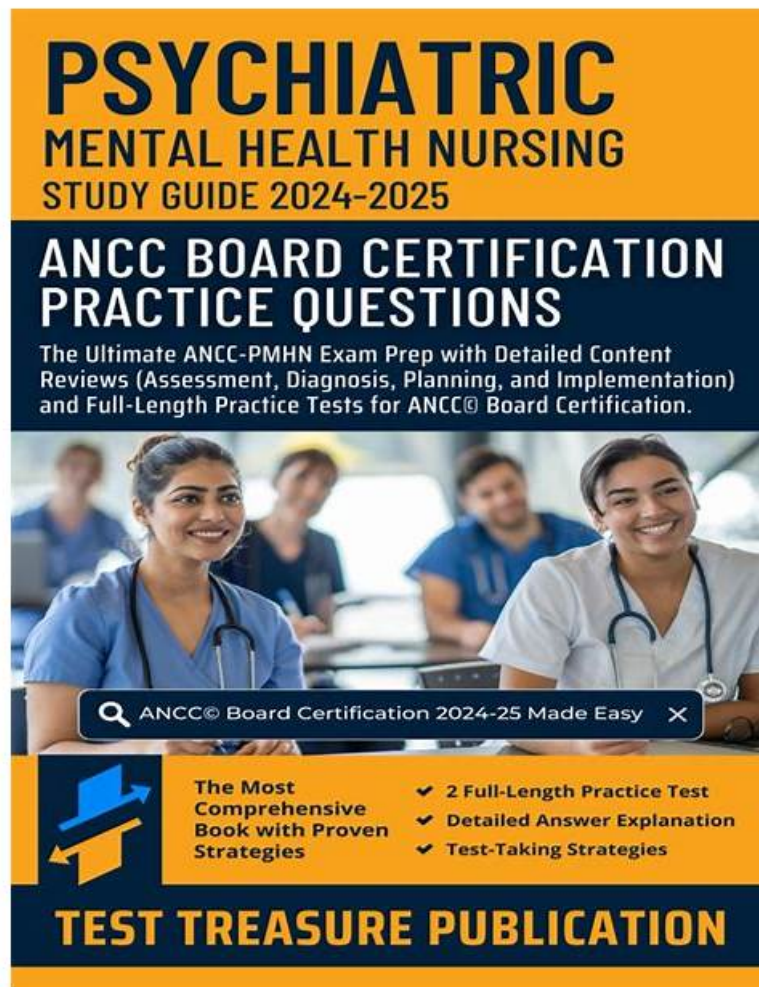


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q53-Q58):

### NEW QUESTION # 53

When the client attempts to keep anxiety-provoking thoughts and feelings out of awareness by disrupting the interactional process with avoidance, acting out, forgetting, etc., this is which of the following?

- A. transference
- B. countertransference
- C. testing behaviors
- D. resistance

**Answer: D**

Explanation:

The correct answer is resistance. Resistance in psychotherapy and counseling refers to the phenomenon where clients subconsciously defend themselves against the awareness of some distressing facets of their thoughts, emotions, or experiences. This defensive mechanism can manifest through various behaviors that disrupt the therapeutic process.

Common forms of resistance include avoiding topics, acting out, forgetting appointments or significant details, remaining silent, or even arriving late to sessions. These behaviors are not usually conscious decisions; rather, they are ways in which the client's psyche attempts to protect itself from facing painful truths or emotional discomfort that might arise from fully engaging in the therapeutic process.

In the context of therapy, resistance is a crucial concept because it signals areas where the client is struggling with difficult issues. It is the therapist's role to recognize these resistance patterns and gently help the client to address them. By making observations about the resistance and supporting the client in understanding and confronting these behaviors, the therapist can aid the client in moving past their defenses. This supportive confrontation helps to reduce anxiety and fosters deeper personal growth and insight into their behaviors and underlying issues.

