

Chapter 02: Cultural Communities and Spiritual Considerations Related to Mental Health Care

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Understanding

Integrated Process: Nursing Process

1. When reviewing several studies about the use of mental health care facilities among Latinx Americans, the nurse notes that this cultural group tends to use all other resources before seeking help from mental health professionals. Which of the following would the nurse identify as a reason for this belief about many mental health facilities?

- A) They require periods of hospitalization.
- B) They do not provide 24-hour emergency services.
- C) They are not reimbursed by third-party payers.
- D) They do not accommodate their cultural needs.

Ans: D

Feedback:

Studies reveal that Latinx Americans are reluctant to seek mental health services, possibly because they believe that those services do not accommodate their cultural needs (e.g., language, beliefs, values), because of the cost of care, and because of concerns regarding immigration status. Many instead seek help through supportive family services and the church. Required hospitalization, lack of 24-hour emergency services, and lack of reimbursement do not play a role.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Understanding

Integrated Process: Teaching/Learning

2. A nurse is preparing a presentation about mental health problems associated with specific ethnic and cultural groups. When describing mental health problems associated with American Indian/Alaska Native adolescents, the nurse would address high rates of which of the following?

- A) Schizophrenia
- B) Manic disorders
- C) Dementia
- D) Suicide

Ans: D

Feedback:

Research regarding specific mental health problems suggest that rates of suicide for American Indian/Alaska Native adolescents are higher than those of other adolescents in the United States . The data doesn't support the other options.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Nursing Process

3. A psychiatric-mental health nurse is conducting an in-service program about health literacy among clients. The nurse determines that additional teaching is needed when the group identifies which action as addressing health literacy needs?

- A) Using only medical terminology to ensure accuracy and consistency of communication
- B) Verifying that clients understand information that is communicated to them
- C) Assuming that all clients may have difficulty understanding health information

D) Ensuring clarity of communication in both spoken and written forms

Ans: A

Feedback:

Health literacy is an individual's ability to process and understand health information to make care decisions. It can vary among clients based on reading, verbal, and numerical skills. To ensure that clients receive and understand all important information, nurses should assume that all clients and caregivers may have difficulty understanding health information. Nurses should communicate in ways that anyone can understand; using only medical terminology is likely to confuse clients and caregivers, leaving them poorly informed and inadequately equipped to make decisions. Clarity and ease of understanding are required in both spoken and written communication, and nurses should verify that clients and caregivers understand the information they are given.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

4. A psychiatric-mental health nurse is interviewing a client who emigrated from an Asian country to the United States as a child. What client statement would the nurse recognize as illustrating a challenge specific to some traditional Asian cultures regarding mental health care?

- A) "I'm worried about how much treatment is going to cost."
- B) "My parents don't know that I'm seeking professional help."
- C) "My siblings have been pressuring me to start treatment."
- D) "My job doesn't leave me much time to attend therapy sessions."

Ans: B

Feedback:

Although beliefs regarding mental health issues and treatment can vary among individuals, some Asian cultures have a tradition of denying or disguising the existence of such disorders. Families may be embarrassed to have a member treated for mental illness, which may explain the extremely low utilization of mental health services. Issues of cost and access apply to most cultural groups and are of particular concern to individuals living in poverty or with lower incomes.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

5. A psychiatric–mental health nurse is working with a client who is being treated for depression. Which statement by the client would indicate that the client’s spirituality is intact?

- A) “My church friends came to visit me this past Sunday afternoon.”
- B) “Nothing will ever be the same again; my life is not worth living.”
- C) “I know I am as well off as I can be under the circumstances.”
- D) “I know God must be punishing me for all my sins.”

Ans: C

Feedback:

Perception of well-being and health in persons with severe mental illness has been positively associated with spirituality; this answer implies that the client has a sense of well-being despite depression. The statement about church friends visiting reflects the client’s religiousness or participation in a community of people who gather around common ways of worshiping. The statements about life not being worth living and that God is punishing the client for the client’s sins reflect hopelessness.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Caring

6. A client is being treated for prostate cancer; his prognosis is very poor. The client has a strong faith, and he has been active in his church for many years. He is concerned about his health and the challenges he faces as his cancer progresses. Which comment by the nurse reflects the most appropriate spiritual nursing intervention for this client?

- A) "I'll take you to visit my church if you can get a pass."
- B) "If you picked the right church, you should go to Heaven."
- C) "Would you like me show you a guided imagery app for your phone?"
- D) "We can pray together if you'd like."

