

# **Police Response to Mental Health in Canada**

**Maysah Arabi, Jennifer MacLean,  
Jenan Halabi, and Uzma Williams**

**TEST BANK**

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Prepared by Maysah Arabi, Jennifer MacLean, Jenan Halabi, and Uzma Williams

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## Notes for Instructors

The documents in this package accompany *Police Response to Mental Health in Canada*. For questions, please email [uzma.williams@macewan.ca](mailto:uzma.williams@macewan.ca).

Please note that any bolded terms in the PowerPoint slides are indicative of glossary terms in the text. Corresponding definitions can be found in the Glossary of *Police Response to Mental Health*.

The authors of these resources are Maysah Arabi, Jennifer MacLean, Jenan Halabi, and Uzma Williams, with acknowledgement of the contributions from Bradley Mudryk, Jaqueline Brodwin, and Abigail Smith.

SAMPLE  
(for review purposes only)

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# **PART I**

SAMPLE  
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# Chapter 1

## Introduction to Mental Health for Policing Professions

- 1) Why do individuals partake in suicide by cop?
  - a. They want to end their lives without having to kill themselves
  - b. They do not want to deal with the shame of ending their own lives
  - c. All of the above**
  - d. None of the above
- 2) \_\_\_\_\_ is a psychological dysfunction within an individual characterized by abnormality in thoughts, emotions, or behaviours.
  - a. Impairment
  - b. Psychopathy
  - c. Diagnosis
  - d. Psychological disorder**
- 3) Which of the following is a component of biopsychosocial dysfunction?
  - a. Psychological dysfunction
  - b. Personal distress or impairment in different areas of living
  - c. Not culturally expected
  - d. All of the above**
- 4) Drilling holes in the brain to let out evil spirits was known as:
  - a. Spiritual release
  - b. Lobotomy
  - c. Trephination**
  - d. None of the above
- 5) To treat mental illnesses, the Arabic culture used:
  - a. Trephination
  - b. Music**
  - c. Medication
  - d. Dancing
- 6) The idea that mental illness was caused by physical or biological dysfunction was known as:
  - a. Mental hygiene movement

- b. Cognitive hypothesis
  - c. Moral treatment
  - d. Somatogenic hypothesis**
- 7) Who developed the somatogenic hypothesis?
- a. Chiarighi
  - b. Pinel
  - c. Hippocrates**
  - d. Tuke
- 8) The mental hygiene movement was characterized by:
- a. The desire to protect and provide humane treatment for persons with mental illness**
  - b. The idea that mental illness was caused by physical and biological dysfunction
  - c. The thought that medical treatment was a necessity for all patients in institutions
  - d. All of the above
- 9) What was the main reason for deinstitutionalization in the 1950s?
- a. Institutions shutting down
  - b. Creation of psychopharmaceutic medications**
  - c. Patients being discharged
  - d. None of the above
- 10) The process of determining whether the problem afflicting the individual meets all the criteria for a psychological disorder is called:
- a. Assessment
  - b. Diagnosis**
  - c. Prognosis
  - d. Incidence
- 11) Comorbidity of a disorder is:
- a. An alternative diagnosis that can possibly explain the observed symptoms of a disorder
  - b. The course of the disorder and future outlook
  - c. The rate of new cases of a disorder within a defined period of time
  - d. Two or more disorders existing at the same time**
- 12) An alternative diagnosis that can possibly explain the observed symptoms or patterns of a disorder is called:
- a. Differential diagnosis**

- b. Etiology
  - c. Comorbidity
  - d. Prognosis
- 13) What is cognitive impairment? Select the best response.
- a. The inability to exert adequate controls on one's behaviour
  - b. The inability to understand the consequences of an action
  - c. **The inability to perceive accurately or reason correctly about oneself or the outside world**
  - d. The inability to focus on a specific thought
- 14) The M'Naghten standard is similar to the idea of:
- a. Cognitive impairment
  - b. Volitional impairment
  - c. Actus reus
  - d. **Mens rea**
- 15) When one pretends to be ill in order to achieve some specific objective, it is called:
- a. NCRMD
  - b. M'Naghten's standard
  - c. **Malingering**
  - d. Fabrication
- 16) Which mental disorders have high prevalence among law enforcement officers?
- a. Substance-abuse disorders
  - b. Post-traumatic stress disorder
  - c. Anxiety disorders
  - d. **All of the above**
- 17) Counselling and self-work can assist police professionals by managing concerns such as:
- a. Managing on-going issues
  - b. Identifying triggers
  - c. Enhancing intra- and interpersonal relationships
  - d. **All of the above**
- 18) Predisposing factors are:
- a. **Any conditioning factors that influence the type and amount of response, making individuals susceptible to given disorders**
  - b. Events or situations that trigger a given disorder
  - c. Are those that make the condition persist
  - d. None of the above



19) Precipitating factors are:

- a. Any conditioning factors that influence the type and amount of response, making individuals susceptible to given disorders
- b. Events or situations that trigger a given disorder**
- c. Are those that make the condition persist
- d. None of the above

20) Perpetuating factors are:

- a. Any conditioning factors that influence the type and amount of response, making individuals susceptible to given disorders
- b. Events or situations that trigger a given disorder
- c. Are those that make the condition persist**
- d. None of the above

21) The most common treatments for biological influences are:

- a. CBT
- b. Group therapy
- c. ECT
- d. Medications**

22) Why are selective serotonin reuptake inhibitors (SSRIs) often prescribed for those diagnosed with mood disorders?

- a. They have a high safety profile
- b. They are easy to administer
- c. They have mild side effects
- d. All of the above**

23) Which medications are highly lethal and can result in an overdose?

- a. Tricyclics
- b. Monoamine oxidase inhibitors
- c. Selective serotonin reuptake inhibitors
- d. All of the above
- e. A and B**

24) Which of the following is NOT an example of a behavioural influence?

- a. Automatic thoughts**
- b. Avoidance of situations
- c. Hyperactivity
- d. Neglect of appearance

- 25) Which of the following is an example of a cognitive influence?
- a. Irritability
  - b. Inability to concentrate**
  - c. Expression of little emotion
  - d. None of the above
- 26) Therapy that attempts to change maladaptive thoughts and behaviours into adaptive ones through techniques is known as:
- a. Solution-focused therapy
  - b. Interpersonal therapy
  - c. Cognitive-behavioural therapy**
  - d. Dialectical behavioural therapy
- 27) \_\_\_\_\_ is a variation of psychodynamic therapy that emphasizes the interactions between clients and their social environment.
- a. Interpersonal therapy**
  - b. Solution-focused therapy
  - c. Dialectical behavioural therapy
  - d. Cognitive-behavioural therapy
- 28) When looking at the correlation between socioeconomic status and mental health, we find that:
- a. The poorer the socioeconomic conditions, the lower the risk for mental health
  - b. The higher the socioeconomic conditions, the lower the risk for mental health
  - c. The poorer the socioeconomic conditions, the higher the risk for mental health**
  - d. The higher the socioeconomic conditions, the higher the risk for mental health
- 29) The systematic evaluation and measurement of biological, psychological, and social factors to make a diagnosis for an individual presenting with a psychological disorder is known as:
- a. Psychopathology
  - b. Interpersonal development
  - c. Socioeconomic status
  - d. Clinical assessment**
- 30) \_\_\_\_\_ identify mental health symptoms and behaviours that are abnormal and characterized by specific disorders.
- a. Psychopathology inventories**
  - b. Behavioural assessment
  - c. Clinical interview
  - d. Personality inventories