It is important to differentiate resistance from other therapeutic interactions like transference, where clients project feelings about others onto the therapist, or countertransference, where therapists project their own feelings onto the client. Testing behaviors, another concept, refers to the ways clients might test the boundaries or consistency of the therapist. In contrast, resistance specifically deals with the client's internal defense mechanisms against psychological insight and emotional exposure.

### NEW QUESTION # 54

Which of the following might paralinguistic consists of?

- A. Pitch
- B. All of the above
- C. Tone
- D. Loudness

**Answer: B**

Explanation:

Paralinguistic refers to the non-verbal elements of communication used to modify meaning and convey emotion. It is distinct from the actual language or words used in communication. Paralinguistic may include various vocal elements such as tone, pitch, rhythm, timbre, loudness, and inflection. Here, let's explore each of these elements to understand how they contribute to paralinguistic:

**Tone:** Tone of voice can convey emotions and attitudes. A cheerful tone might indicate happiness or confidence, while a flat tone might suggest sadness or disinterest. The tone can also influence how a message is perceived by others, often as much as or more than the actual words spoken.

**Loudness:** The volume at which a person speaks can communicate different meanings. Speaking loudly can express excitement or urgency, whereas speaking softly might be used to convey secrecy or seriousness. The loudness of speech can also impact the listener's perception of the speaker's emotions and intentions.

**Pitch:** Pitch involves the frequency of the voice. High pitch can sometimes be perceived as anxious or excited, while a low pitch might be seen as calm or authoritative. Variations in pitch can help to emphasize important points or express particular emotions.

**Rate of Speaking:** The speed at which someone talks can also be a part of paralinguistic. A fast speech rate might suggest enthusiasm or nervousness, whereas a slow rate might be used to emphasize a point or when the speaker is trying to be deliberate and clear.

**Expressively Placed Pauses:** Strategic pauses in speech can enhance understanding, create suspense, or provide a moment for

emphasis. Pauses can also allow the speaker to gather thoughts or allow the listener to absorb information.

Emphasis: Stressing certain words within a sentence can alter the message's meaning, making it possible to highlight specific parts of a message or to indicate the speaker's feelings and attitudes. All these elements of paralanguage play crucial roles in how communication is interpreted. They help convey subtleties and nuances that pure text or words cannot fully express by themselves. Understanding and controlling paralanguage can greatly enhance the effectiveness of communication, making it a critical aspect of interpersonal interactions and public speaking. Thus, when considering what paralanguage consists of, "All of the above" is indeed the correct answer, as it includes tone, loudness, pitch, rate of speaking, pauses, and emphasis, among other vocal cues.

#### NEW QUESTION # 55

Which of the following places is best to conduct a psychosocial assessment?

- A. a park
- B. an isolated location
- C. a busy loud open place
- D. a conference room

**Answer: D**

Explanation:

The question posed asks to identify the best setting for conducting a psychosocial assessment among the options provided: an isolated location, a conference room, a park, and a busy loud open place. Each option has different implications for privacy, security, and the effectiveness of the assessment process.

A conference room is typically considered the best choice for conducting a psychosocial assessment. The controlled environment of a conference room offers privacy and confidentiality, which are crucial in a clinical setting. Privacy helps in building trust between the client and the professional, making it easier for the client to open up and share sensitive information without fear of being overheard or interrupted. Moreover, a conference room usually provides a quiet and neutral space free from distractions, which is essential for maintaining focus during the assessment.

On the other hand, choosing an isolated location for such assessments can pose safety risks, particularly if the client's behavior is unpredictable or if there is a lack of familiarity between the client and the nurse or therapist. In situations where the client might present a risk, it is vital to prioritize safety by ensuring that the setting does not isolate the professional from potential help or exit routes. This precaution helps in managing any unexpected situations that may arise during the assessment.

Conducting an assessment in a park or a busy, loud open place can compromise the privacy and concentration needed for an effective psychosocial assessment. These settings are often filled with distractions and do not provide the confidentiality required for discussing personal or delicate issues. Clients may feel uncomfortable or hesitant to discuss personal matters in a public or chaotic environment, which could hinder the accuracy and depth of the assessment.

