

# Mindful Continuing Education

## Behavioral Health Considerations in the LGBTQ Community

1. Behavioral health challenges in the LGBTQ community are largely due to all the following except:

- A. Stigma
  - B. Bias
  - C. Discrimination
  - D. Pride
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2. Behavioral health risk factors include all except:

- A. Supportive friends
  - B. Rejection
  - C. Trauma
  - D. Substance Use
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3. Barriers to healthcare include all except:

- A. Lack of insurance
  - B. Health literacy
  - C. Abusive language from doctor
  - D. High cost
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4. Homosexuality was labeled a mental health disorder until:

- A. 1973
  - B. 1981
  - C. 1952
  - D. 2000
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5. A way to build resiliency and improve mental health is as follows:

- A. Conversion Therapy
  - B. Acceptance by their family of origin.
  - C. Alcohol in moderation
  - D. Accepting the status quo.
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**6. Part of affirming healthcare is:**

- A. Offering reparative therapy.**
  - B. Ignoring staff intolerances.**
  - C. Not assuming sexual orientation or gender identity.**
  - D. Assuming biological sex and gender match.**
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**7. Risk factors amongst LGBTQ youth include all except for:**

- A. Increased depression and suicidal ideation compared to heterosexual peers.**
  - B. Increased sexual experiences compared to heterosexual peers.**
  - C. Increased bullying compared to heterosexual peers.**
  - D. Increased homelessness compared to heterosexual peers.**
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**8. Behavioral health providers should ask LGBT youth \_\_\_\_ as it is a strong protective or risk factor.**

- A. How has their family reacted to their identity?**
  - B. What is their GPA in school?**
  - C. Do they have their driver's license?**
  - D. How many friends do they have?**
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**9. Professional Awareness includes:**

- A. Knowing all the students who identify as LGBTQ.**
  - B. Being a parent to a youth whose family has rejected them.**
  - C. Ignoring personal assumptions and biases.**
  - D. Acknowledging historical hurt therapists have participated in.**
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**10. Transgender definition can include all except for:**

- A. Someone whose gender identity or expression does not fit assigned birth sex and gender.**
  - B. Has romantic, sexual or affectional desire for people of all genders and sexes.**
  - C. A gender outside of the man/woman binary.**
  - D. Having no gender or multiple genders.**
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