Ans: D

Feedback:

To carry out spiritual interventions, the nurse enters a therapeutic relationship with the client and uses the self as a therapeutic tool. Assuming that the nurse can do so genuinely, offering to pray with this client is the best intervention that allows the nurse to act as a therapeutic tool. Although guided imagery is an appropriate spiritual intervention in many cases, it is unlikely to be as strong a tool in this scenario given this client's strong religious background. Suggesting that the client attend the nurse's church may inappropriately impose the nurse's belief system on the client. Saying that the client will "go to Heaven" if he chose the correct church is unsupportive; it potentially casts doubt on the client's belief system and may reinforce doubt and anxiety.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Integrated Process: Teaching/Learning

7. A psychiatric-mental health nurse is educating a class at a community health center on social factors associated with mental illness. When describing the influence of poverty and effects of the downward economic spiral on mental health, which population would the nurse identify as being the most at risk?

- A) older adults
- B) individuals with physical disabilities
- C) single-parent families
- D) individuals who are homeless

Ans: D

Feedback:

Poverty affects all cultural groups and other groups such as older adults, people with physical disabilities, individuals with psychiatric impairments, and single-parent families. Often, those in poverty become trapped in a downward economic spiral as tensions and stress mount. The homeless population is the group most at risk for becoming unable to escape the spiral of poverty.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

8. During an assessment, a client states, "We rely on our large extensive family for moral support and help and we treat our elders with a great deal of respect. If

someone gets sick, the family takes care of them.” The nurse interprets this statement as an indication of what?

- A) Acculturation
- B) Cultural identity
- C) Cultural competence
- D) Linguistic competence

Ans: B

Feedback:

Everyone has a cultural identity or a set of cultural beliefs with which one looks for standards of behavior. The client’s statements reflect their cultural identity.

Acculturation refers to the socialization process by which minority groups learn and adopt selective aspects of the dominant culture, eventually leading to the evolution of a new minority culture (one that is different from the native culture and different from the dominant culture). Cultural competence is the nurse’s ability to interact effectively with clients from different cultures. Linguistic competence is the capacity to communicate effectively and convey information that is easily understood by diverse audiences.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Nursing Process

Integrated Process: Apply

9. Within the context of the culture of poverty, what most clearly describes why individuals who are part of this culture become trapped in a downward economic spiral?

- A) Unemployment causes poverty; a lack of will power and motivation can, in turn, cause unemployment in people who do not have a strong work ethic.

- B) Individuals lack the finances to pay rent, so they eventually do not have an address to use in filling out job applications.
- C) Characteristics of poverty (joblessness and lack of financial independence) can contribute to attributes (feelings of powerlessness and low self-esteem) that sustain poverty.
- D) Poverty is passed on from generation to generation; individuals learn at an early age that there is no way to escape living in poverty.

Ans: C

Feedback:

Families experiencing poverty are under tremendous financial and emotional stress, which may trigger or exacerbate mental health problems. Along with the daily stressors of trying to provide food and shelter for themselves and their families, the lack of time, energy, and money prevents them from attending to their psychological needs. Often, these families become trapped in a downward economic spiral as tensions and stress mount. The inability to gain employment and the lack of financial independence add to feelings of powerlessness and low self-esteem. Feeling powerless and having low self-esteem have the potential to keep these individuals from trying to find employment.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Teaching/Learning

10. A group of nursing students is reviewing information about spirituality and religiousness. The group demonstrates understanding when they identify religiousness as what?

- A) A feeling of connectedness
- B) A way of interpreting life events

- C) A relationship with a unifying force
- D) Community participation in common worship

Ans: D

Feedback:

Religiousness refers to participation in a community of people who gather around common ways of worshiping. Spirituality refers to feelings of connectedness with God, spirit, nature, or a unifying force, and is a way of interpreting life events.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Nursing Process

11. During assessment, the nurse learns that the client follows Buddhist beliefs. The nurse would integrate understanding of which when developing the client's plan of care?

- A) Desire is the cause of all human suffering and misery.
- B) Self-indulgence is necessary to reach nirvana.
- C) Present behavior is based on current unhappiness.
- D) Vision is achieved through role playing.

Ans: A

Feedback:

Buddhism attempts to deal with problems of human existence, such as suffering and death, with the belief that all human suffering and misery are caused by desire. Self-indulgence is to be avoided; good deeds and compassion facilitate the process toward nirvana. Salvation through faith and humility reflects the beliefs of Christianity.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Evaluation

Integrated Process: Teaching/Learning

12. After educating a group of students on the beliefs associated with the world's major religions, the instructor determines that additional teaching is needed when the students identify which belief as associated with Confucianism?

- A) People are born good.
- B) People are assigned to castes.
- C) Authority figures are respected.
- D) Self-responsibility leads to improvement.

