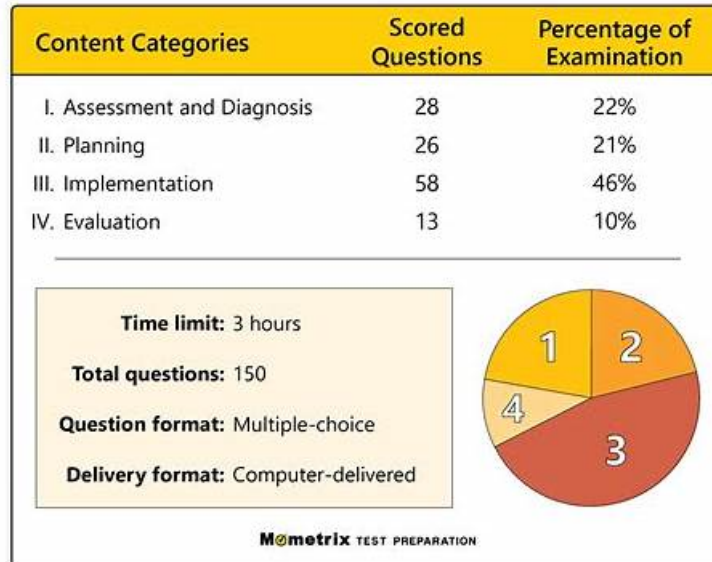


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q23-Q28):

### NEW QUESTION # 23

Which of the following phases of groups is the one in which roles and norms are established, with a move toward consensus and objectives?

- A. norming phase
- B. orientation phase
- C. performing phase

- D. conflict phase

**Answer: A**

Explanation:

The correct answer to the question is the "norming phase." This phase is critical within the context of group development, as it is during this stage that the groundwork for internal structure and efficient functioning is laid down. The norming phase follows the "storming phase," where conflicts and differences among group members typically come to the forefront.

In the norming phase, group members begin to resolve their differences, appreciate colleagues' strengths, and respect the authority of the group leader. There is a strong shift towards harmonious working practices, and teams start to develop a sense of cohesiveness and unity. It is in this phase that roles and responsibilities are clearly defined and accepted by the group members. Everyone starts to work towards the group's goals with a mutually agreed-upon plan, which facilitates a more structured and efficient workflow.

Furthermore, norms, which are the shared rules, standards, or guidelines that the group agrees to follow, are established during this phase. These norms help in managing the behavior of group members, providing a reference for how to act, and setting expectations that align with achieving the set objectives. The establishment of these norms is crucial as it helps in reducing ambiguity and increases the predictability of group members' behaviors, contributing significantly to the group's performance.

The move toward consensus in the norming phase involves group members agreeing on decisions and problem-solving strategies, which is vital for the alignment and unity of the group. This consensus is important as it ensures that all members are committed to the group's objectives and are working collaboratively towards achieving them. This phase is essentially about building the team and reinforcing its structure, paving the way for the next phase, which is the "performing phase," where the group's productivity is maximized.

To summarize, the norming phase is pivotal for establishing a clear structure, roles, norms, and consensus within a group, setting the stage for effective collaboration and achievement of group objectives.

#### NEW QUESTION # 24

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

**Answer: A**

Explanation:

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.

### NEW QUESTION # 25

What leaders do or how they conduct themselves is the basis of what theory of leadership?

- A. contemporary theory
- B. behavioral theory
- C. contingency theory
- D. trait theory

**Answer: B**

Explanation:

The correct answer to the question, "What leaders do or how they conduct themselves is the basis of what theory of leadership?" is behavioral theory. This theory primarily focuses on the actions and behaviors of leaders rather than their mental qualities, traits, or the contextual factors of their environment.

Behavioral theory examines specific behaviors and actions of leaders and categorizes them into styles that are effective in various situations. It moves away from the trait theory, which posits that leaders are born with certain intrinsic qualities that make them effective. Instead, behavioral theory suggests that effective leadership is a result of learned behaviors that can be taught and developed.

One key aspect of behavioral theory is its emphasis on how leaders handle their relationships with team members and how they approach the completion of tasks. For example, behavioral theorists have identified leadership styles such as autocratic, democratic, and laissez-faire, each characterized by specific behaviors and approaches to managing people and tasks.

Moreover, studies in behavioral theory have led to models such as the Managerial Grid Model developed by Blake and Mouton. This model classifies leaders based on their concern for people and their concern for production, resulting in leadership styles such as "impoverished leadership" (low concern for both people and production) and "team leadership" (high concern for both people and production).

Overall, behavioral theory provides a framework for understanding leadership through observable actions, helping organizations and individuals tailor leadership development and training programs that focus on effective behaviors rather than innate traits or adapting to situational variables (as discussed in contingency theory). This pragmatic approach allows for a diverse range of individuals to develop leadership capabilities through the acquisition and refinement of specific behaviors.

### NEW QUESTION # 26

Flight of ideas is best defined as

- A. excessive amount and rate of speech composed of fragmented or unrelated ideas
- B. flow of unconnected words that convey no meaning to the listener
- C. inaccurate interpretation that general event are personally directed to him or her
- D. stopping abruptly in the middle of a sentence or train of thought

**Answer: A**

Explanation:

Flight of ideas is a psychological phenomenon often observed in individuals experiencing manic episodes, particularly those associated with bipolar disorder. This symptom is characterized by an excessive amount and rate of speech, where the ideas expressed are fragmented or unrelated. The individual typically jumps rapidly from one topic to another with only superficial connections between them, if any. This can make it difficult for listeners to follow the conversation, as the speaker's thoughts seem scattered or disconnected.

Unlike coherent and logical dialogues, a flight of ideas lacks a clear progression or logical sequence. The connections between thoughts are often based on coincidental or superficial associations, such as rhyming words or similar sounds, rather than meaningful content. This can result in speech that appears rambling or incoherent to others.

The presence of flight of ideas is particularly indicative of the manic phase of bipolar disorder, where individuals exhibit an elevated mood, increased energy, and decreased need for sleep. During this phase, the rapid thought processes and heightened creativity may contribute to the disjointed and rapid speech patterns. It is important for clinicians to distinguish flight of ideas from other speech disturbances, such as pressured speech, where the rate is increased but connections between thoughts may still be logical, or from thought blocking, where the person unexpectedly stops speaking, unable to continue their train of thought.

Understanding and identifying flight of ideas is crucial for proper diagnosis and treatment of bipolar disorder and other conditions where this symptom may appear. Treatment typically involves the use of mood stabilizers and psychotherapy to help manage symptoms and provide strategies for coping with the challenges posed by such rapid and disorganized thought patterns. Additionally, educating patients and their families about these symptoms can help them recognize early signs of manic episodes and seek appropriate intervention.

### NEW QUESTION # 27

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

**Answer: D**

Explanation:

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.

### NEW QUESTION # 28

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