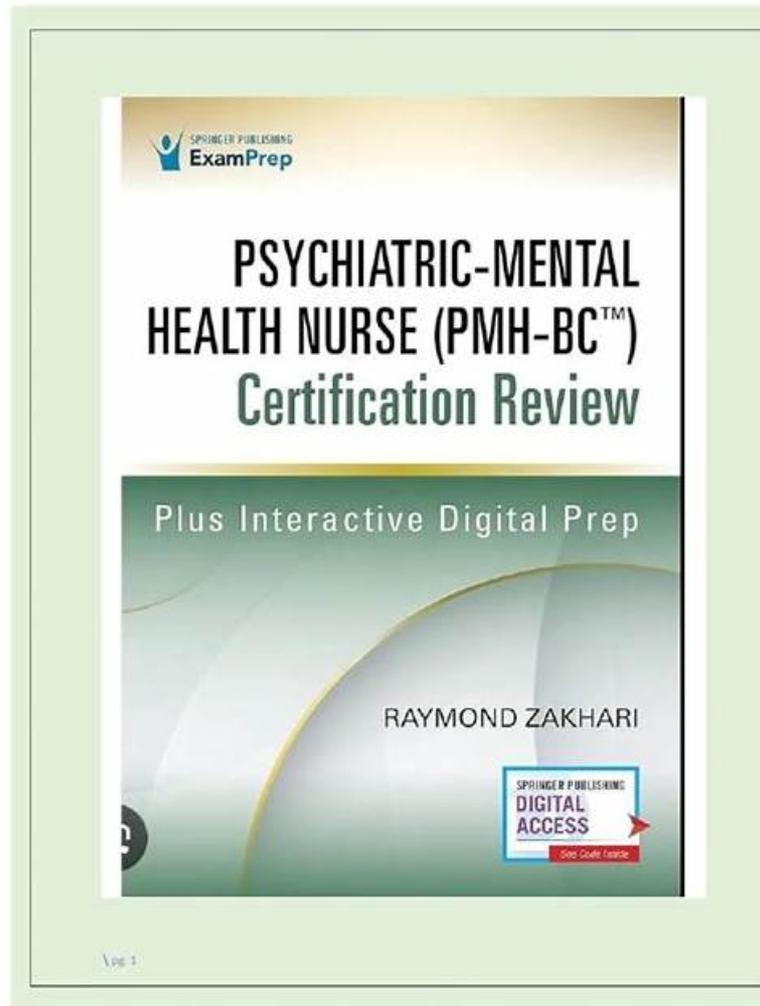


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q23-Q28):

### NEW QUESTION # 23

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

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

**Answer: C**

Explanation:

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.

### NEW QUESTION # 24

I won the Science Fair in the eighth grade biology category. I must have been the only who entered in that category. What example of common distortion is this?

- A. Disqualifying the positive
- B. Jumping to conclusions
- C. Emotional reasoning
- D. Magnification or minimization

**Answer: A**

### NEW QUESTION # 25

When a client uses excessive reasoning to isolate a painful feeling she is using which of the following defense mechanisms?

- A. compensation
- B. dissociation
- C. intellectualization
- D. rationalization

**Answer: C**

Explanation:

The question refers to a psychological defense mechanism, specifically asking which one is employed when a client uses excessive reasoning to isolate a painful feeling. The correct answer to this question is intellectualization.

Intellectualization is a defense mechanism where the person deals with emotional distress and conflict by focusing on abstract and intellectual thoughts, thereby distancing themselves from the stressful emotional aspect of the situation. This mechanism allows the individual to acknowledge the facts but not the emotional impact of those facts, effectively separating their cognitive understanding from their emotional processing.

For example, someone who has just been diagnosed with a serious illness might focus solely on the statistics and treatment options of the disease, rather than addressing the fear and sadness that might come with such a diagnosis. By doing so, the person avoids experiencing the full emotional impact of the situation.

Other defense mechanisms, such as rationalization, dissociation, and compensation, serve different functions. Rationalization involves justifying one's behavior with logical but false reasons, dissociation involves a mental detachment from reality, and compensation involves excelling in one area to make up for deficiencies in another. None of these directly involve the use of excessive reasoning to isolate feelings, which is why they do not fit the description given in the question.

