Diagnostic overshadowing
TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Which statement is false?
   a) Physical health issues may occur as a consequence of living with and managing symptoms of mental illness
   b) People with severe mental illness (SMI) are at increased risk of premature mortality
   c) The relationship between physical and mental health is unidirectional
   d) There is a disparity in the standard of healthcare people with mental illness receive compared with those without mental illness

2. Which of these is not considered a social determinant of health?
   a) Socioeconomic status
   b) Treatment side effects
   c) Cultural and societal norms
   d) Public health policies

3. Discrimination is defined as:
   a) Negative beliefs about a particular group
   b) An emotional reaction based on a stereotype
   c) Behaviour based on prejudice
   d) Attitudes or internalised stereotypes that unconsciously affect perceptions

4. Diagnostic overshadowing occurs when:
   a) Different healthcare professionals give a service user conflicting diagnoses
   b) Legitimate physical health symptoms are attributed to a service user’s mental illness
   c) A service user experiences multiple physical health issues with no clear cause
   d) A service user makes a self-diagnosis based on information they have read online

5. Which of the following factors can contribute to diagnostic overshadowing?
   a) Service users may be unable to make themselves understood
   b) People with SMI may be unable to communicate whether their experience is physical or psychological
   c) Healthcare professionals who cannot establish medical history of people with mental illness may underestimate their symptoms
   d) All of the above

6. What are heuristics?
   a) General ‘rules of thumb’ or ‘decision shortcuts’
   b) Human factors that influence how people interact with products, equipment, environments and systems
   c) The policies, procedures and clinical guidelines that healthcare professionals must adhere to
   d) Workplace factors that may prevent nurses from performing their role effectively

7. Healthcare professionals attaching too much significance to one characteristic of a service user is a form of:
   a) Authority bias
   b) Anchoring bias
   c) Sampling bias
   d) Recall bias

8. Which statement is false? According to Kahneman:
   a) Decision-making is influenced by System 1 and System 2 thinking
   b) System 1 thinking is typically fast, automatic, effortless and intuitive
   c) System 2 thinking is slower, conscious, effortful and considered
   d) System 2 thinking introduces cognitive biases that can increase the risk of suboptimal decision-making

9. In confirmation bias, people will:
   a) Seek and interpret evidence that supports their views, and avoid potentially disconfirming evidence
   b) Attempt to delegitimise and discredit the views of others
   c) Ask others if their views are correct
   d) Attack the characteristics and perceived motives of people with differing views to themselves

10. How can mental health nurses prevent diagnostic overshadowing?
    a) By acting in accordance with the principle of parity of esteem
    b) By becoming aware of biases
    c) By improving their clinical reasoning
    d) All of the above

How to complete this assessment
This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question.
You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.
You may want to write a reflective account. Visit rcni.com/reflective-account
Go online to complete this multiple-choice quiz and you can save it to your RCNi portfolio to help meet your revalidation requirements.
Go to rcni.com/cpd/test-your-knowledge
This multiple-choice quiz was compiled by Alex Bainbridge
The answers to this quiz are:

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:
Excellent ☐  Good ☐  Satisfactory ☐  Unsatisfactory ☐  Poor ☐
As a result of this I intend to: _____________________________________________________________________________________________

© RCN Publishing Company Limited 2024