

## Child & Adolescent Disorders Practice Questions

1. A nurse is providing instruction to the teacher of a child who has attention deficit/hyperactivity disorder (ADHD). Which of the following classroom strategies should the nurse include in the teaching? Select all that apply.
- A. Eliminate testing.
  - B. Allow for regular breaks.
  - C. Combine verbal instruction with visual cues.
  - D. Establish consistent classroom rules.
  - E. Increase stimuli in the environment.

Rationale:

- A. Allowing for added time when testing can assist the client who has ADHD to be successful.
  - B. CORRECT: Allowing for regular breaks will assist the client who has ADHD to focus on the required tasks.
  - C. CORRECT: Combining verbal instruction with verbal cues will assist the client who has ADHD with learning information.
  - D. CORRECT: Providing consistent classroom rules will assist the client who has ADHD to become successful.
  - E. Stimuli in the environment distract the client who has ADHD, so it should be decreased.
2. A nurse is assisting the parents of a school-age child who has oppositional defiant disorder in identifying strategies to promote positive behavior. Which of the following is an appropriate strategy for the nurses to recommend? Select all that apply.
- A. Allow the child to choose consequences for negative behavior.
  - B. Use role-playing to act out unacceptable behavior.
  - C. Develop a reward system for acceptable behavior.
  - D. Encourage the child to participate in school sports.
  - E. Be consistent when addressing unacceptable behavior.

Rationale:

- A. The parents should set clear limits on unacceptable behavior.
- B. The parents should focus on acceptable behavior and demonstrate through modeling.
- C. CORRECT: The parents should have a method to reward the child for acceptable behavior.
- D. CORRECT: The parents should encourage physical activity through which the child can use energy and obtain success.
- E. CORRECT: The parents should set clear limits on unacceptable behavior and should be consistent.

3. A nurse is obtaining a health history from the parents of a 12-year-old client who has conduct disorder. Which of the following findings should the nurse expect? Select all that apply.
- A. Bullying of others
  - B. Threats of suicide
  - C. Law-breaking activities
  - D. Narcissistic behavior
  - E. Flat affect

Rationale:

- A. CORRECT: Bullying behavior is an expected finding of conduct disorder.
- B. CORRECT: Suicide ideation is an expected finding of conduct disorder.
- C. CORRECT: Law- and/or rule-breaking behavior is an expected finding of conduct disorder.
- D. Low self-esteem, rather than narcissism, is an expected finding of conduct disorder.
- E. Irritability and temper outbursts, rather than a flat affect, are expected findings of conduct disorder.

4. A nurse in a pediatric clinic is caring for a preschool-age child who has a new diagnosis of ADHD. When teaching the parent about this disorder, which of the following statements should the nurse include in the teaching?
- A. "Behaviors associated with ADHD are present prior to age 3."
  - B. "This disorder is characterized by argumentativeness."
  - C. "Below-average intellectual functioning is associated with ADHD."
  - D. "Because of this disorder, your child is at increased risk for injury."

Rationale:

- A. Behaviors associated with ADHD are present before the age of 12.
- B. Argumentativeness is associated with oppositional defiant disorder rather than ADHD.
- C. Below average intellectual functioning is associated with intellectual developmental disorder rather than ADHD.
- D. CORRECT: Inattentive or impulsive disorder behavior increases the risk for injury in a child who has ADHD.

5. A nurse is assessing a 4-year-old child for indications of autism spectrum disorder. For which of the following manifestations should the nurse assess?

- A. Impulsive behavior
- B. Repetitive counting
- C. Destructiveness
- D. Somatic problems

Rationale:

- A. Impulsive behavior is an indication of ADHD rather than autism spectrum disorder.
- B. CORRECT: Repetitive actions and strict routines are an indication of autism spectrum disorder.
- C. Destructiveness is an indication of conduct disorder rather than autism spectrum disorder.
- D. Somatic problems are an indication of posttraumatic stress disorder rather than autism spectrum disorder.

6. A nurse is caring for a child who has depression. Which of the following findings should the nurse expect? Select all that apply.

- A. Preferring being with peers
- B. Weight loss or gain
- C. Report of low self-esteem
- D. Sleeping more than usual
- E. Hyperactivity

Rationale:

- A. A preference for being alone is a finding associated with depression
- B. CORRECT: Weight loss or gain are findings.
- C. CORRECT: Low self-esteem is a finding associated with depression
- D. CORRECT: Sleeping more than usual is a finding associated with depression.
- E. Fatigue is a finding associated with depression

7. A nurse is performing an admission assessment on an adolescent client who has depression. Which of the following manifestations should the nurse expect? Select all that apply.
- A. Fear of being alone
  - B. Substance use
  - C. Weight gain or loss
  - D. Irritability
  - E. Aggressiveness

Rationale:

- A. Solitary play or work, rather than the fear of being alone, is an expected finding associated with depression.
- B. CORRECT: Substance use is an expected finding associated with depression.
- C. CORRECT: Loss of appetite and weight loss, or weight gain, are expected findings associated with depression.
- D. CORRECT: Irritability is an expected finding associated with depression.
- E. CORRECT: Aggressiveness is an expected finding associated with depression.

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Keith RN:

Giddens, J. F. (2013). *Concepts for nursing practice*. St. Louis, MO: Mosby/Elsevier  
Varcarolis, E. M. (2017). *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence Based Care* (3<sup>rd</sup> ed.). St. Louis, MO: Mosby/Elsevier