

### **\*\*\*MENTAL HEALTH FINAL EXAM\*\*\***

1. Modules 7-10 BUT know defense mechanisms and therapeutic communication and intervention
2. **Theory of Psychosocial Development – Erik Erikson** ---NEED TO KNOW THESE REALLY WELL to apply to final exam!! - According to Erikson, a person's personality continued to evolve throughout the life span. The successful or unsuccessful completion of each stage affects the person moving to the next phase.
  - **Stage 1: Infancy (0 -1.5 yr) Trust vs. Mistrust**
    - Develops sound basis for relating to and trusting others.
  - **Stage 2: Early Childhood (1.5 – 3 yr) Autonomy vs. shame and doubt**
    - Develops a sense of self-control and adequacy.
  - **Stage 3: Preschool (3-6 yr) Initiative vs. shame and doubt**
    - Develops the ability to initiate one's own activities and has a sense of purpose.
  - **Stage 4: School Age (6-12 yr) Industry vs. inferiority**
    - Developing social, physical, and school skills.
    - Develops competence and ability to work.
  - **Stage 5: Adolescence (12-20 yr) Identity vs. role confusion**
    - Develops a sense of personal identity
  - **Stage 6: Early Adulthood (20-35 yr) Intimacy vs. isolation**
    - Develops an ability to love deeply and commit.
  - **Stage 7: Middle Adulthood (35-65 yr) Generativity vs. self-absorption**
    - Develops an ability to give and care for others.
  - **Stage 8: Later years (65-death) Integrity vs. despair**
    - Has a sense of integrity and fulfillment- **Reflecting – if someone is reflecting in an earlier stage- that is not normal**
3. **Theory of Object Constancy- Mahler's study** has to do with the mother & taking love away = fear of abandonment & can result in bipolar Disorder – keyword **ABANDONMENT**- do not need to know the stages, just the theory
  - Stage 1: (birth to 1 month) Normal autism
  - Stage 2: (1-5 months) Symbiosis – The infant perceives mother-infant as single entity.
  - Stage 3: (5-10 months) Differentiation – The infant recognizes distinction from the mother.
  - Stage 4: (11-18 months) Practicing – The ability to walk and explore expands the child's sense of the separateness.
  - Stage 5: (18-24 months) Rapprochement – Toddlers move away and come back for emotional refueling. Need for independence alternates with dependence.
  - Stage 6: (2-5 years) Object constancy – The child realizes that the mother is permanent, even if not physically present.
4. **Borderline Personality disorder** ----KNOW THE OUTLINE that make it unique, such as abandonment and if it is real or made up- self harm/hurt themselves/**ABANDONMENT** issues– they have poor boundaries and rely on other people to fulfill needs – emptiness, low self-esteem, isolation, instability, abandonment, **SPLITTING** to get their needs met (tell one person one thing and another person something else to get their needs met-playing people or nurses against each other) – put **ALL THE** situations in a psychiatric inpatient unit **UNLESS** they specify that you are in an ER.
  - \*\*\*Questions will ask 'what would you do as the nurse if the patient is using splitting against you and another nurse? How do you respond?' – **Talk directly to the other nurse and do not just take the patient's word.**
  - \*\*\*Mental health tests- Are you afraid of being by yourself? Are you afraid of being alone? THOSE would be the **answers** if it is **BORDERLINE PERSONALITY DISORDER**
    - \*\*They do not want to be alone and will split staff\*\***

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**Ying-Ying Zheng**



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