

MULTIPLE CHOICE

1. A client has experienced the death of a close family member and at the same time becomes unemployed. The client’s 6-month score on the *Recent Life Changes Questionnaire* is 110. The nurse:
- Understands the client is at risk for significant stress-related illness.
 - Determines the client is not at risk for significant stress-related illness.
 - Needs further assessment of the client’s coping skills to determine susceptibility to stress-related illness.
 - Recognizes the client may view the losses as challenges and perceive them as opportunities.

ANS: 3

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the relationship between stress and diseases of adaptation. Page: 5

Heading: Stress as an Environmental Event Integrated Processes: Nursing Process: Evaluation Client

Need: Psychosocial Integrity

Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Moderate

| | Feedback |
|----|--|
| 1. | This is incorrect. Assessment is the first step of the nursing process. The nurse should assess the client’s coping skills and available support before determining susceptibility to stress-related physical and psychological illnesses. The <i>Recent Life Changes Questionnaire</i> is an expanded version of the <i>Schedule of Recent Experiences</i> and the <i>Rahe-Holmes Social Readjustment Rating Scale</i> . A 6-month score of 300 or more or a year-score total of 500 or more indicates high stress in a client’s life and susceptibility to stress-related illnesses. |
| 2. | This is incorrect. Assessment is the first step in the nursing process. The nurse should assess the client’s coping skills and available support before determining the client’s perception of the current stresses. A 6-month score of 300 or more or a year-score total of 500 or more on the <i>Recent Life Changes Questionnaire</i> indicates high stress in a client’s life and susceptibility to stress-related physical and psychological illnesses. |
| 3. | This is correct. Assessment is the first step in the nursing process. The nurse should assess the client’s coping skills and available support before determining susceptibility to stress-related physical and psychological illnesses. A 6-month score |

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| | of 300 or more or a year-score of 500 or more indicates high stress in a client's life and risk for significant stress-related physical and psychological illness. |
| 4. | This is incorrect. Assessment is the first step in the nursing process. The nurse should assess the client's coping skills and available support before determining susceptibility to stress-related illness. A 6-month score of 300 or more or a year-score of 500 or more on the <i>Recent Life Changes Questionnaire</i> indicates high stress in a client's life is susceptible to significant stress-related physical and psychological illness. |

CON: Stress

2. A physically and emotionally healthy client has just been fired. During a routine office visit, he tells the nurse, "Perhaps this was the best thing to happen. Maybe I'll consider pursuing an art degree." The nurse determines the client perceives the stressor of his job loss as:

Irrelevant

Harm or loss

Threatening

A challenge

ANS: 4

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 7

Heading: Stress as a transaction between the individual and the environment

> Individual's Perception of the Event > Primary Appraisal Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|---|
| 1. | This is incorrect. An irrelevant perception is one where the event holds no significance for the individual. |
| 2. | This is incorrect. A harm or loss appraisal refers to damage or loss already experienced by the individual. |
| 3. | This is incorrect. A threatening appraisal is perceived as anticipated harms or losses. |
| 4. | This is correct. The client's statement indicates he perceives the loss of his job as a challenge and an opportunity for growth, demonstrated by his statement to consider an art degree. |

CON: Stress

3. Which client statement alerts the nurse that the client may be maladaptively responding to stress?

“Avoiding contact with others helps me cope.”

“I really enjoy journaling; it’s my private time.”

“I signed up for a yoga class this week.”

“I made an appointment to meet with a therapist.”

ANS: 1

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management

Integrated Processes: Nursing Process: Evaluation Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Easy

| | Feedback |
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| 1. | This is correct. Reliance on social isolation as a coping mechanism is a maladaptive method to relieve stress. It can prevent learning appropriate coping skills and can prevent access to needed support systems. |
| 2. | This is incorrect. Journaling is a form of adaptive coping and interpersonal communication. |
| 3. | This is incorrect. Group exercise is a form of adaptive coping, relaxation. |
| 4. | This is incorrect. Seeing a therapist is not considered a maladaptive coping method. |

CON: Stress

4. A nursing student comes down with a sinus infection toward the end of every semester. Which stage of stress is the student most likely experiencing when this occurs?

