

JAPNA Article: Historical Trauma, Ethnic Experience, and Mental Health in a Sample of Urban American Indians- Mar-Apr 2020 (26:2)

1. You are caring for an American Indian patient and assessing for historical trauma. Which loss would you anticipate your patient thinks about most frequently?

- A. The loss of our land
- B. The loss of our family ties because of boarding schools
- C. The loss of families from the reservation to government relocation
- D. The loss of our culture**

2. You are preparing to assess your patient for historical loss associated symptoms. Which symptom would you anticipate he experiences most frequently?

- A. Sadness or depression**
- B. Shame
- C. Loss of concentration
- D. A loss of sleep

3. On which measure of ethnic experience did American Indians show the most difference from the other ethnic groups discussed?

- A. Ethnic identity.
- B. Social affiliation.
- C. Mainstream comfort.

D. Perceived discrimination.

4. In discussing social support with your patient, you keep in mind that your patient's desire to affiliate primarily with members of his own ethnic group may be:

- A. Lower than other ethnic groups
- B. Higher than other ethnic groups
- C. Higher than Caucasian and Mexican Americans, but about the same as African or Filipino Americans**
- D. Higher than Caucasian and Mexican Americans, but lower than American and Filipino Americans

5. You are assessing your patient's general stressors and are considering the degree to which he feels comfortable in mainstream society. You anticipate that the degree of his comfort may be:

- A. The same as Caucasian and African Americans, but higher than Filipino and Mexican Americans
- B. The same as Caucasian Americans, but higher than African, Filipino, and Mexican Americans**
- C. The same as African, Filipino, and Mexican Americans, but lower than Caucasian Americans

D. Lower than all other ethnic groups

6. In assessing your patient's interactions with people around him, you wonder about his experiences of discrimination. You anticipate that his perceived discrimination may be:

A. Higher than all other ethnic groups

B. Lower than Filipino, African, and Mexican Americans

C. The same as African and Mexican Americans, but lower than Filipino Americans

D. Higher than Filipino Americans, but lower than African and Mexican Americans