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>> PMHN-BC認證 <<

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## 最新的 Nursing ANCC PMHN-BC 免費考試真題 (Q29-Q34):

### 問題 #29

Which of the following would not be considered nonverbal group activities?

- A. Art therapy
- B. Verbalization therapy
- C. Play therapy
- D. Dance therapy

答案：C

解題說明：

To answer the question "Which of the following would not be considered nonverbal group activities?" we need to first understand the distinction between verbal and nonverbal activities. Nonverbal activities involve communication or expression without using spoken language, often emphasizing body movements, facial expressions, and artistic mediums.

Among the options provided-Art therapy, Verbalization therapy, Play therapy, Dance therapy, Movement therapy, Sand tray therapy-Verbalization therapy does not fit the category of nonverbal group activities. Verbalization therapy primarily involves the use of spoken words to express feelings, thoughts, and experiences. This form of therapy is centered around verbal communication, making it distinctly different from nonverbal therapies.

In contrast, other listed activities like Art therapy, Play therapy, Dance therapy, Movement therapy, and Sand tray therapy all qualify

as nonverbal because they do not primarily depend on verbal communication. Instead, they utilize other forms of expression: - \*\*Art therapy\*\* involves the creation of art as a therapeutic practice to express emotions and thoughts without necessarily using words. - \*\*Play therapy\*\* uses play as a medium for clients, particularly children, to communicate feelings and experiences in a nonverbal manner. - \*\*Dance therapy\*\* and \*\*Movement therapy\*\* both employ body movements to help individuals express themselves and address emotional, cognitive, physical, and social integration. - \*\*Sand tray therapy\*\* provides a sandbox and miniature figures to create scenes that reflect personal thoughts and issues, facilitating expression through a tactile, visual, and spatial medium. Therefore, the correct answer to the question is Verbalization therapy, as it is the only option that fundamentally relies on verbal, rather than nonverbal, methods of communication and expression.

### 問題 #30

There are a number of theories of grieving. Engel's stages of grieving includes which of the following?

- A. developing awareness
- B. anger
- C. experiencing numbness
- D. outcry

答案: A

解題說明:

George Engel, a prominent figure in the study of grief, delineated the grieving process into five distinct stages. These stages are structured to reflect the emotional journey that individuals typically undergo after experiencing a significant loss. Engel's model provides a comprehensive framework for understanding how people gradually come to terms with grief. Below is an expanded explanation of each stage as described by Engel:

**\*\*Shock and Disbelief\*\***: This initial stage is marked by an inability to grasp the reality of the loss. Individuals often feel numb and find it hard to accept what has happened. This state of shock can serve as a protective mechanism, buffering the immediate impact of the loss and allowing the individual to process the news at their own pace.

**\*\*Developing Awareness\*\***: As the shock wears off, the awareness of the extent of the loss begins to sink in. This stage may involve a range of emotions, including sadness, longing, and yearning. People start to confront the implications of the loss and may experience intense emotional pain as the reality sets in.

**\*\*Restitution\*\***: In this stage, individuals start to adapt to life without the presence of what was lost. Cultural and religious rituals such as funerals can play a significant role in this stage, as they offer a way to publicly acknowledge and mourn the loss. These rituals can help provide closure and communal support.

**\*\*Resolution of the Loss\*\***: During this stage, the individual begins to deal with the void left by the loss. They may start to adjust to a new reality and begin the process of reorganizing life without the deceased or the lost entity. This stage is often characterized by a gradual decline in the intensity of emotional pain.

**\*\*Recovery\*\***: The final stage signifies a return to a more functional state. Recovery does not imply forgetting the loss but rather learning how to live with it. Individuals find new ways to connect with the memory of the lost, and life starts to feel more normal, even if it's a new kind of normal. It's important to note that these stages are not necessarily linear and can vary widely among individuals. Some may not experience all stages, or they may revisit some stages multiple times. Each person's grieving process is unique, and the duration and intensity of each stage can differ significantly based on personal factors and the nature of the loss.

### 問題 #31

Pender's Health Promotion Model includes three general areas of concern to health-promoting behavior. Which of the following is NOT one of them?

- A. individual characteristics and experiences
- B. behavior-specific cognitions and affect
- C. perceived susceptibility to a condition
- D. behavioral outcomes

答案: C

解題說明:

Pender's Health Promotion Model (HPM) is a theoretical framework designed to be a "complementary counterpart to models of health protection." It defines health as a positive dynamic state rather than simply the absence of disease. The model focuses on three key areas: individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. These elements are used to understand and predict how individuals engage in health-promoting behaviors.

The correct answer to the question, "Which of the following is NOT one of the three general areas of concern to health-promoting

behavior in Pender's Health Promotion Model?" is "perceived susceptibility to a condition." This concept is actually a part of another well-known health model called the Health Belief Model (HBM). The HBM is centered around concepts including perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cue to action, and self-efficacy. It is primarily focused on disease prevention and how beliefs about health problems, perceived benefits of action, and barriers to action can affect health-related behavior.

