

MCQs

Select the single best option for each question stem

1 Mental illness in one parent is associated with a:

- a 30–50% chance of the child developing major mental illness
- b 40% chance of developing affective disorder
- c 70% chance of developing minor adjustment problems by adolescence
- d 20–25% chance of developing affective disorder
- e risk of mental illness which is no different from that of the general population.

2 The promotion of resilience to the impacts of parental mental illness on children is likely to result from:

- a keeping the child off school if ever they are upset
- b sending the child to respite foster care whenever the parent shows emotional upset
- c protecting the child from other children who are unsympathetic
- d ensuring that the child has an understandable explanation of the illness and its treatment
- e ensuring that the child believes that the parent suffers from a physical rather than a mental illness.

3 Current training curricula ensure that:

- a children's social workers are fully *au fait* with the facts of parental mental illness
- b general psychiatrists are all equipped to, and ready to, respond to the needs of the children of their patients
- c CAMHS can respond to the needs of children with parental mental illness
- d young carer's workers are trained by adult mental health services to understand the parent's mental illness
- e the child is most likely to gain an adequate understanding of parental mental illness when there is a coordinated approach between adult and child services.

4 Explanations of parental mental illness help the child to gain an objective picture of the illness if the child:

- a can 'feel' for, and empathise with, the parent
- b is helped to understand the parent's illness experience from 'outside'
- c is shown that mental illness is no different from physical illness
- d is told that the medication will cure the illness
- e is allowed to listen only to the ill parent's explanation.

5 Children can develop an adequate resilience to the impacts of parental mental illness only if they:

- a are allowed to identify with, or even experience, the parent's symptoms themselves
- b are placed in foster care
- c are adopted
- d are offered intensive psychotherapy
- e gain an adequate understanding of their parent's illness, its treatment and a positive image of their own role.

CORRECTION**Correction**

Fonagy P, Adshad G (2012) How mentalisation changes the mind. *Advances in Psychiatric Treatment* **18**: 353–62.

The correct answer for MCQ4 is b.

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