Alarm reaction

Resistance

Exhaustion

Fight or flight

ANS: 3

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the relationship between stress and diseases of adaptation. Page: 2

Heading: Stress as a Biological Response Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity
 Cognitive Level: Comprehension [Understanding] Concept: Stress
 Difficulty: Easy

| | Feedback |
|----|---|
| 1. | This is incorrect. At the alarm reaction stage, physiological responses of the fight-or-flight syndrome are initiated. |
| 2. | This is incorrect. At the stage of resistance, the individual uses the physiological responses of the first stage as a defense in the attempt to adapt to the stressor. Physiological symptoms may disappear. |
| 3. | This is correct. At the stage of exhaustion, the student's exposure to stress has been prolonged, and adaptive energy has been depleted. Diseases of adaptation occur more frequently in this stage. |
| 4. | This is incorrect. The fight-or-flight syndrome occurs during the alarm reaction stage. |

CON: Stress

A school nurse is assessing a high school student who is overly concerned about her appearance. The client's parent states, "That's not something to be stressed about!" Which response by the nurse is best?

"Teenagers don't truly understand stress."

"Why are you so concerned about your appearance?"

"You surely know that isn't something to be concerned with."

"I understand you feel stressed about this; tell me more about your stress."

ANS: 4

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Describe the core concept of stress as an environmental event. Page: 8

Heading: Stress as a Transaction Between the Individual and the Environment Integrated Processes:

Nursing Process: Implementation

Client Need: Psychosocial Integrity Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Moderate

| | Feedback |
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| 1. | This is incorrect. This response is judgmental and nontherapeutic. This response minimizes the student's concerns. |
| 2. | This is incorrect. This response puts the student in a defensive position to justify her feelings. It is nontherapeutic. |
| 3. | This is incorrect. This is a nontherapeutic response that minimizes the student's |

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| | feelings. This does not allow the student to verbalize her concerns. |
| 4. | This is correct. Determination of an event as stressful depends on the individual's cognitive appraisal of the situation, which is an individual's evaluation of the personal significance of the event or occurrence. Stress can be physical or psychological in nature. A perceived threat to self-esteem can be as stressful as a physiological change. This response recognizes the situation and helps to explore the situation. |

CON: Stress

6. A student confides in the school nurse that he is feeling stress about deciding whether to go to college or work to provide needed income for his family. Which is the best approach by the nurse to assist the student?

Teach the student meditation techniques.

Assist the student with problem-solving strategies.

Suggest relaxation methods for the student.

Recommend getting a pet for the student.

ANS: 2

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management > Adaptive coping strategies Integrated Processes: Nursing Process:

Implementation Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Moderate

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| | Feedback |
| 1. | This is incorrect. This is not the best approach because it only addresses a means to reduce stress-related symptoms and does not address the underlying concern for the student. |
| 2. | This is correct. The student is facing a problem that needs to be viewed objectively, and the nurse can assist the student, if needed, to apply problem-solving strategies. |
| 3. | This is incorrect. While relaxation may assist the student with coping with the stressor, it does not address the student's underlying concern. |
| 4. | This is incorrect. Getting a pet can assist with coping with life stressors; however, the student has already expressed financial concerns to which the pet will only add. |

CON: Stress

7. An unemployed college graduate confides in the clinic nurse that she is experiencing severe anxiety over not finding a teaching position and that she is having difficulty with independent problem-solving. Which nursing intervention is best?

- Encourage her to seek counseling from a therapist.
- Instruct her to listen to her favorite music daily.
- Assist her with the problem-solving process.
- Encourage her to keep a daily journal of feelings.

ANS: 3

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management > Adaptive coping strategies Integrated Processes: Nursing Process:

Implementation Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Moderate

| | Feedback |
|----|---|
| 1. | This is incorrect. Counseling is not likely needed in this case due to the situational nature the student is describing. |
| 2. | This is incorrect. Listening to music may assist with the stress symptoms; however, it does not address the underlying problem. |
| 3. | This is correct. Assist the client with problem-solving. During times of high anxiety and stress, clients will need more assistance in problem-solving and decision-making. |
| 4. | This is incorrect. A daily journal may assist her with managing her symptoms but does not address the underlying concern the client is expressing. |

CON: Stress

8. The school nurse is assessing a high school student who is distraught because her parents cannot afford horseback-riding lessons. The nurse recognizes the student's perception is that the problem is:

- Endangering her well-being
- Personally relevant
- Based on immaturity
- Exceeding her capacity to cope

ANS: 2

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the concept of stress as a transaction between the individual and the environment.

