

Chapter 1

1. The World Health Organization reports that there is a completed suicide reported somewhere in the world every 40 seconds.

@ Cognitive domain: Knowledge; Answer location: Introduction; Question type: T/F

- *a. True
- b. False

2. A major flaw in Erikson's writings about his stages of psychosocial development is found in his denial of the impact of culture and environment on the progression of these stages.

@ Cognitive domain: Comprehension; Answer location: Erikson's Stages of Psychosocial Development; Question type: T/F

- a. True
- *b. False

3. Erikson would describe the developmental process not as a series of milestone achievements but as one of inner conflicts and challenges that must be resolved laying the foundation for the stage that follows.

@ Cognitive domain: Comprehension; Answer location: Erikson's Psychosocial Stages of Development; Question type: T/F

- *a. True
- b. False

4. Like Erikson, Bronfenbrenner and Evans asserted that as the ego gains strength, it becomes better able to manage the complexities of social interaction, and it is the growth of the ego that propels development.

@ Cognitive domain: Knowledge; Answer location: Bioecological Theory of Development; Question type: T/F

- a. True
- *b. False

5. The mesosystem of the Bioecological Theory of Development describes the interactions between two or more microsystems, such as between family and work.

@ Cognitive domain: Knowledge; Answer location: Bioecological Theory of Development; Question type: T/F

- *a. True
- b. False

6. Those who explore the social justice considerations of mental health have been highly critical of the Bioecological Theory of Development because of its failure to take into consideration key multicultural issues.

@ Cognitive domain: Comprehension; Answer location: Bioecological Theory of Development; Question type: T/F

- a. True
- *b. False

7. Interprofessional collaboration is a process by which various professionals collaborate to support their patients or clients through the use of integrative intervention methods while including the patient in the participation of his or her care plan.

@ Cognitive domain: Comprehension; Answer location: Interprofessional Collaboration; Question type: T/F

- *a. True
- b. False

8. In the past 7 years federal and state mandates have been able to rectify imbalances in both the supply and demand for mental health services as well as nearly all disparities in the delivery of service.

@ Cognitive domain: Comprehension; Answer location: Need for a Continuum of Care Model; Question type: T/F

- a. True
- *b. False

9. Life span development is a process that includes both gains and losses.

@ Cognitive domain: Knowledge; Answer location: Introduction; Question type: T/F

- *a. True
- b. False

10. Erikson asserted that if a person did not resolve a particular developmental stage on a particular timetable, he or she would be unable to resolve that milestone at all and become stuck.

@ Cognitive domain: Comprehension; Answer location: Erikson's Stages of Psychosocial Development; Question type: T/F

- a. True
- *b. False

11. Thanks to its attention to biological, psychological, and social aspects of development, _____ has served as a framework for prevention interventions.

@ Cognitive domain: Comprehension; Answer location: Developmental Contextualism; Question type: MC

- *a. Developmental Contextualism
- b. Erikson's Psychosocial Development Theory
- c. Bioecological Theory of Development
- d. Developmental Continuity

12. Which of the following is not one of Bronfenbrenner's ecological system's four main subsystems?

@ Cognitive domain: Knowledge; Answer location: Bioecological Theory of Development; Question type: MC

- a. Microsystem (interactions with family, work, or school)
- *b. Metrosystem (interactions with community at large)
- c. Exosystem (interactions with community and neighborhood)
- d. Macrosystem (interactions with the norms and values of society at large)

13. Which is not one of the four essential principles of Developmental Contextualism?

@ Cognitive domain: Comprehension; Answer location: Developmental Contextualism; Question type: MC

- a. The relationship between context and development is bi-directional
- b. Development is biological, psychological, and social in nature
- *c. Development begins with the capacity to recognize and make use of a relationship and ends when that capacity is depleted
- d. Both factors of risk and resiliency make key contributions to development

14. Dr. Martinez is examining the interactions of mental health in adolescents given family and school contexts. Which subsystem of the Bioecological Theory of Development is she exploring?

@ Cognitive domain: Application; Answer location: Bioecological Theory of Development; Question type: MC

- a. Microsystem
- *b. Mesosystem
- c. Exosystem
- d. Macrosystem

15. Adrian has been working with his client, Mark, who struggles with OCD, for several months. He has now entered a stage of his work in which he would like to reduce the negative impact of Mark's OCD on his life at work and home. What dimension of the problem is Adrian working with?