In contrast, Pender's Health Promotion Model includes: 1. **\*\*Individual characteristics and experiences\*\*** - This area recognizes the impact of previous experiences and inherited and acquired characteristics on personal behavior. Factors like biological, psychological, and sociocultural characteristics are considered to shape how individuals think about health. 2. **\*\*Behavior-specific cognitions and affect\*\*** - This aspect of Pender's model includes perceptions of benefits of and barriers to engaging in specific health behavior, perceived self-efficacy, activity-related affect, interpersonal influences (such as norms, social support, and modeling), and situational influences. These factors contribute to the motivation of the individual in making health-promoting behavior choices. 3. **\*\*Behavioral outcomes\*\*** - This is the end result of the model where the action of engaging in a health-promoting behavior is the outcome. The desired behavioral outcomes are directed by goals set by the individual, and actions are taken to achieve these goals which are influenced by the individual's commitments, perceived barriers, and competing demands and preferences. Understanding the distinction between these models is crucial for health professionals in designing interventions and educational programs. Pender's HPM emphasizes the positive approach to wellness, expanded focus on the individual's motivation and readiness to act, and the dynamic nature of the individual-environment interaction necessary for promoting health. In contrast, the HBM is more focused on preventing disease through addressing negative health behaviors and evaluating personal risks and outcomes.

### 問題 #32

Which of the following signs and/or symptoms is least likely to be seen in a patient with a mild to moderate dependency on alcohol?

- A. grand mal seizure
- B. hallucinations
- C. weakness
- D. anxiety

答案: A

解題說明:

The question seeks to identify which symptom or sign is least likely to appear in patients with a mild to moderate alcohol dependency. Among the options given-'anxiety', 'hallucinations', 'weakness', and 'grand mal seizure'-the correct answer is 'grand mal seizure'. Let's explore why this is the case.

Anxiety, hallucinations, and weakness are symptoms that can be commonly observed in individuals who have a mild to moderate dependency on alcohol. Anxiety often arises as a symptom during the early stages of dependency and can manifest as a general sense of nervousness or unease. Hallucinations, although more severe, can still occur in moderate cases of alcohol misuse, particularly if the individual has a history of heavy drinking. Weakness, as a general symptom, can also be associated with the physical depletion caused by consistent alcohol consumption.

On the other hand, a grand mal seizure, characterized by violent muscle contractions and loss of consciousness, is not typically a direct symptom of mild to moderate alcohol dependency. Instead, grand mal seizures are more commonly associated with severe cases of alcohol withdrawal, specifically a condition known as delirium tremens. Delirium tremens is a severe form of alcohol withdrawal that is life-threatening and occurs when a heavy drinker suddenly stops or significantly reduces their alcohol intake. It typically emerges 48 to 72 hours after the last drink and is marked by confusion, rapid heartbeat, fever, and seizures.

Therefore, while anxiety, hallucinations, and weakness can be seen across various stages of alcohol dependency, grand mal seizures are specifically linked to the acute withdrawal phase in individuals with a severe dependency. This makes grand mal seizures the least likely symptom to be observed in someone with only a mild to moderate level of alcohol dependency, as they are indicative of a more severe and acute condition related to withdrawal rather than the dependency itself. Thus, the correct answer to the question is 'grand mal seizure'.

### 問題 #33

Marcia and her husband are unable to have children. As a result, Marcia works with mentally challenged children to help them develop good exercise and nutrition habits. She is using which of the following defense mechanisms to deal with her childlessness?

- A. Suppression
- B. Sublimation
- C. Repression
- D. Intellectualization

答案: B

解題說明：

The correct answer to this question is Sublimation. Sublimation is a defense mechanism proposed by Sigmund Freud, which involves channeling unacceptable impulses, thoughts, or emotions into more acceptable activities. This mechanism is considered a mature type of defense because it can turn potentially disruptive or harmful energies into behaviors that are socially acceptable and even beneficial.

In the scenario described, Marcia and her husband are unable to have children, which might cause feelings of sadness, loss, or frustration. Instead of succumbing to these potentially negative emotions, Marcia redirects her energies and desires to care for children into working with mentally challenged children. By doing so, she not only manages her own emotional state in a positive and constructive way but also contributes positively to society. This act of channeling her unfulfilled desire for parenthood into helping children in need exemplifies sublimation.

Sublimation differs from other defense mechanisms like repression, suppression, and intellectualization in that it is not about denying or hiding the undesirable feelings. Repression involves unconsciously blocking the unwanted thoughts or desires from entering consciousness, while suppression is a conscious effort to do the same. Intellectualization involves distancing oneself from the emotional aspects of a situation by focusing on abstract or logical thoughts. In contrast, sublimation allows the feelings to be expressed, but in a way that is socially constructive and acceptable.

Therefore, Marcia's involvement with mentally challenged children as a way to cope with her inability to have her own children is a classic example of sublimation. She uses her nurturing instincts and perhaps her grief to fuel a positive activity that benefits both herself and others in her community. This not only helps her to manage her emotions healthily but also gives her a sense of purpose and fulfillment.

#### 問題 #34

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