It is important to understand that while defense mechanisms can be adaptive and help reduce immediate stress, over-reliance on mechanisms like intellectualization can prevent the person from processing their emotions adequately, potentially leading to longer-term psychological issues. Therapeutic interventions often aim at helping individuals recognize and modify their use of such defenses to face their feelings more directly and healthily.

#### **NEW QUESTION # 26**

What type of therapy uses interaction that is focused on the present to create empathy?

- A. Psychodynamic therapy
- **B. Supportive psychotherapy**
- C. Psychoanalytical therapy
- D. Psychotherapy

**Answer: B**

Explanation:

The correct answer to the question of what type of therapy uses interaction that is focused on the present to create empathy is Supportive Psychotherapy.

Supportive psychotherapy is a therapeutic approach designed to improve, reinforce, or sustain a patient's psychological defenses, primarily in the face of stress, psychological distress, or dysfunction. This therapy is heavily influenced by psychodynamic and psychoanalytical traditions but differs significantly in its application and goals.

Unlike traditional psychoanalysis, which often delves into past experiences and the subconscious to uncover root causes of psychological issues, supportive psychotherapy concentrates on the present. The primary focus is on creating a supportive environment where the therapist actively helps the patient deal with their current feelings and problems. This approach is deemed particularly effective in helping individuals cope with immediate life challenges and mental health issues by fostering a sense of safety and understanding.

One of the critical elements of supportive psychotherapy is the development of empathy within the therapeutic relationship. Empathy in this context refers to the therapist's ability to understand and share the feelings of the patient, which is vital for providing emotional support and validation. By focusing on the present, the therapist can more directly address the immediate emotions and situations the patient is experiencing, which facilitates a more empathetic connection.

This therapy is often utilized in clinical settings where patients might not have the capacity or stability to engage in more intensive psychoanalytic treatment, such as those with severe mental health disorders, acute crises, or those in need of stabilization. The supportive nature of this therapy helps to strengthen the patient's existing coping mechanisms while preventing further psychological deterioration.

In summary, supportive psychotherapy is distinguished by its present-focused interaction aimed at bolstering the patient's current psychological defenses. It is characterized by the active role of the therapist in providing support, the emphasis on empathy within the therapeutic relationship, and its application in managing present symptoms and stressors rather than exploring historical causative factors.

#### **NEW QUESTION # 27**

he possible signs and symptoms of anorexia nervosa would not include which of the following?

- A. Dry or brittle nails

- B. Peripheral edema
- **C. Weight gain**
- D. Yellow skin

**Answer: C**

Explanation:

The question asks which of the listed symptoms would not be associated with anorexia nervosa. The possible symptoms listed are peripheral edema, weight gain, yellow skin, and dry or brittle nails.

Anorexia nervosa is an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight, and a distorted perception of weight or shape. Individuals with anorexia nervosa often go to extreme lengths to control their weight and shape, which can significantly interfere with their health and daily activities.

Peripheral edema might occur in severe cases of anorexia, usually due to protein deficiency caused by extreme malnutrition, affecting the body's ability to maintain fluid balance. Yellow skin (jaundice) is not a typical symptom of anorexia but may occur in severe cases due to liver damage or dysfunction, which would be more likely from complications related to severe malnutrition or associated behaviors such as excessive use of alcohol or drugs. Dry or brittle nails are a common sign, indicative of malnutrition, particularly deficiencies in vitamins and minerals essential for nail health.

Weight gain, however, is not a symptom of anorexia nervosa. In fact, weight loss-often severe-is a hallmark of the disorder. Individuals with anorexia nervosa typically exhibit a significant fear of gaining weight, even when they are underweight. This fear drives behaviors aimed at further weight loss, even in the face of health risks.

Therefore, out of the options given, "Weight gain" is the one that would not be included as a possible sign or symptom of anorexia nervosa. The other symptoms-peripheral edema, yellow skin, and dry or brittle nails-can indeed manifest in individuals suffering from this eating disorder, particularly in advanced stages or as part of complex medical complications related to the condition.

## NEW QUESTION # 28

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