


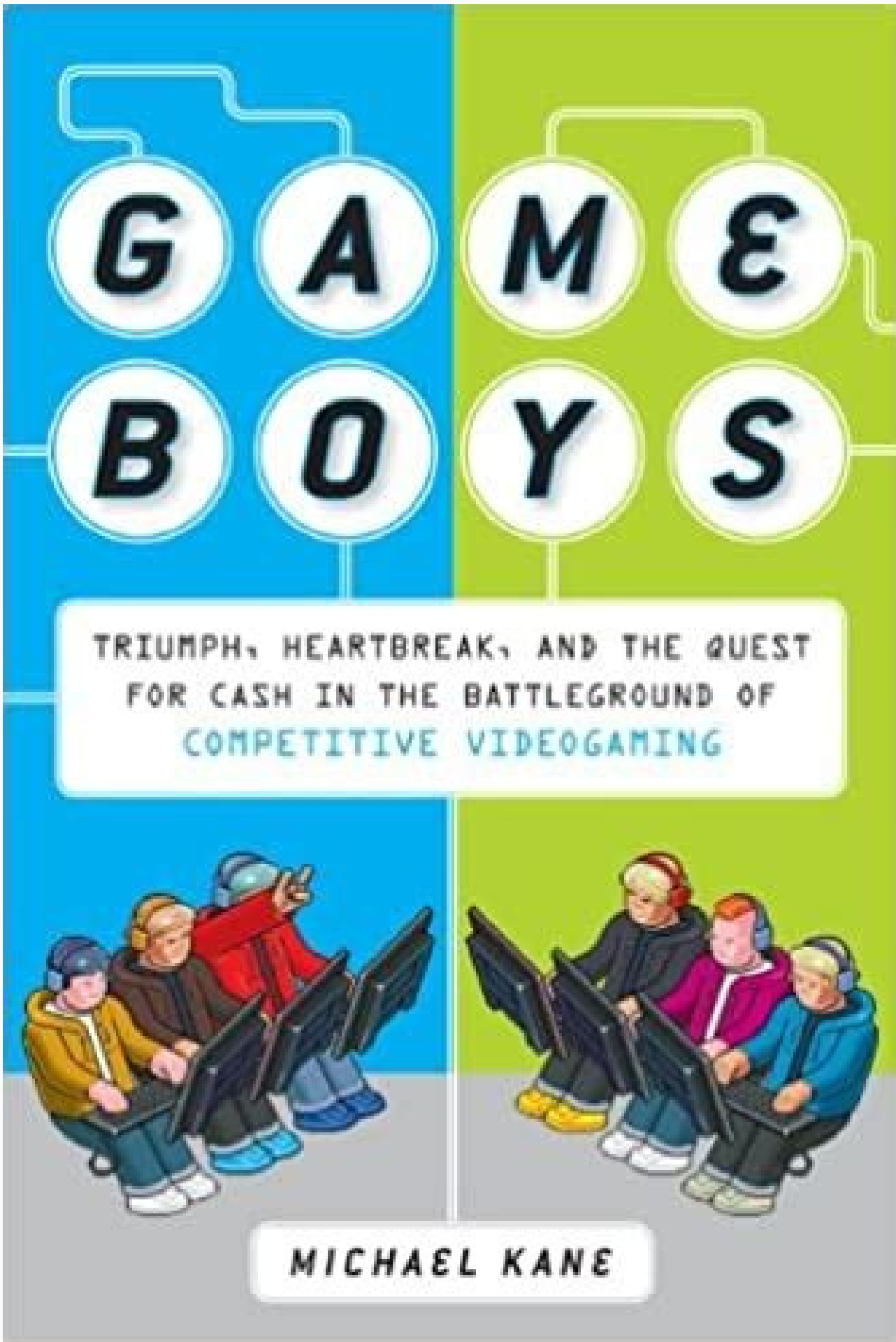
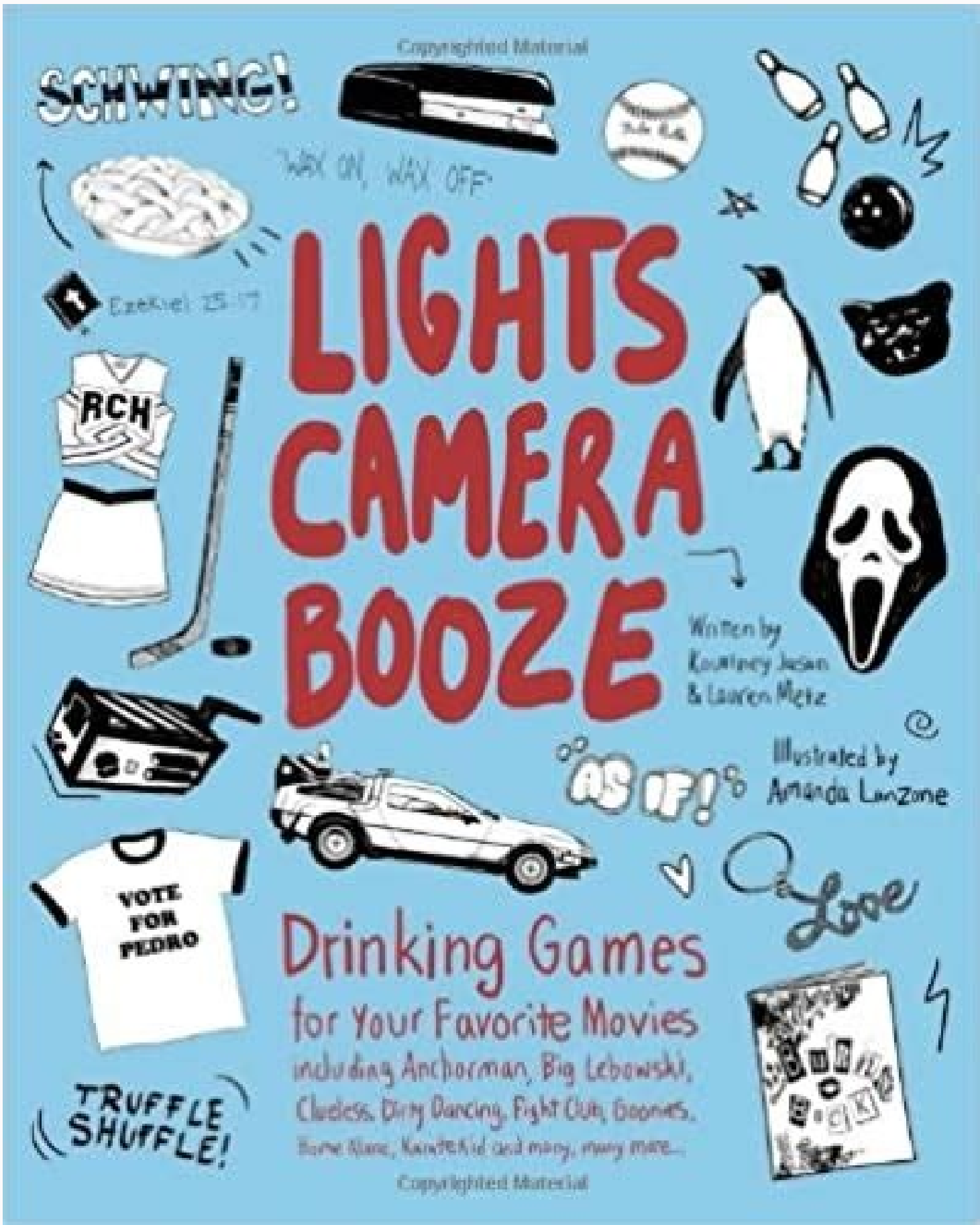
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# Conflict and Frustration

## What is frustration ? When does it occur ?

- ▶ As an event, the circumstances that block or interfere with goal-directed activity is "frustration".

