Mental Health: Race, Culture and Ethnicity

1) Mental illness ranks ___ in impact on disability in established markets like the United States:
   - First
   - Second
   - Third
   - Fourth

2) The foremost barriers to mental health care as listed do not include:
   - Cost of care
   - Societal stigma
   - Interpsychic struggles
   - Fragmentation of care

3) Mental health is difficult to define because:
   - The definition is rooted in value judgments.
   - Lack of access to accurate lab tests.
   - Less refined testing techniques.
   - None of the above.

4) The rate of mental illness among minorities when compared with the general population tends to be ____ .
   - Higher
   - Lower
   - About the same
   - At least double

5) Culture is static and doesn't vary much over time.
   - True
   - False

6) The language for some Native American and some Alaskans doesn't include words for:
   - Depression
   - Schizophrenia
   - Hallucination
7) In some groups, seeing visions may be normal at times and pathological at other times.
   - True
   - False

8) Ways which different cultures express, experience, and cope with distress is called:
   - Functional coping
   - Idioms of distress
   - Culture-bound syndromes
   - None of the above

9) Clusters of symptoms much more common in some cultures than others is called:
   - Cultural differentiation
   - Idioms of distress
   - Culture-bound syndromes
   - Differential diagnosis

10) An approach to health that targets the entire population:
    - World care
    - Sociological healthcare
    - The public health approach
    - National care initiative

11) Risk or protective factors represent the cause of hurtful or healthful effects.
    - True
    - False

12) Mentioned as a major societal goal with the potential to improve mental health, especially in minority populations.
    - Violence prevention
    - AIDS prevention
    - Pregnancy prevention
13) Not mentioned as a community risk factor for poor mental health.
   - Poverty
   - Community disorganization
   - Gender
   - Racial discrimination

14) Resilience research and programs take this approach:
   - Ordinal approach
   - Strengths based approach
   - Disease model
   - Moderation

15) Not listed in the material as a characteristic of resilient African American families.
   - Achievement orientation
   - Spirituality
   - Racial pride
   - All of the above are mentioned

16) Integrating the best of American values while maintaining the best of the home culture values is known as:
   - Imersion theory
   - Multi-phasic adaptation
   - Partial aculturation
   - Selective Americanization

17) Various aspects of religious practice may be beneficial for mental health.
   - True
   - False

18) Not listed as a factor impeding access to mental healthcare by minorities.
   - Minority attitude toward treatment
o Mistrust
o Stigma
o All of the above are listed as factors

19) According to the materials, whether treatment works in a clinical setting is known as what?
o Accuracy
o Efficacy
o Effectiveness
o All of the above

20) Difference in racial groups are more likely to be biological than environmental in nature.
o True
o False

21) Considering culture in a standardized measure of mental disorders is reliant on which type/s of equivalence?
o Conceptual
o Scale
o Norm
o All of the above

22) A difficulty in researching minority groups:
o Obtaining an adequate sample within the community
o Mistrust of the research community
o Lack of understanding of research activities
o All of the above

23) Clinician culture is of little importance as objectivity is usually retained.
o True
o False

24) A groups shared set of beliefs, norms and values is known as:
o Racial group
25) There is usually more diversity within a population/group than there is between populations/groups.
   - True
   - False

26) Asian patients are more likely on average to report irritability than a physical complaint.
   - True
   - False

27) One mental illness with a similar worldwide incidence rate is:
   - Schizophrenia
   - Depression
   - PTSD
   - Anorexia nervosa

28) Cultural and societal factors have the most direct role in the causation of:
   - Schizophrenia
   - Depression
   - PTSD
   - Anorexia nervosa

29) Suicide rates are lowest for which group?
   - Hispanic males
   - African American females
   - Asian females
   - Native Alaskan males

30) Family risk and protective factors for mental illness are consistent across groups.
   - True
31) Many African Americans prefer counseling to drug therapy.
   - True
   - False

32) Stigma against mental illness can affect many life areas including:
   - Housing
   - Employment
   - Family support
   - All of the above

33) Whites generally hold stronger stigma against mental illness than most minorities.
   - True
   - False

34) Immigration may be associated with a strong disenchantment and demoralization reaction during:
   - The immigration process
   - The first year
   - The second year
   - The third year

35) Delivery of services responsive to the cultural concerns of racial and ethnic minority groups, including their languages, histories, traditions, beliefs and values:
   - Cultural competence
   - Acculturated healthcare delivery
   - Cultural consideration model
   - None of the above

36) Most models of cultural competence place the burden of appropriate care on:
   - The patient
   - Society
   - The delivery system
o The federal and local governments

37) The field that investigates ethnic variations that affect medication dosing and other aspects of pharmacology:
   o Epidemiology
   o Pharmakensics
   o Ethnopharmacology
   o None of the above

38) Poverty may be considered both a risk factor for and consequence of mental illness:
   o True
   o False

39) The number of racial minority elderly if the fastest growing segment of the minority population.
   o True
   o False

40) Some degree of distance between the clinician and client always exists:
   o If the clinician is Caucasian
   o If the patient is the member of a minority group
   o If the patient is Caucasian
   o Regardless of the ethnicity of either clinician or patient

41) Lower health care utilization by African Americans was independent of whether patients were treated by white or black physicians.
   o True
   o False

42) Not one of the 4 major sectors of mental healthcare.
   o Specialty sector
   o Primary medical setting
   o Socio-cultural setting
   o Voluntary support network