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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q91-Q96):

NEW QUESTION # 91

Avoidant personality disorder exhibits the characteristic of:

- A. difficulty making everyday decisions
- B. unwillingness to be involved with people unless sure of being liked
- C. all of the above
- D. reluctance to delegate tasks or work with others

Answer: C

Explanation:

Avoidant personality disorder (APD) is a mental health condition characterized by a pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation. Individuals with this disorder exhibit several distinct features which reflect their intense fear of rejection and criticism. Below, each characteristic is expanded upon in detail.

****Difficulty making everyday decisions**** - People with avoidant personality disorder often struggle with making everyday decisions without an excessive amount of advice and reassurance from others. This stems from a fear of making mistakes or being criticized for their choices. The anxiety around potential disapproval can be debilitating, leading to significant delays or avoidance in decision-making. This characteristic highlights the pervasive doubt and insecurity felt by individuals with APD, even in minor issues that typically would not warrant such worry.

****Unwillingness to be involved with people unless sure of being liked**** - One of the most prominent characteristics of avoidant personality disorder is the individual's reluctance to engage in social interactions unless they are certain they will be liked and accepted. This is not simply shyness; rather, it is a deep-rooted fear of rejection and ridicule. Individuals with APD often perceive themselves as socially inept or personally unappealing, which exacerbates their reluctance to form new relationships unless they perceive unequivocal acceptance from others.

****Reluctance to delegate tasks or work with others**** - People with APD may also hesitate to delegate tasks or collaborate closely with colleagues due to their fear of disapproval or criticism. They often worry that their inadequacies will be exposed or that they will be blamed for any errors, leading to avoidance of teamwork or leadership roles where closer scrutiny and interpersonal interactions are inevitable. This can limit their professional growth and contribute to underachievement.

In summary, avoidant personality disorder is marked by intense anxiety surrounding social acceptance, fear of criticism, and a deep-seated feeling of inadequacy. These characteristics manifest in various aspects of personal and professional life, severely impacting the individual's ability to function and form healthy relationships. Understanding and addressing these traits through professional mental health support is crucial for managing APD.

NEW QUESTION # 92

Which of the following would not be included under the Standards of Professional Performance?

- A. Diagnosis
- B. Evidence-based practice and research
- C. Ethics
- D. Education

Answer: A

Explanation:

In the field of professional practice, particularly in healthcare, standards are established to provide a framework for consistent quality and accountability among professionals. These standards are generally categorized into two main groups: ****Standards of Practice**** and ****Standards of Professional Performance****. Each serves distinct yet complementary roles in ensuring the efficacy and ethics of professional conduct.

The ****Standards of Practice**** focus on the clinical and operational aspects of a professional's role. They are concerned with direct patient care activities, guiding professionals on how to perform specific tasks or procedures correctly, and make accurate clinical judgments. In this context, ****Diagnosis**** falls under the Standards of Practice. This involves assessing patient health problems and needs, developing and following through with care plans and treatments, and maintaining records. The skillful application of this standard is crucial for effective treatment and patient safety.

On the other hand, the ****Standards of Professional Performance**** are broader and focus on how professionals conduct themselves and fulfill their roles beyond direct patient care. These standards encompass behaviors and attributes that support the professional's ability to perform their clinical duties but do not directly involve specific medical or clinical tasks. Some key areas included under the Standards of Professional Performance are: - ****Education****: Engaging in continuous learning and professional development. - ****Ethics****: Adhering to ethical principles in all professional activities. - ****Evidence-based practice and research****: Integrating scientific evidence into decision-making processes. - ****Quality of practice****: Enhancing the quality of care provided to patients. - ****Professional practice evaluation****: Assessing one's own practice and seeking improvement. - ****Communication****: Effectively communicating with patients, families, and other healthcare team members. - ****Environmental health****: Understanding and advocating for environmental health practices. - ****Collaboration****: Working interprofessionally to achieve optimal patient care. - ****Resource utilization****: Using available resources efficiently to enhance patient care. - ****Leadership****: Leading within the

professional community and healthcare teams to improve patient and organizational outcomes.

Given this distinction, ****Diagnosis**** clearly would not be included under the Standards of Professional Performance, as it directly relates to clinical judgments and medical procedures, which are the core components of the Standards of Practice. Understanding where various activities and responsibilities fall within these standards helps in maintaining a clear focus on both the clinical excellence and the overall professional conduct expected in healthcare environments.

NEW QUESTION # 93

The key symptoms of depression would be which of the following?

- **A. Both B and C**
- B. Happiness
- C. Depressed mood
- D. Anhedonia

Answer: A

Explanation:

The question asks to identify the key symptoms of depression among the provided options. The correct answer is "Both B and C," which stands for Anhedonia and Depressed mood, respectively. Let's break down why each of these is considered a key symptom and why "Happiness" is not.

