

**Test Bank for Psychiatric Mental Health Nursing 6th Edition
Townsend 0803638760 9780803638761**

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Test Bank

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1. A client has experienced the death of his mother and the loss of his job, which resulted in a 6-month score of 110 on the Recent Life Changes Questionnaire. Based on this information, which nursing conclusions are appropriate?
 - A) The client is experiencing severe distress and is at risk for physical and psychological illness.
 - B) The client has scored only 110 on the Miller and Rahe Recent Life Changes Questionnaire, so there is no significant threat of stress-related illness.
 - C) The client's susceptibility to stress-related physical or psychological illness cannot be estimated without knowledge of his coping resources and available supports.
 - D) The client views these losses as challenges, and sees them as potentials for growth.

2. A nurse is interviewing a client who is a happily-married husband and father of two healthy children. He is in good physical and emotional health. The client was recently dismissed from his job after his company downsized. The client reports: "Perhaps this was the best thing to happen. Maybe I'll look into pursuing that art degree that I abandoned back in college." How should the nurse characterize the client's appraisal of the stressor of losing his job?
 - A) Irrelevant
 - B) Harm/loss
 - C) Threatening
 - D) Challenging

3. A nurse is interviewing a client who is distressed over the loss of a job that the client has worked for 15 years. Which questions would best assist the nurse determining the client's appraisal of the situation? Select all that apply.
 - A) What resources do you rely on in difficult times?
 - B) Have you ever experienced a similar situation; if so, what did you do?
 - C) Who do you think is to blame for this situation?
 - D) What options are available to you at this time?

4. Which client statement should alert a nurse that a client may be responding maladaptively to stress?
 - A) "I've found that a few glasses of wine each evening really helps me unwind."
 - B) "I really enjoy journaling; it's my private time."
 - C) "I signed up for a yoga class this week."
 - D) "I made an appointment to meet with a therapist."

5. A nursing student finds that she comes down with a sinus infection toward the end of every semester. When this occurs, which stage of stress is the client most likely experiencing?
 - A) Alarm reaction stage
 - B) Stage of resistance
 - C) Stage of exhaustion
 - D) Fight-or-flight stage

6. A nurse is assessing a female high school student who is concerned about her appearance. The client's mother reports to a nurse that some days the client refuses to go to school when her hair or clothing does not look the way she likes. Her mother is irritated with her daughter's behavior and states, "That's not something to be stressed about!" Which is the most appropriate response by the nurse?
 - A) "Teenagers! They don't know a thing about *real* stress."
 - B) "Stress occurs only when there is a loss."
 - C) "When you are in poor physical condition, you can't experience psychological well-being."
 - D) "Stress can be physical or psychological. Your daughter's stress may be caused by a threat to her self-esteem."

7. A high school student reports to a nurse that he is uncertain about his future. If the student goes to college, his family may suffer financially. If the student starts working immediately after high school, he will be able to help support his family's meager income. Which coping strategy is most appropriate for the nurse to recommend to the student at this time?
 - A) Meditation
 - B) Problem-solving training
 - C) Relaxation
 - D) Journaling

8. A college graduate reports to a nurse that, even though she completed her degree in childhood education, she cannot find a job. The graduate has difficulty working through the problem-solving process independently because of the severe anxiety her situation causes her. Which is the most appropriate nursing intervention?
 - A) Encourage the student to use alternative coping mechanisms instead of the problem-solving process, such as relaxation exercises.
 - B) Complete the problem-solving process for the client.
 - C) Work through the problem-solving process with the client.
 - D) Encourage the client to keep a journal.

9. A nurse is assessing a female high school student who is overly-concerned about her appearance and is stressed because her parents cannot afford to buy "the right clothes." What should the nurse identify as the most likely reason for this client's stress?
 - A) It is endangering her well-being.
 - B) It is personally relevant to her.
 - C) It is developmentally inappropriate.
 - D) It is exceeding her capacity to cope.

10. Meditation has been shown to be an effective stress management technique. A nurse recognizes that mediation is effective when:
- A) A state of relaxation is achieved.
 - B) Insight into one's feelings is achieved.
 - C) Appropriate role behaviors are demonstrated.
 - D) Problem-solving abilities are enhanced.
11. A single, first-time mother is distressed because she will soon have to return to work. The mother cries and says to a nurse, "I don't know what I am going to do! I can't afford childcare on my limited income!" Which teaching should the nurse provide to the client to initiate the problem-solving process?
- A) Determine the risks and benefits for each alternative.
 - B) Formulate goals for resolution of the problem.
 - C) Evaluate the outcome of the implemented alternative.
 - D) Assess the facts of the situation.
12. A nurse recognizes that diseases of adaptation are most likely to occur when:
- A) Individuals have not had to face stress in the past.
 - B) Individuals inherit maladaptive genes.
 - C) Existing conditions exacerbate stress.
 - D) Physiological and psychological resources become depleted.
13. When an individual's stress response is sustained over a long period of time, which physiological effect of the endocrine system should a nurse anticipate?
- A) Decreased resistance to disease
 - B) Increased libido
 - C) Decreased blood pressure
 - D) Increased inflammatory response
14. Which symptom should a nurse identify as typical of the "fight-or-flight" response?
- A) Pupil constriction
 - B) Increased heart rate
 - C) Increased salivation
 - D) Increased peristalsis
15. In the transactional model of stress/adaptation, a nurse observes that secondary appraisal takes place when an individual judges an event to be:
- A) Benign.
 - B) Irrelevant.
 - C) Challenging.
 - D) Pleasurable.

16. Research, which was undertaken by Miller and Rahe in 1997, demonstrated a correlation between the effects of life change and illness. This research led to the development of the Recent Life Changes Questionnaire (RLCQ). Which principle most limits the effectiveness of this tool?
- A) Stress overload always precipitates illness.
 - B) Individual coping abilities are not assessed.
 - C) Stress is viewed as a physiological response.
 - D) Personal perception of the event is excluded.
17. A nurse is working with a client who has been under a great deal of stress recently. Which nursing recommendations would be most helpful when assisting the client in coping with stress? Select all that apply.
- A) Enjoying a pet
 - B) Spending time with a loved one
 - C) Listening to music
 - D) Focusing on the stressors
18. A client who experiences stress on a regular basis asks a nurse what causes these feelings. Which is the most appropriate nursing response?
- A) "Genetics have nothing to do with your temperament."
 - B) "How you reacted to past experiences influences how you feel now."
 - C) "If you're in good health physically, your stress level will be low."
 - D) "Stress is caused by not having much money."

Answer Key

1. C
2. D
3. A, B, D
4. A
5. C
6. D
7. B
8. C
9. B
10. A
11. D
12. D
13. A
14. B
15. C
16. D
17. A, B, C
18. B