Page: 7

Heading: Stress as a Transaction Between the Individual and the Environment Integrated Processes:

Nursing Process: Evaluation

Client Need: Psychosocial Integrity Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Moderate

| | Feedback |
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| 1. | This is incorrect. The student is not expressing that it endangers her well-being; the distress is related to the fact that she sees it as personally significant. |
| 2. | This is correct. Determination of an event as stressful depends on the individual's cognitive appraisal of the situation. An event becomes relevant to an individual when the outcome holds personal significance. |
| 3. | This is incorrect. The distress the client is feeling is not related to immaturity; rather, she sees it as having personal significance and therefore relevant. |
| 4. | This is incorrect. An event becomes relevant to an individual when the outcome holds personal significance. |

CON: Stress

9. Meditation has been shown to be an effective stress management technique. Which finding indicates meditation has been effective?

Achieving a state of relaxation

Attaining insight into one's feelings

Demonstrating appropriate role behaviors

Enhanced problem-solving skills

ANS: 1

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management > Adaptive Coping Strategies Integrated Processes: Nursing Process:

Evaluation

Client Need: Psychosocial Integrity Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|---|
| 1. | This is correct. Meditation produces relaxation by creating a special state of consciousness through focused concentration. |
| 2. | This is incorrect. Meditation does not necessarily result in attaining insight into one's feelings. |

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| 3. | This is incorrect. Meditation does not help to demonstrate appropriate role behaviors. |
| 4. | This is incorrect. Meditation does not necessarily enhance one's ability to solve problems. |

CON: Stress

10. A first-time parent is crying and asks the nurse, "How can I go to work if I can't afford child care?" Which is the appropriate initial response by the nurse to assist with problem-solving?

Determine the risks and benefits for each alternative.

Formulate goals for resolution of the problem.

Evaluate the outcome of the implemented alternative.

Assess the facts of the situation.

ANS: 4

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management > Adaptive Coping Strategies Integrated Processes: Nursing Process:

Implementation Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|--|
| 1. | This is incorrect. Determining the risks and benefits of each alternative is done approximately halfway through the problem-solving process. |
| 2. | This is incorrect. Assessment is the first step of the nursing process. Formulating goals for resolving the stressful situation occurs after assessing the facts of the situation. |
| 3. | This is incorrect. Evaluating the outcome is nearly the last step in the problem-solving process. |
| 4. | This is correct. Assessment is the first step of the problem-solving process. Accurate information about the situation must be gathered before any other steps can be taken, |

CON: Stress

11. The client is hospitalized with coronary artery disease and demonstrates other conditions often associated with diseases of adaptation, including headaches and depression. Currently, the client is demonstrating anxiety and states he is

“really worried” about his spouse. Which is the most appropriate nursing response to the situation?

- Inform the client that he has to learn to cope with stressors.
- Teach the client how to meditate when he is feeling anxious.
- Encourage the client to talk through his concerns about his spouse.
- Ask the client if he has a pet he would like to see while in the hospital.

ANS: 3

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Discuss adaptive coping strategies in the management of stress. Page: 8

Heading: Stress Management

Integrated Processes: Nursing Process: Evaluation Client Need: Psychological Integrity

Cognitive Level: Comprehension [Understanding] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|--|
| 1. | This is incorrect. Informing the client that he needs to learn something new at this time will likely increase his stress and is not helpful to the immediate situation. |
| 2. | This is incorrect. Teaching the client meditation is not appropriate at this time, when he is expressing the anxiety and concerns about his spouse. |
| 3. | This is correct. Interpersonal communication can assist the nurse to understand the client's concerns and allows the client to reduce the escalation of stress at this time. |
| 4. | This is incorrect. While this may be helpful in some situations, it is not something that can address the client's immediate needs. |

CON: Stress

12. When an individual's stress response is sustained over a long period, the nurse anticipates which physiological effect?