Overall, a conference room aligns best with the needs of a psychosocial assessment by offering a safe, private, and distraction-free environment. This setting not only facilitates open communication and trust but also ensures that both the client and the professional are in a secure and controlled space, contributing to the overall effectiveness and integrity of the assessment process.

#### NEW QUESTION # 56

Which of the following age groups has the highest percentage of suicides?

- A. Adults over the age of 50
- B. Adolescents
- C. Young adults
- D. Both A and C

**Answer: D**

Explanation:

The question asks which age group has the highest percentage of suicides. The options provided are Adolescents, Young adults, Adults over the age of 50, and Both A and C (referring to Adolescents and Adults over the age of 50). The correct answer is "Both A and C," which indicates that both adolescents and adults over the age of 50 have the highest percentages of suicides compared to other age groups. This is a critical observation that highlights specific vulnerabilities at two quite distinct stages of life.

To elaborate, various studies and statistical reports often illustrate that the suicide rates are notably high among adolescents due to factors such as mental health issues, peer pressure, bullying, and academic stress, among others. Adolescents are at a delicate stage of emotional and psychological development, which can make them particularly vulnerable to suicidal thoughts and behaviors when faced with overwhelming stress.

On the other end of the age spectrum, adults over the age of 50 also show a high incidence of suicide. Factors contributing to higher

suicide rates in this age group can include loneliness, chronic health problems, a sense of purposelessness after retirement, bereavement, and sometimes financial issues. Mental health can decline if not carefully managed, and the lack of a robust support system can further exacerbate feelings of despair and isolation.

While young adults also experience significant challenges that could lead to suicidal behaviors, the statistical evidence suggests that their rates are not as high as those observed in adolescents and older adults. This might be due to better resilience-building resources, early career development opportunities, and perhaps more robust social networks typical of this age group.

Thus, understanding that both adolescents and adults over the age of 50 are particularly susceptible to suicide can help in tailoring prevention programs and support systems more effectively to address the unique needs of these groups. Public health strategies, awareness programs, and community support mechanisms must be designed to target these demographics distinctively and diligently.

#### NEW QUESTION # 57

How many concepts make up the nursing process?

- A. Five.
- B. Four.
- C. Nine.
- D. Seven.

**Answer: A**

Explanation:

The nursing process is a fundamental framework that guides nurses in delivering effective, patient-centered care. It encompasses five critical steps, each essential for ensuring comprehensive care and optimal patient outcomes. These steps are: Assessment, Diagnosis, Planning, Implementation, and Evaluation. This structured approach allows for consistent, evidence-based professional practice in the nursing field.

The first step, Assessment, involves gathering comprehensive data about the patient's health status. This includes taking a complete health history and performing a physical examination. The data collected during the assessment phase forms the basis for all subsequent steps.

The second step, Diagnosis, involves analyzing the assessment data to determine the patient's actual or potential health problems. These problems are then articulated as nursing diagnoses. Each diagnosis provides a precise definition of issues that nurses are qualified and licensed to treat.

In the Planning phase, the third step, nurses prioritize the diagnosed problems and set measurable and achievable short- and long-term goals for the patient. They also develop a care plan that outlines strategies to address the nursing diagnoses.

Implementation, the fourth step, involves putting the care plan into action. This step can include administering medication, providing education, and conducting other necessary interventions to address the patient's health needs.

The final step, Evaluation, focuses on assessing the outcomes of the nursing interventions. Nurses determine whether the health goals for the patient are being met or if adjustments to the care plan are necessary. This step is crucial as it ensures that the care provided is effective and responsive to the patient's needs.

Thus, the nursing process is a dynamic and iterative method that enables nurses to provide holistic and patient-focused care. Each of the five steps plays a critical role in fostering better health outcomes and enhancing the quality of care delivered to patients.

#### NEW QUESTION # 58

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