State

**Correct 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 the mentally ill.

**Incorrect 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 the mentally ill.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 18 **Multiple Choice** **1 points**

**Question** Life within early psychiatric institutions reflected a

- Answer**
- A. Treatment focus
  - B. Pleasant alternative to living in the community
  - C. Rehabilitation focus
  - ✓ D. Deplorable living conditions

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 19 **Multiple Choice**

**1 points**

[Modify](#) | [Remove](#)

**Question** University-based scientific research to influence change and find better treatment and support for mentally ill patients was promoted by

- Answer**
- ✓ A. Charles K. Clarke
  - B. Clifford Beers
  - C. Adolf Meyer
  - D. Clarence Hincks

**Correct 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 center for the treatment of acute mental illness under the best possible conditions and supported by university-based scientific research.

**Incorrect 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 center for the treatment of acute mental illness under the best possible conditions and supported by university-based scientific research.

[◀ Add Question Here](#)

Question 20 **Multiple Choice**

**1 points**

[Modify](#) | [Remove](#)

**Question** The psychiatrist who had a strong belief in the ability of female compassion and established a new diploma in Alberta for mental health nurses was:

- Answer**
- A. Adolf Meyer
  - B. Charles K. Clarke
  - C. Clarence Hincks
  - ✓ D. Charles A. Barager

**Correct 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 patients requires women of finer personality, of wider sympathies, greater self-control and higher intelligence than even the nursing of those who are physically ill."

**Incorrect 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 patients requires women of finer personality, of wider sympathies, greater self-control and higher intelligence than even the nursing of those who are physically ill."

[◀ Add Question Here](#)

Question 21 **Multiple Choice**

**1 points**

[Modify](#) | [Remove](#)

**Question** In the 1930s and 1940s, skilled nursing was essential for new therapies such as:

- Answer**
- A. Group therapy
  - ✓ B. Coma therapy
  - C. Medication therapy
  - D. Recreational therapy

**Correct Feedback** Skilled nursing was essential for new therapies, such as electroshock and insulin coma therapy introduced in the 1930s and 1940s.

**Incorrect Feedback** Skilled nursing was essential for new therapies, such as electroshock and insulin coma therapy introduced in the 1930s and 1940s.

[◀ Add Question Here](#)

Question 22 **Multiple Choice**

**1 points**

[Modify](#) | [Remove](#)

**Question** During the mid-20th century, the understanding of mental illness and the focus on treating the brain facilitated discharges from institutions was a result of introducing:

- Answer**
- ✓ A. Psychopharmacology
  - B. Insulin shock therapy
  - C. Psychosurgery
  - D. Hydrotherapy

**Correct 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 patients discharged into the community, and the eventual focus on the brain became a key to understanding psychiatric disorders.

**Incorrect 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 patients discharged into the community, and the eventual focus on the brain became a key to understanding psychiatric disorders.

[◀ Add Question Here](#)

Question 23 **Multiple Choice**

**1 points**

[Modify](#) | [Remove](#)

**Question** The Canadian Mental Health Association in the 1960s supported the paradigm shift and public policy changes to promote:

- Answer**
- ✓ A. Deinstitutionalization
  - B. Increased psychiatric admissions to provincial psychiatric hospitals
  - C. Psychiatric nursing education
  - D. Psychiatric pluralism

**Correct Feedback** The Canadian Mental Health Association (CMHA), renamed from the earlier CNMHA, had an instrumental role in policy development for integrated services in general hospitals and the community. A shift in mental health policy resulted in deinstitutionalization, the downsizing of the large provincial psychiatric hospitals, and a new orientation on community-based services.

**Incorrect Feedback** The Canadian Mental Health Association (CMHA), renamed from the earlier CNMCH, had an instrumental role in policy development for integrated services in general hospitals and the community. A shift in mental health policy resulted in deinstitutionalization, the downsizing of the large provincial psychiatric hospitals, and a new orientation on community-based services.

[◀ Add Question Here](#)

Question 24 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** As a result of the shift of federal funding in the early 1970s, provinces developed different models and strategies to provide treatment for:

- Answer**
- A. Criminal code changes for the not criminally responsible patients
  - ✓ B. Specialized care for children and geriatric population
  - C. Diagnosis-specific care
  - D. Day treatment programs

**Correct Feedback** In the late 1970s, the federal government shifted to a new funding structure for health care, reducing its share in the cost. Provinces developed different models and strategies to fund specialized services, for example, alcohol and substance abuse treatment programs, a pressing post–World War II mental health care need. To address the needs of different population groups, subspecialties such as child psychiatry, forensic, and geriatric services also emerged.

**Incorrect Feedback** In the late 1970s, the federal government shifted to a new funding structure for health care, reducing its share in the cost. Provinces developed different models and strategies to fund specialized services, for example, alcohol and substance abuse treatment programs, a pressing post–World War II mental health care need. To address the needs of different population groups, subspecialties such as child psychiatry, forensic, and geriatric services also emerged.

[◀ Add Question Here](#)

Question 25 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** Education preparation for psychiatric mental health nurses in Canada during the 20<sup>th</sup> century was influenced by

- Answer**
- A. Colleges and universities
  - B. Federal government
  - ✓ C. Regional models
  - D. Hospital-based training

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 26 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** Psychiatric mental health nursing theory to promote holistic patient care identifying the therapeutic relationship is grounded in the work of:

- Answer**
- A. Benner
  - ✓ B. Peplau
  - C. Freud
  - D. Dix

**Correct 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–patient relationship supported a holistic perspective on patient care.

**Incorrect 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–patient relationship supported a holistic perspective on patient care.

[◀ Add Question Here](#)

Question 27 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

**Question** The Canadian Federation of Mental Health Nurses published Canadian Standards of Nursing Practice reflected in nursing practice today is based on the theoretical work of:

- Answer**
- ✓ A. Patricia Benner
  - B. Hildegard Peplau
  - C. Sigmund Freud
  - D. Dorothy Dix

**Correct 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.

**Incorrect 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.

[◀ Add Question Here](#)

Question 28 **True/False** **1 points**

[Modify](#) [Remove](#)

**Question** The specific mental health needs of women are adequately addressed today in the mental health system.

- Answer**
- True
  - ✓ False

**Correct Feedback**  
**Incorrect Feedback**

[◀ Add Question Here](#)

Question 29 **True/False** **1 points**

[Modify](#) [Remove](#)

**Question** In the present day, psychiatric admissions in a hospital can be either a voluntary status or a certified basis.

- Answer**
- ✓ True
  - False

**Correct Feedback**

Incorrect Feedback

[◀ Add Question Here](#)

Question 30 True/False

1 points

[Modify](#)

[Remove](#)

**Question** In the 1970s, intensive psychoanalysis was the treatment of choice for patients suffering from severe mental illness in institutions.

**Answer**

True

✓ False

**Correct Feedback**

**Incorrect Feedback**

[◀ Add Question Here](#)

[OK](#)