

Foundations of Mental Health Care 7th Edition

Morrison-Valfre Test Bank

Chapter 01: The History of Mental Health Care

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MULTIPLE CHOICE

1. The belief of the ancient Greek philosopher Plato that the rational soul controlled the irrational soul could be compared with the belief of the more recent psychological theorist:
 - a. Freud.
 - b. Pinel.
 - c. Fisher.
 - d. Rush.

ANS: A

Sigmund Freud believed that mental illness was, in part, caused by forces both within and outside the personality. Philippe Pinel advocated acceptance of mentally ill individuals as human beings in need of medical assistance. Alice Fisher was a Florence Nightingale nurse who cared for the mentally ill, and Dr. Benjamin Rush was the author of the book *Diseases of the Mind*.

DIF: Cognitive Level: Comprehension REF: p. 2 OBJ: 2
TOP: Early Years of Mental Health KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

2. During the mid-1500s, behaviors associated with mental illness were more accurately recorded by professionals. This practice led to _____ for different abnormal behaviors.
 - a. classifications
 - b. diagnosing
 - c. treatment
 - d. education

ANS: A

Classification of abnormal behaviors did not begin until this time, after the practice of more accurate recording of behaviors was begun. Diagnoses, treatment guidelines, and any education regarding mental health disorders were not available during this period.

DIF: Cognitive Level: Knowledge REF: p. 3 OBJ: 3
TOP: Mental Illness During the Renaissance
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

3. During the latter part of the 18th century, psychiatry became a separate branch of medicine, and inhumane treatment was greatly diminished by the French hospital director:
 - a. Dix.
 - b. Beers.
 - c. Pinel.
 - d. Carter.

ANS: C

Philippe Pinel advocated acceptance of the mentally ill, as well as proper treatment. Dorothea Dix crusaded for construction of mental health hospitals. Clifford Beers wrote the book *A Mind That Found Itself*. President Jimmy Carter established the President's Commission on Mental Health in 1978.

DIF: Cognitive Level: Knowledge REF: p. 4 OBJ: 4
TOP: Mental Illness in the 18th Century KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

4. In 1841, _____ surveyed asylums, jails, and almshouses throughout the United States, Canada, and Scotland and is credited with bringing about public awareness and reform for the care of the mentally ill.
- Sigmund Freud
 - John Cade
 - Florence Nightingale
 - Dorothea Dix

ANS: D

Dorothea Dix spent 20 years surveying facilities that housed mentally ill individuals and is credited with major changes in the care of the mentally ill. Sigmund Freud introduced the concept of psychoanalysis, John Cade discovered lithium carbonate for the treatment of bipolar disorder, and Florence Nightingale trained nurses in England in the 1800s.

DIF: Cognitive Level: Knowledge REF: p. 5 OBJ: 4
TOP: Mental Illness in the 19th Century KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

5. As a direct result of Clifford Beers' work and book, *A Mind That Found Itself*, the Committee for Mental Hygiene was formed in 1909 with a focus on prevention of mental illness and:
- early detection of symptoms of mental illness.
 - education of caregivers.
 - current treatment options.
 - removing the stigma attached to mental illness.

ANS: D

Clifford Beers' book reflected on his attempt at suicide followed by the deplorable care he received for the next 3 years in mental hospitals. Beers' work and book raised the consciousness of people throughout the country regarding prevention and removal of the stigma of having a mental illness. Early detection of symptoms, education of caregivers, and current treatment options regarding mental illness were not the focus of his book, nor were they a priority for the Committee for Mental Hygiene.

DIF: Cognitive Level: Knowledge REF: p. 5 OBJ: 4
TOP: Mental Illness in the 20th Century KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

6. During the 1930s, what common treatment for schizophrenia caused clients to fall into a coma that could last as long as 50 hours?
- Electroconvulsive therapy

- b. Insulin therapy
- c. Humoral therapy
- d. Amphetamine therapy

ANS: B

Insulin therapy was believed to successfully treat schizophrenia in the early 1900s. Amphetamines were used to treat depression, and electroconvulsive therapy was used for severe depression. Humoral therapy, which originated in ancient Greece and Rome, was a belief that mental illness resulted from an imbalance of the humors of air, fire, water, and earth.

DIF: Cognitive Level: Knowledge REF: p. 6 OBJ: 5
TOP: Influences of War on Mental Health Therapies
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

7. In the 1930s, what mental health disorder was electroconvulsive therapy (ECT) most often used to treat?
- a. Schizophrenia
 - b. Bipolar disorder
 - c. Severe depression
 - d. Violent behavior

ANS: C

ECT was found to be an effective treatment for severe depression in the 1930s. During this period, schizophrenia was treated with insulin therapy, and violent behavior was treated with a lobotomy. In 1949, lithium carbonate was discovered as a treatment for bipolar disorder.

DIF: Cognitive Level: Knowledge REF: p. 6 OBJ: 5
TOP: Influences of War on Mental Health Therapies
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

8. In the early 20th century, a frontal lobotomy was a common treatment for violent behaviors. Which description of this procedure is accurate?
- a. A procedure that delivers an electrical stimulus to the frontal lobes of the brain.
 - b. A surgical procedure that drills holes in the front of the skull to drain fluid.
 - c. A surgical procedure that severs the frontal lobes of the brain from the thalamus.
 - d. A surgical procedure that inserts implants into the frontal lobes of the brain.

ANS: C

A frontal lobotomy is a surgical procedure in which the frontal lobes of the brain are severed from the thalamus.

DIF: Cognitive Level: Knowledge REF: p. 6 OBJ: 5
TOP: Influences of War on Mental Health Therapies
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

9. In 1937, Congress passed the Hill-Burton Act, which was significant for the treatment of mental health because it funded:
- a. research on drugs for the treatment of mental health disorders.