

## Study Guide Mental Health Nursing Exam 2 Fall 2022

In preparation for the exam, you are responsible for all the assigned reading. Classroom experiences highlight areas on which you should place additional emphasis. This is a guide to assist you in your study efforts....it does not include everything that might be on the exam. This study guide is a tool to supplement your study efforts. Once again, you are responsible for overall preparation including thoroughly reviewing the content provided in the text, additional/supplemental materials, videos, guest speakers, power points and class notes.

16, 18, 20, 21, 22, 27

### Week 4: Anxiety/Obsessive Compulsive Disorders

*Differentiate normal anxiety responses from those suggestive of an anxiety disorder.*

**Anxiety disorder:** when fears and anxieties are excessive and there are associated behavioral disturbances. Interferes with social and occupational functioning.

*Recognize the signs/symptoms for the four levels of anxiety and nursing interventions appropriate for each level.*

**Mild:** Perceptual field widens slightly. Able to observe more than before and to see relationships. Learning is possible. Is aware, alert, sees, hears, and grasps more than before. Usually able to recognize and identify anxiety easily.

**Moderate:** Perceptual field narrows slightly. Selective inattention: does not notice what goes on peripheral to the immediate focus but can do so if attention is directed there by another observer. Sees, hears, and grasps less than previously. Can attend to more if directed to do so. Able to sustain attention on a particular focus, selectively inattentive to contents outside the focal area. Usually able to state, "I am anxious now".

**Severe:** Perceptual field is greatly reduced. Tendency toward dissociation: to not notice what is going on outside; largely unable to do so when another observer suggests it. Sees, hears, and grasps far less than previously. Attention is focused on a small area of a given event. Inferences drawn may be distorted because of inadequacy of observed data. May be unaware of and unable to name anxiety. Relief behaviors generally used.

**Panic:** Perceptual field is reduced to a detail, which is usually "blown up", ie elaborated by distortion (exaggeration), or the focus is on scattered details; the speed of the scattering tends to increase. Massive dissociation, especially of contents of self-system. Felt as enormous threat to survival. Learning is impossible. Feelings of unreality, flights of idea or confusion, fear, repeats a detail. Many relief behaviors used automatically w/o thought. The enormous energy produced by panic must be used and may be mobilized by rage. May pace, run, or fight violently.

*Recognize the prevalence and incidence of anxiety disorders.*

More common in women than in men by at least 2 to 1. 3-5% prevalence rate for GAD, 13% social anxiety, 25% phobias, 2-3% OCD.

Understand the theories of anxiety disorders.

Serotonin and norepinephrine (norepinephrine effects act on systems most affected by a panic attack – CV, respiratory, GI)

Gamma-aminobutyric acid (GABA stimulation)

Hypothalamic-pituitary-adrenal axis (stress hormone activation = increase anxiety)

Psychoanalytic and psychodynamic

Cognitive behavioral theories (learning theory, fear response, interoceptive conditioning)

Apply nursing process with recovery-oriented interventions for persons with anxiety and anxiety disorders.

# Pals 2study Guide

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## Table of Contents Pals 2study Guide

1. Understanding the eBook Pals 2study Guide
  - The Rise of Digital Reading Pals 2study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Pals 2study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pals 2study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Pals 2study Guide
  - Personalized Recommendations
  - Pals 2study Guide User Reviews and Ratings
  - Pals 2study Guide and Bestseller Lists

5. Accessing Pals 2study Guide Free and Paid eBooks
  - Pals 2study Guide Public Domain eBooks
  - Pals 2study Guide eBook Subscription Services
  - Pals 2study Guide Budget-Friendly Options
6. Navigating Pals 2study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Pals 2study Guide Compatibility with Devices
  - Pals 2study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pals 2study Guide
  - Highlighting and Note-Taking Pals 2study Guide
  - Interactive Elements Pals 2study Guide
8. Staying Engaged with Pals 2study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Pals 2study Guide
9. Balancing eBooks and Physical Books Pals 2study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pals 2study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Pals 2study Guide
  - Setting Reading Goals Pals 2study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pals 2study Guide
  - Fact-Checking eBook Content of Pals 2study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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