@ Cognitive domain: Application; Answer location: Need for a Continuum of Care Model; Question type: MC

- a. Promoting strengths to reduce later risks
- b. Primary prevention

- c. Secondary prevention
- *d. Tertiary prevention

16. Hak-Seon has just begun to meet with his client, Helen, who is struggling with a major depression. Hak-Seon would like to refer Helen's daughter to a play therapist in order to prevent some of the documented difficulties that can arise in children of depressed mothers. What dimension of prevention is Hak-Seon using in his referral?
@ Cognitive domain: Application; Answer location: Need for a Continuum of Care Model; Question type: MC

- *a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- d. Promoting strengths to reduce later risks

17. Gene and her partner Daniel have decided to meet with a counselor, Hector, in order to talk about their planned divorce. They explain that while they are certain they want to separate and ultimately divorce, they recognize that the transition will inevitably be difficult for their two children. They would like to collaborate with Hector in the timing of their separation in order to delay the impact of the news and reduce its consequences for them. What prevention strategy are Gene, Daniel, and Hector using?
@ Cognitive domain: Application; Answer location: Need for a Continuum of Care Model; Question type: MC

- a. Primary prevention
- *b. Secondary prevention
- c. Tertiary prevention
- d. Promoting strengths to reduce later risks

18. Tempest has been working at her counseling agency for almost 10 years, and in that time she has been gradually helping to create programs for clients as well as an office culture that foster happiness, integrity, and healthy activities such as biking and tennis. What dimension of prevention is Tempest embracing in her work site?
@ Cognitive domain: Application; Answer location: Need for a Continuum of Care Model; Question type: MC

- a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- *d. Promoting structural policies that promote well-being

19. Janet, a social worker, Chris, a counselor, and Colleen, a psychiatrist, are meeting with a client, Anna, to collaborate to discuss options for her care and to gain her input about what kinds of supports and interventions have been helpful to her in the

past and what has been unhelpful. What intervention strategy are they making use of?

@ Cognitive domain: Application; Answer location: Interprofessional Collaboration;
Question type: MC

- a. APA Strategic Plan
- b. Primary Intervention
- *c. Interprofessionalism
- d. The Microsystem Approach to Intervention

Type: F

20. Sheng-Mei is now in his eighties. He likes to take a morning walk to the local coffee shop and meet with friends, where they talk about family and politics. Often, Sheng-Mei finds himself stopped by neighbors as he makes his way to the coffee shop. They ask his opinion about family issues and money concerns because they trust his judgment and his discretion. Erikson would place Shen-Mei's development at _____ stage and _____ virtue.

*a. Integrity versus Despair; Wisdom

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

21. Dana, age 45, is raising two children in a small apartment on the Upper East Side of New York. She was once a very successful attorney but has taken a break to care for her children until they are both in elementary school. Erikson would find this behavior to be consistent with _____ developmental stage and _____ virtue.

*a. Generativity versus Stagnation; Care

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

22. Aaron is a sophomore in college and is beginning to think a lot about the importance of a long-term relationship. He has a partner that he cares for and is spending more time considering how his relationship will fit long term with his career plans. Erikson would see this as a healthy and timely manifestation of _____ stage of psychosocial development.

*a. Intimacy versus Isolation

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

23. Jake, a junior in a large state university, is struggling to make connections with other students even after having lived and worked on campus for nearly three years. He longs for a girlfriend and friends to enjoy the camping and hiking in the area, but so far feels largely alone. Erikson would say that Jake is struggling with what stage of psychosocial development?

*a. Intimacy versus Isolation

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

24. Samantha has strong feelings of confusion about who she is in the world. She spends time with several different groups within her small high school but never feels quite a part of any of them. More than anything she would like to know who she is. Erikson would describe her as struggling with what stage of psychosocial development?

*a. Identity versus Isolation

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

25. Eva has taken her son, Mikey, age 3, to the park. She watches him take tentative steps across the rope bridge and then look over at her beaming when he reaches the other side. Eva is witnessing Mikey's success in what stage of Erikson's psychosocial development?

