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Mental Health and Mental Health Disorders

1. Identify seven characteristics of mental health

Short Answer

1. Define mental health.

2. List seven characteristics of a person who is mentally healthy.

2. Identify four causes of mental health disorders

True or False

1. _____ Signs and symptoms of mental health disorders include confusion, disorientation, agitation, and anxiety.

2. _____ A situation response may be triggered by severe changes in the environment.
3. _____ A person who is mentally healthy cannot experience a situation response.
4. _____ A mental health disorder can be caused by substance abuse or a chemical imbalance.
5. _____ The building blocks of mental health are self-respect and self-worth.
6. _____ Traumatic experiences early in life do not cause mental health disorders.
7. _____ Mental health disorders cannot be inherited.
8. _____ Extreme stress may result in a mental health disorder.

3. Distinguish between fact and fallacy concerning mental health disorders

True or False

1. _____ A fallacy is a false belief.
2. _____ People who have a mental health disorder have the power to control their disorder if they really want to.
3. _____ People who have a mental health disorder usually do not want to get well.
4. _____ A mental health disorder is a disorder just like any physical illness.
5. _____ People who have a mental health disorder often cannot control their emotions and responses.
6. _____ An intellectual disability is a type of mental health disorder.

4. Explain the connection between mental and physical wellness

Short Answer

Briefly describe why mental health is important to physical health.

5. List guidelines for communicating with clients who have a mental health disorder

Short Answer

1. When communicating with a client who has a mental health disorder, why is it important for the home health aide to treat the client as an individual and to tailor the HHA's style of communication to the situation?

2. Why is it important for the home health aide not to talk to adults as if they were children?

Name: _____

6. Identify and define common defense mechanisms

Short Answer

Read each description below and identify the defense mechanism that is being used.

1. When Aaron's mother yells at him for breaking a vase in the living room, he goes into his room and yells at his stuffed bear.
2. When Gia was 10, she was very badly injured in a car accident. She was in the hospital for almost three months, but now she tries not to think about that time.
3. When Marco accuses his little sister Ana of having a crush on the boy who sits next to her in class, she blushes and cries, "I do not!"
4. When Esther was 42, her husband died of lung cancer. After his death, she got out the quilt she used to sleep with as a child and curled up in bed with it for days.
5. Wayne is fixing a leaky sink in the bathroom. When his wife teases him about taking a long time to fix it, he replies, "It's not my fault. I can't concentrate on anything with you bothering me all the time."

7. Describe types of mental health disorders

Multiple Choice

1. Uneasiness, worry, or fear, often about a situation or condition, is called
 - (A) Anxiety
 - (B) Withdrawal
 - (C) Fatigue
 - (D) Apathy

2. An intense, irrational fear of or anxiety about an object, place, or situation is called a(n)
(A) Depressive episode
(B) Delusion
(C) Phobia
(D) Hallucination
3. Which type of mental health disorder is most commonly associated with suicide in older adults?
(A) Anxiety
(B) Apathy
(C) Irritability
(D) Depression
4. Which of the following means a lack of interest in activities?
(A) Guilt
(B) Depression
(C) Apathy
(D) Delusion
5. A persistent false belief, such as a person believing that someone else is controlling his thoughts, is a
(A) Defense mechanism
(B) Delusion
(C) Phobia
(D) Hallucination
6. A disorder that is characterized by recurring intrusive behavior or thoughts, such as repeatedly checking that the door is locked, is
(A) Major depressive disorder
(B) Panic disorder
(C) Obsessive-compulsive disorder
(D) Manic disorder
7. Experiencing periods of extreme activity or excitement along with periods of deep depression or sadness is characterized as
(A) Major depressive disorder
(B) Panic disorder
(C) Posttraumatic stress disorder
(D) Bipolar disorder

8. Explain common treatments for mental health disorders

True or False

1. ____ Mental health disorders cannot be treated.
2. ____ Medication and psychotherapy are commonly used to treat mental health disorders.
3. ____ Home health aides are usually responsible for prescribing medication for clients who have a mental health disorder.
4. ____ Medication can allow those who have a mental health disorder to function more completely.
5. ____ A common type of psychotherapy used to treat anxiety disorders is electroconvulsive (electroshock) therapy.

9. Explain the home health aide's role in caring for clients who have a mental health disorder

Short Answer

1. List four care guidelines for clients who have a mental health disorder.

10. Identify important observations that should be made and reported**True or False**

1. ____ It is important for the home health aide to report to the supervisor if a client who has a mental health disorder stops taking her medication.
2. ____ As long as a client is joking when talking about suicide, the home health aide does not need to report it.

11. List the signs of substance abuse**Multiple Choice**

1. Circle any of the following substances that can be abused:
 - (A) Alcohol
 - (B) Cigarettes
 - (C) Decongestants
 - (D) Diet aids
 - (E) Illegal drugs
 - (F) Glue
 - (G) Paint
 - (H) Prescription medicine
2. A client has been acting a little strangely lately. She gets upset very easily, and her eyes are always red. She does not eat much, and sometimes her home health aide can smell alcohol on her breath, even in the morning. What is the best response by the HHA?
 - (A) Confront the client about what the HHA has noticed.
 - (B) Contact Alcoholics Anonymous to get advice on how to handle the situation.
 - (C) Document the HHA's observations and report them to her supervisor.
 - (D) Search the client's cabinets for alcohol and throw away any alcohol found.

3. Which of the following statements about opioid medication is true?
 - (A) All opioids are legally prescribed by doctors.
 - (B) When a person takes opioids, her tolerance for the drug decreases, requiring lower doses of the medication.
 - (C) Opioids are powerful pain medications that pose a high risk for addiction.
 - (D) Opioids are available over the counter, without a prescription.