

- a. During the “Auditory Hallucination” simulation, I began to feel overwhelmed and mildly anxious after a few minutes of listening to the voices.
- b. During the simulation I felt cognitive discomfort/impairment when attempting to complete the tasks asked. I was not able to concentrate for more than a few seconds, I could not remember all of the words and numbers I was supposed to memorize, I felt distracted and like I could not figure out written instructions, and my thinking was distorted as simple questions were difficult for me to respond to. I also felt emotional discomfort like stress and anxiety as well as physical discomfort as I could not stop bouncing my leg up and down.
- c. As mentioned before, I was not able to successfully complete the tasks asked of me. Many of the tasks were partially finished. Typically, I feel as though I would not have trouble completing what was asked within the time limit given, but the voices were extremely distracting.
- d. I do not believe I realized how overwhelming “hearing voices” could be, therefore, yes, this experience changed my view of people with schizophrenia. Whether the voices say positive or negative things, I could not imagine even doing the simplest of tasks with constant talking in my day-to-day life.
- e. This experience did increase my empathy. As stated before, auditory hallucinations can be very overwhelming, stressful, anxiety-inducing, etc. for someone, and I would have an immense amount of trouble trying to live with that.
- f. This exercise has impacted my practice as a future nurse as it serves to remind me to be conscious of my client’s mental health status and how I may need to alter how I usually

communicate. For example, with someone who experiences auditory hallucinations I would have a calm demeanor and talking slowly while repeating myself if necessary.

- g. I would recommend that every student, healthcare professional, etc. that would come into contact with someone who may have auditory hallucinations complete this experience.