*a. Initiative versus Guilt

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

26. John has brought his daughter, Emily, age 7, in for a consult with a play therapist as well as a physical therapist. Emily has some developmental challenges that cause her to lag behind her peers in play, such as throwing and catching balls, and other activities. He has noticed her once-vibrant personality seems to be suffering as she has more opportunities to compare herself with her friends. She is reluctant to raise her hand in class or to share her artwork, for example. Erikson would describe Emily as struggling with which psychosocial stage of development?

*a. Industry versus Inferiority

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

27. Santiago is in his crib sleeping restlessly. His mother checks on him often and when she hears him cry she lifts him from his crib and sings to him softly. Santiago is on his way to successfully resolving which of Erikson's psychosocial stages of development?

*a. Trust versus Mistrust

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

28. Angela has recently had a baby, Dickson, but has struggled to get out of bed or eat regularly. She finds it hard to respond to Dickson's cries and sometimes does not get up to check on him, allowing him to cry himself back to sleep instead. Dickson is often wet, hungry, and upset by the time his mother responds to him. Dickson may have difficulty successfully resolving what stage of Erikson's Psychosocial Development?

*a. Trust versus Mistrust

Cognitive domain: Application; Answer location: Erikson's Stages of Psychosocial Development (Figure 1.1); Question type: FIB

29. Which of the following is not a prioritized strategy of the NIMH in charting the trajectories of mental illness?

@ Cognitive domain: Comprehension; Answer location: Developmental Context and Contemporary Mental Health; Question type: MC

- a. Gain insight into the origins and development of mental illness
- b. Assess the role of cultural influences in the development and sustaining of mental illness
- c. Identify tools, risks, and protective factors that contribute to the development or amelioration of mental illness
- *d. Collect qualitative data on the impact of mental illness on diverse families

30. Research suggests that Latinos are less likely to utilize mental health services, and when they do they are less likely to receive evidence-based services than are their non-Latino counterparts. This concern points to the need to

@ Cognitive domain: Comprehension; Answer location: Need for a Continuum of Care Model; Question type: MC

- a. Educate Latino populations about the usefulness of counseling
- b. Educate those who work with Latino populations about the importance of evidence-based practices
- *c. Address social institutions and systems that support inequities, such as poverty and discrimination
- d. Identify alternative resources for Latino communities

31. A shift in focus from individual change to preventative interventions pulling from multiple systems stems from the need to recognize

@ Cognitive domain: Comprehension; Answer location: Potential Power of Health Promotion, Prevention, and Early Intervention; Question type: MC

- a. Insights into the biological basis of many mental health concerns
- b. Stages of psychosocial development
- c. Trajectories of specific mental health issues
- *d. Mental health disparities in the distribution of care

32. When examining the ecological system and focusing on relationships between parents and their child, one is examining which of the following?

@ Cognitive domain: Knowledge; Answer location: Bioecological Theory of Development; Question type: MC

- *a. Microsystem
- b. Mesosystem
- c. Exosystem
- d. Macrosystem

Type: E

33. Dr. Sherman is considering a research study in which she will compare a group of students living in a small rural area of North Carolina with an isolated community in Alaska

a. She is interested in exploring children's differing mental health needs when taking into consideration differences in development, thanks to the contexts of family, local community, and society at large. What developmental theory might she choose and how might this theory inform her research?

*a. Answer will vary but should include some discussion of how the Bioecological Theory will support Dr. Sherman in exploring the interaction between children in their families, communities, and society at large. Answers should note that Dr. Sherman will be able to contrast familial and cultural differences between the communities in North Carolina and Alaska and their interactions with mainstream society.

Cognitive domain: Application; Answer location: Bioecological Theory of Development; Question type: ESS

34. Describe how Developmental Contextualism differs from the Bioecological Theory of Development.

*a. Answers will vary but should include that Developmental Contextualism (DC) expands upon Bioecological Theory in three important ways: First it adds the biological and psychological components of the individual's development (such as individual personality traits) to the interactions that contribute to development. Second, students should address the concept of reciprocity in which the context changes the individual, but the individual also alters the context. Finally, DC also contributes the concept of risk and resiliency across the lifespan.

Cognitive domain: Analysis; Answer location: Bioecological Theory of Development/Developmental Contextualism; Question type: ESS

35. Describe how separating physical health care from mental/behavioral health care has been detrimental to outcomes for the individual and the community at large.

*a. Answers will vary

Cognitive domain: Analysis; Answer location: Interprofessional Collaboration; Question type: ESS