## What Factors Cause

Statistics	Agent57	NGU	R2D2	MuZero
Number of games > human	57	51	52	51
Mean HNS	4766.25%	3421.80%	4622.09%	5661.84%
Median HNS	1933.49%	1359.78%	1935.86%	2381.51%
5th percentile of HNS	116.67%	64.10%	50.27%	0.03%

ProjectionD. Which defense mechanisms is this client using? Identification is also known as introjection. Projection: Attributing one's own maladaptive inner impulses to someone else. This defense mechanism may be present in someone who channels their aggression and energy into playing sports. Suppression: Consciously choosing to block ideas or impulses that are undesirable, as opposed to repression, a subconscious process. This defense mechanism may be present in someone who has intrusive thoughts about a traumatic event but pushes these thoughts out of their mind.Recognition and interpersonal communication about any defense mechanisms the patient is using amongst the psychiatrist, psychologist, social worker, primary care provider, nurse, and family can help to orient the team and enhance patient-centered care. CompensationC. This defense mechanism may be present in a student who receives poor grades on their report card and then devotes more time and effort to extracurricular clubs and activities. Displacement: Transferring one's emotional burden or emotional reaction from one entity to another. Answer: D. Rationalization Option D: Rationalization is the defense mechanism that involves offering excuses for maladaptive behavior. Some meta-analysis studies have shown psychodynamic therapy to have equal efficacy compared to cognitive behavioral therapy and pharmacotherapy in the treatment of mild to moderate mood disorders. Alternatively, sexualization can refer to the development of specific fetishes or sexual references to conventionally non-sexual entities. Sublimation: Transforming one's anxiety or emotions into pursuits considered by societal or cultural norms to be more useful. Answer: A. A. Reaction-formation 1. However, if used frequently, the person may develop neuroses such as anxiety, phobias, compulsions, or hysteria. Psychodynamic therapy is used by clinicians to help orient patients to their own unconscious processes. IdentificationD. DisplacementB. Practice Quiz: Defense Mechanism Nursing practice questions for Defense Mechanism. It is important to recognize that therapeutic treatments based on self-awareness and communication will avoid the possible complications of pharmacotherapy, such as side effects and drug-to-drug interactions, and some patients may be more willing to try these therapies compared to pharmacotherapy.[11] IntellectualizationD. For example, a stressful event may cause an individual to regress to bed-wetting after they have already outgrown this behavior. Repression: Subconsciously blocking ideas or impulses that are undesirable. SublimationB. Objectives: Identify and define the common psychological defense mechanisms.Describe the goal of psychodynamic therapy in relation to defense mechanismsReview the clinical significance of defense mechanisms in relation to psychodynamic therapy. Sigmund Freud, known as the father of psychoanalysis, began the discussion of defense mechanisms in the nineteenth century in relation to the subconscious defenses of the id, ego, and superego. [1] These initial defense mechanisms were more clearly defined and analyzed by his daughter, Anna Freud, in the twentieth century. She created 10 major defense mechanisms, but the number of mechanisms has since been increased by later psychoanalysts.Anna Freud defined these defense mechanisms as "unconscious resources used by the ego" to decrease internal stress ultimately.[2] Patients often devise these unconscious mechanisms to decrease conflict within themselves, specifically between the superego and id. Answer: C. RegressionB. Psychodynamic therapy is used by clinicians to help orient patients to their own unconscious processes. Mr. Warren, an attorney who throws books and furniture around the office after losing a case is referred to the psychiatric nurse in the law firm's employee assistance program. Projection 3. Nurse Raffy recognizes that paranoid delusions usually are related to the defense mechanism of: A. Freudian psychoanalysis theory defines them as internal drives that emanate from our minds when facing conflict situations.The ego regulates conflicting demands between the id and the superego through a defence mechanism. This defense mechanism may present commonly in children or later in development, may be present in schizoid personality disorder. Splitting: Failing to reconcile both positive and negative attributes into a whole understanding of a person or situation, resulting in all-or-none thinking. Anna Freud defined defense mechanisms as "unconscious resources used by the ego" to decrease internal stress ultimately. Please visit our nursing test bank page for more NCLEX practice questions. DisplacementC. This is a common defense mechanism used by clients with substance abuse problems.Options A, B, and C. None of the remaining defense mechanisms involves making excuses for behaviors. These insights can be helpful to patients with a variety of mental health disorders, including depression, anxiety, eating disorders, and personality disorders.[3] As we progress from childhood to adolescence and then progress from adolescence into adulthood, these psychological defense mechanisms can persist from one phase to the next, regress to earlier phases in response to stressors, or can evolve over time.[4] Defense mechanisms can be internalized or externalized, resulting in corresponding behavior problems, which can complicate psychiatric treatment.