Firstly, Anhedonia is a significant symptom of depression. It refers to the inability or reduced ability to experience pleasure in activities that typically bring joy. This could include hobbies, social interactions, and even basic things like eating favorite foods or listening to music that one usually enjoys. In the context of depression, anhedonia is not just a temporary disinterest but a persistent state that affects the overall quality of life and daily functioning.

Secondly, a Depressed mood is another primary symptom of depression. This is characterized by feelings of sadness, emptiness, or hopelessness that are persistent and interfere significantly with the individual's ability to function. This mood state goes beyond just feeling blue temporarily; it is a pervasive and ongoing emotional state that impacts all aspects of an individual's life, including work, relationships, and self-esteem.

On the other hand, Happiness is not a symptom of depression. While individuals with depression may experience moments of happiness or relief, these moments do not negate the presence of the depressive disorder. Depression is marked by a generally low mood and the inability to feel sustained pleasure, which contradicts the essence of happiness as a persistent state.

Given the above explanations, the option "Both B and C" is correct as both Anhedonia and Depressed Mood are key indicators of depression. They are critical in diagnosing and understanding the severity and impact of the disorder on an individual's life.

Understanding these symptoms is essential for effective treatment and management of depression.

NEW QUESTION # 94

Certain actions are recommended when a negative outcome is identified. Which of the following is NOT one of them?

- A. Acknowledge that the outcome is less than expected.
- **B. Do not abandon the goal even if safe processes cannot be determined.**
- C. Apologize quickly to those affected.
- D. Correct negative outcomes quickly.

Answer: B

Explanation:

When managing negative outcomes in any process or goal-oriented activity, certain recommended actions help in mitigating the situation and preventing recurrence. Here, we will analyze the options presented to determine which one is NOT typically recommended when a negative outcome is identified.

The first option, "Do not abandon the goal even if safe processes cannot be determined," suggests persisting with the goal regardless of the identification of safe and effective processes. This approach is generally not advisable because continuing without establishing safety can lead to further risks and negative outcomes. Effective management often requires reassessing and possibly altering or abandoning goals if they cannot be achieved safely.

The second option, "Correct negative outcomes quickly," is indeed a recommended action. Addressing and rectifying issues as soon as they are identified helps prevent the escalation of problems and minimizes potential damage. Quick correction aligns with the principles of effective risk management and quality control, ensuring that the impact of negative outcomes is contained and resolved efficiently.

The third option, "Apologize quickly to those affected," is also a recommended action. Apologies can be crucial in managing stakeholder relationships, maintaining trust, and demonstrating accountability. When negative outcomes occur, a swift apology

acknowledges the impact on those affected and is an essential part of transparent and ethical management practices.

The fourth option, "Acknowledge that the outcome is less than expected," is a recommended step as it involves recognizing and admitting that the results did not meet the anticipated standards. This acknowledgment is the first step in critically analyzing what went wrong and why, which is essential for learning from mistakes and preventing similar issues in the future.

Considering these explanations, the option "Do not abandon the goal even if safe processes cannot be determined" is NOT a recommended action when a negative outcome is identified. It contradicts the fundamental principles of safety and risk management, which prioritize the well-being of all involved and the sustainability of the project or process. Therefore, this option should be avoided in favor of strategies that ensure safety and effectiveness are not compromised.

NEW QUESTION # 95

Which of the following phobias is not defined properly?

- A. **nyctophobia - fear of smoke**
- B. agoraphobia - fear of open space
- C. acrophobia - fear of heights
- D. gynophobia - fear of women

Answer: A

Explanation:

The question provided lists several phobias with their definitions, and asks which one is not defined properly. Let's examine each option:

gynophobia - fear of women. This is correctly defined. Gynophobia is indeed an irrational fear of women.

nyctophobia - fear of smoke. This definition is incorrect. Nyctophobia actually refers to a fear of the dark or nighttime, not smoke. The correct term for fear of smoke would be capnophobia.

agoraphobia - fear of open spaces. This definition is accurate. Agoraphobia is an anxiety disorder where individuals fear being in places where escape might be difficult or that help wouldn't be available if things go wrong.

acrophobia - fear of heights. This is also correctly defined. Acrophobia is an intense fear of heights, often leading to significant anxiety.

Based on the definitions provided, the phobia that is not defined properly is nyctophobia. It should be defined as a fear of the dark or night, rather than a fear of smoke. Phobias are intense, irrational fears that lead to a strong desire to avoid the specific object or situation. In the case of nyctophobia, sufferers would experience heightened anxiety during nighttime or in dark conditions, and might take steps to avoid these situations altogether.

NEW QUESTION # 96

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