- Decreased resistance to disease
- Increased libido
- Decreased blood pressure
- Increased feelings of well-being

ANS: 1

Chapter: Chapter 1, The Concept of Stress Adaptation Objective: Identify physiological responses to stress. Page: 3

Heading: Stress as a Biological Response Integrated Processes: Nursing Process: Assessment

Client Need: Physiological Integrity
 Cognitive Level: Comprehension [Understanding] Concept: Stress
 Difficulty: Moderate

| | Feedback |
|----|---|
| 1. | This is correct. Selye's general adaptation syndrome identified that prolonged exposure to stress leads to a decreased immune response and resistance to disease. During the stage of exhaustion, the body's compensatory mechanisms no longer function effectively and diseases of adaptation occur. |
| 2. | This is incorrect. Selye's general adaptation syndrome identified that prolonged exposure to stress leads to a decreased immune response and resistance to disease. The client is likely to experience decreases in libido rather than increases. |
| 3. | This is incorrect. Selye's general adaptation syndrome identified that prolonged exposure to stress leads to a decreased immune response and resistance to disease. The client is likely to experience increases in blood pressure rather than decreases. |
| 4. | This is incorrect. Selye's general adaptation syndrome identified that prolonged exposure to stress leads to a decreased immune response and resistance to disease. The client is not likely to have feelings of increased well-being due to the prolonged stress response. |

CON: Stress

13. Which is a typical part of the fight-or-flight syndrome?

- Decreased heart rate
- Decreased peristalsis
- Increased salivation
- Pupil constriction

ANS: 2

Chapter: Chapter 1, The Concept of Stress Adaptation Objective: Identify physiological responses to stress. Page: 3

Heading: Stress as a Biological Response Integrated Processes: Nursing Process: Assessment Client Need: Physiological Integrity

Cognitive Level: Comprehension [Understanding] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|---|
| 1. | This is incorrect. During the fight-or-flight syndrome, the heart rate increases in response to the release of epinephrine. |
| 2. | This is correct. During the fight-or-flight syndrome, peristalsis decreases as the body |

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| | slows nonessential functions. |
| 3. | This is incorrect. Salivation decreases as the body slows nonessential functions. |
| 4. | This is incorrect. During the fight-or-flight syndrome, pupils dilate to enhance vision. |

CON: Stress

14. A nurse is assessing a client's response to stress. The nurse concludes that the client is performing a secondary appraisal of a stressful event when the client determines:

The event is benign.

The event is irrelevant.

Resources are available.

The event is pleasurable.

ANS: 3

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the concept of stress as a transaction between the individual and the environment.

Page: 7

Heading: Stress as a Transaction Between the Individual and the Environment > Individual's Perception of the Event

Integrated Processes: Nursing Process: Evaluation Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding] Concept: Stress

Difficulty: Easy

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| | Feedback |
| 1. | This is incorrect. The benign-positive outcome is a primary appraisal that is perceived as producing pleasure for the individual. |
| 2. | This is incorrect. When an event is judged as irrelevant, this is the primary appraisal process. |
| 3. | This is correct. When the individual considers the resources and skills needed to deal with the event, the individual is conducting a secondary appraisal. |
| 4. | This is incorrect. Judging an event as pleasurable is a part of the primary appraisal process. |

CON: Stress

15. Miller and Rahe (1997) identified a correlation between the effects of life change and illness. This research led to the development of the *Recent Life Changes Questionnaire* (RLCQ). Which principle most limits the effectiveness of this tool?

Specific physical and psychological illnesses are not identified.
 Numerical values associated with specific life events are randomly assigned.
 Stress is viewed as a solely physiological response.
 An individual's personal perception of the event is excluded.

ANS: 4

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the relationship between stress and diseases of adaptation. Page: 5

Heading: Stress as an Environmental Event Integrated Processes: Nursing Process: Evaluation Client

Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding] Concept: Stress

Difficulty: Easy

| | Feedback |
|----|---|
| 1. | This is incorrect. Several physical and psychological illnesses are part of the questionnaire |
| 2. | This is incorrect. The numerical values associated with specific life events are not randomly assigned. |
| 3. | This is incorrect. Stress is seen as both a physiological and a psychological response. |
| 4. | This is correct. Individuals differ in response to life events, and this is not considered in many life changes questionnaires. |

CON: Stress

16. A client tells the nurse, "I experience stress on a regular basis. Why do I feel so terrible this time?" Which is the nurse's most appropriate response?

"Genetics has nothing to do with your temperament or feelings."

"Your reactions to past experiences influence your current feelings."

"Your stress level is lower when you are in good physical health."

"You'll experience less stress if you use appropriate coping skills."

ANS: 2

Chapter: Chapter 1, The Concept of Stress Adaptation

Objective: Explain the concept of stress as a transaction between the individual and the environment.

Page: 7

Heading: Stress as a Transaction Between the Individual and the Environment >Predisposing Factors

Integrated Processes: Nursing Process: Implementation Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]