Ans: B

Feedback:

Caste assignment reflects Hinduism. According to Confucianism, people are born good; authority figures and parents are respected; and improvement is gained through self-responsibility, introspection, and compassion for others.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

13. During an interview, a client states, "God does not exist for me." The nurse interprets this statement as reflecting what belief?

- A) animism
- B) agnosticism

- C) atheism
- D) polytheism

Ans: C

Feedback:

Atheism is the belief that no God exists, as "God" is defined in any current existing culture of society. Animism reflects the belief that souls or spirits are embodied in all beings and everything in nature. Agnosticism is the belief that whether there is a God and spiritual world (or any ultimate reality) is unknown and probably unknowable. Polytheism is the belief in many gods and in the basic powers of nature.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

14. During an interview, a client tells the nurse, "I have developed a new, strong feeling of being connected to the universe." The nurse interprets this statement as an indication of what?

- A) meaning
- B) self-transcendence
- C) cultural identity
- D) religiousness

Ans: B

Feedback:

Self-transcendence, one of the five attributes of spirituality, is characterized by an appreciation of a dimension beyond oneself. Another of the attributes, meaning is

the discovery of a sense of purpose in life. Religiousness refers to the participation in a community of people who gather around common ways of worshiping. Cultural identity is a set of cultural beliefs with which one looks for standards of behavior.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching/Learning

15. A group of nurses is preparing an in-service presentation about culture and mental illness. When describing cultural explanations, which would the group include?

- A) Suffering within a cultural group
- B) Perceived causes for symptoms
- C) Social factors contributing to the disorder
- D) Ability to communicate effectively

Ans: B

Feedback:

A cultural explanation refers to the perceived causes of the symptoms. A cultural idiom of distress describes the suffering within a cultural group. Cultural explanations do not describe the social factors contributing to a disorder. Linguistic competence is the capacity to communicate effectively and convey information that is easily understood by diverse audiences.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Analyze

Integrated Process: Nursing Process

16. A nurse is assessing a client who has come to the health care facility for treatment. During the assessment, the client states, "I don't know if there is a God or Heaven." The nurse interprets this statement to be a reflection of what belief?

- A) agnosticism
- B) atheism
- C) Maoism
- D) scientism

Ans: A

Feedback:

Agnosticism refers to the belief that whether there is a God and a spiritual world or any ultimate reality is unknown and probably unknowable. Atheism is the belief that no God exists as "God" is defined in any current existing culture of society. Maoism reflects a faith that is centered in the leadership of the Communist Party and all the people; the major belief goal is to move away from individual personal desires and ambitions toward viewing and serving all people as a whole. Scientism is the belief that values and guidance for living come from scientific knowledge, principles, and practices, and that systematic study and analysis of life, rather than superstition, lead to true understanding and practice of life.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Evaluation

Integrated Process: Teaching/Learning

17. A psychiatric-mental health nurse is conducting a seminar for a group of colleagues about the impact of spirituality and religion on mental illness. The nurse determines that the teaching was successful based on which group statement?

- A) "If a person is spiritual, then that person is also religious."

- B) "Being religious requires a person to use self-reflection"
- C) "Religion and spirituality can be helpful in dealing with mental illness."
- D) "Spirituality involves gathering for group worship."

Ans: C

Feedback:

Religion and spirituality can provide support and strength in dealing with mental illnesses and emotional problems. Spirituality develops over time and is a dynamic, conscious process characterized the personal development of meaning, belief, connection, self-transcendence, and value. Related but different than spirituality, religiousness is the participation in a community of people who gather around common ways of worshiping. Although spirituality can be expressed through adhering to a particular religion, it can also be expressed in the absence of religion. Religiousness does not necessarily require self-reflection.

Format: Multiple Choice

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Integrated Process: Nursing Process

18. A psychiatric–mental health nurse is preparing to practice in a rural region. What should the nurse understand about mental health issues and services in rural cultures?

- A) Mental health disorders are less common compared to urban areas.
- B) Suicide rates are roughly equal to those in urban settings.
- C) There tends to be limited access to mental health care.
- D) People living in rural cultures tend not to be receptive to mental health care.

Ans: C

Feedback:

Most mental health services exist in urban settings; with fewer services, those in rural settings generally have less access to health care. While this lack of access leads to fewer mental health diagnoses, this lower rate of diagnosis does not necessarily indicate a lower incidence of mental health disorders. Rural areas are diverse in culture, so while some treatment approaches may be favored in some locations compared to others, any statement that rural cultures are unreceptive to mental health care is unsupported. Suicide rates in rural areas are higher than those in urban areas, with firearms most commonly used.