[5] Having a thorough understanding of defense mechanisms can help clinicians progress through treatment and avoid pitfalls. Which of the following defense mechanisms is probably used by Brent? Splitting is commonly associated with borderline personality disorder. Higher-level Defense Mechanisms [10] Anticipation: The devotion of one's effort to solving problems before they arise. In Freud's psychoanalytic theory, the ego employs defence mechanisms to cope with the conflicting demands of the other two parts of the personality: the id and the superego.Sigmund Freud first mentioned the concept of defence mechanisms in his 1894 essay, 'The Neuro-Psychoses of Defence'. This defense mechanism may be present in someone who continues to shop for expensive designer clothes despite being in serious financial debt. Identification: The internalization or reproduction of behaviors observed in others, such as a child developing the behavior of his or her parents without conscious realization of this process. By recognizing and identifying these processes, patients improve their self-awareness and gain a new understanding of their own behaviors. His work was later developed by his daughter Anna Freud and other psychoanalysts. For example, recognizing the presence of defense mechanisms during a patient encounter can help maintain an appropriate therapeutic and professional relationship.[6]If defense mechanisms are identified and adolescence, it can help predict further development of personality disorders.[7] Therefore, the early identification of defense mechanisms can have great clinical significance. Depending on the context and the severity, defense mechanisms can be either maladaptive or adaptive.[8] Primitive Defense Mechanisms [11] [9] Acting out: The development of detrimental behaviors that distract attention and energy away from other stressors. Projection 4. This defense mechanism is recognized in conversion disorder, also known as functional neurologic symptom disorder. Denial: Dismissing external reality and instead focusing on internal explanations or fallacies and thereby avoiding the uncomfortable reality of a situation. Defence mechanisms are psychological tactics of the unconscious mind that protect us from fear, unpleasant or overwhelming thoughts and feelings, such as coping with trauma and difficult situations. Denial Option C: Denial is a method of resolving conflict or escaping unpleasant realities by ignoring their existence. In this study guide, we will be discussing defensive mechanisms including the different types and how they manifest in a person. This defense mechanism may be present in someone who describes the day their house burnt down in a factual way without displaying any emotion. Rationalization: The justification of one's behavior through attempts at a rational explanation. DenialD. 1. Outline interprofessional team strategies for improving coordination and communication in the care of patients with defense mechanisms. Rationalization 2. The client is defending his substance abuse by providing reasons related to life stressors. A client who abuses alcohol and cocaine tells a nurse that he only uses substances because of his stressful marriage and difficult job. 2. ProjectionB. However, this process involves distorting reality to cope with these situations. Sexualization can refer to the development of one's sexual identity in general. This defense mechanism may be present in someone who has no recollection of a traumatic event, even though they were conscious and aware during the event. Schizoid fantasy: Creating an internal retreat into one's imagination to avoid uncomfortable situations. This defense mechanism may be present in conduct disorder, antisocial personality disorder, or oppositional defiant disorder. Avoidance: Dismissing thoughts or feelings that are uncomfortable or keeping away from people, places, or situations associated with uncomfortable thoughts or feelings. 3. Conversely, reaction formation may be present in someone who is overly kind to someone whom they dislike. Sexualization: Associating sexual aspects to one's experience of certain people, places, objects, or ideas. Regression Option A: Regression, a return to earlier behavior to reduce anxiety, is the basic defense mechanism in schizophrenia.Option B: Repression is the basic defense mechanism in the neuroses; it's an involuntary exclusion of painful thoughts, feelings, or experiences from awareness.Option C: Projection is a defense mechanism in which one blames others and attempts to justify actions; it's used primarily by people with paranoid schizophrenia and delusional disorder.Option D: Rationalization is a defense mechanism used to justify one's action. This defense mechanism may be present in someone who has a stressful day at work and then lashes out against their family at home. Humor: Decreasing or combating the negative emotions associated with a situation by using comedy. This defense mechanism may be present in someone who prepares for an important job interview by practicing their answers to the toughest questions. Compensation: Focusing on achievement in one area of life in order to distract attention away from the inadequacy or fear of inadequacy in another area of life. 4. RepressionC. This defense mechanism may be present in someone who teases or insults a romantic interest whom they like. Regression Option B: An adult who throws temper tantrums, such as this one, is displaying regressive behavior, or behavior that is appropriate at a younger age.Option A: In projection, the client blames someone or something other than the source.Option C: In intellectualization, the client overuses rational explanations or abstract thinking to decrease the significance of a feeling or event.Option D: In reaction