

# **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.

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# **PART I**

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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?
- Irritability
  - Inability to concentrate**
  - Expression of little emotion
  - None of the above
- 26) Therapy that attempts to change maladaptive thoughts and behaviours into adaptive ones through techniques is known as:
- Solution-focused therapy
  - Interpersonal therapy
  - Cognitive-behavioural therapy**
  - Dialectical behavioural therapy
- 27) \_\_\_\_\_ is a variation of psychodynamic therapy that emphasizes the interactions between clients and their social environment.
- Interpersonal therapy**
  - Solution-focused therapy
  - Dialectical behavioural therapy
  - Cognitive-behavioural therapy
- 28) When looking at the correlation between socioeconomic status and mental health, we find that:
- The poorer the socioeconomic conditions, the lower the risk for mental health
  - The higher the socioeconomic conditions, the lower the risk for mental health
  - The poorer the socioeconomic conditions, the higher the risk for mental health**
  - 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:
- Psychopathology
  - Interpersonal development
  - Socioeconomic status
  - Clinical assessment**
- 30) \_\_\_\_\_ identify mental health symptoms and behaviours that are abnormal and characterized by specific disorders.
- Psychopathology inventories**
  - Behavioural assessment
  - Clinical interview
  - Personality inventories