formation, the client acts in opposition to his feelings. Nurse Lucas is aware that the defense mechanism commonly used by clients who are alcoholics is: A. For example, someone diagnosed with a terminal illness does not show emotion after the diagnosis is given but instead starts to research every source they can find about the illness. Isolation of Affect: Avoiding the experience of an emotion associated with a person, idea, or situation. Patients often devise these unconscious mechanisms to decrease conflict within themselves, specifically between the superego and id. What are Defense Mechanisms? The term defense mechanism refers to a predominantly unconscious self-protective process that seeks to shield the ego from intense feelings or affect and impulses. Additionally, these intrapsychic processes modify, nullify, or convey painful affects or tendencies so they can be tolerated consciously.Defense mechanisms mostly operate at the subconscious level of awareness, so people are not aware of what they are doing. For example, someone who commits an episode of infidelity in their marriage may then accuse their partner of infidelity or may become more suspicious of their partner. Regression: Adapting one's behavior to earlier levels of psychosocial development. This defense mechanism may be present in someone who steals money but feels justified in doing so because they needed the money more than the person from whom they stole. Reaction formation: Replacing one's initial impulse toward a situation or idea with the opposite impulse. RegressionC. Some of the major defense mechanism that are widely used are the following: Defense MechanismDefinitionExampleDisplacementRedirection of negative urges or feelings from an original object to a safer or neutral substitute.The man who is angry with his boss and returns home and becomes angry instead with his wife or children.DenialRefusal to admit to a painful reality, which is treated as if it does not exist.The woman who miscarries denies that she has lost the baby and continues to wear maternity clothes.IntellectualizationUse of excessive reasoning rather than reacting or changing.A woman attending Alcoholics Anonymous meeting reports that she is a nurse and has conducted many 12-step sessions.IntrojectionEngulfment or incorporation of specific traits, behaviors or qualities into self or ego structure.A depressed man who incorporates the negative feelings and hatred of his estranged wife, who recently filed for divorce.ProjectionBlame of other's or things for one's own feelings or thoughts.The client experiencing paranoia blames others for disliking him.RationalizationAn effort to replace or justify acceptable reasons for feelings, beliefs, thoughts, or behaviors for real ones.A woman who overextended credit cards rationalizes that she can use er savings to pay for a new dress she recently purchased.Reaction formationRepression of painful or offensive attitudes or traits with unconscious opposite ones.The college student who feels angry and hostile toward her professor is overtly friendly and agreeable in class.RegressionRetreat to an earlier developmental stage.The 3-year old child who begins wetting his pants after the birth of a new sibling.RepressionUnconscious, purposeful forgetting of painful or dangerous thoughts (the most basic defense mechanism)The married woman who expresses hostility toward a male co-worker to avoid dealing with her sexual attraction to him.SublimationNormal form of dealing with undesirable feelings or thoughts by keeping them in an acceptable context.The woman who is unable to bear children begins working in a preschool.SuppressionConscious and deliberate forgetfulness of painful or undesirable thoughts and ideas.A rape victim attempts to forget the incident and fails to report it to the proper authorities. Projection Option D: Projection is a mechanism in which inner thoughts and feelings are projected onto the environment, seeming to come from outside the self rather than from within. This defense mechanism may be present in post-traumatic stress disorder, where one avoids the location of a traumatic motor vehicle accident or avoids driving completely. Conversion: The development of physical symptoms that cannot be explained by pathophysiology or physical injury. Access free multiple choice questions on this topic. Nurse Lorraine knows that the client's behavior most likely represents the use of which defense mechanism? Rationalization 5. 5. He believed that individual uses defense mechanism consciously or unconsciously as a way to deflect anxiety and to cover up feelings that affects self-esteem. Psychodynamic therapy can involve the patient in their own care by achieving greater awareness of their own patterns of psychological defense mechanisms. For example, telling a funny story about someone during a eulogy. Intellectualization: The development of patterns of excessive thinking or over-analyzing, which may increase the distance from one's emotions. Relying on specific mechanisms too often can lead to unhealthy and undesirable psychological problems.Ego defence mechanisms are natural and normal. Defense mechanisms were first described by Sigmund Freud, an Austrian psychiatrist, who is regarded as the father of psychoanalysis. Answer: B. Major Defense Mechanisms Learning defense mechanism has become an integral component of psychotherapy. This activity defines major defense mechanisms to increase clinician's understanding of their patients during patient encounters and the role of the interprofessional team in the care of these patients. Brent is admitted to a psychiatric unit with a diagnosis of undifferentiated schizophrenia.



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