

Mindful Continuing Education

Digital Mental Health

1. Which of the following is the most appropriate definition of "online mental health services"

- A. Mental health services that are provided through the use of technology between provider and client.
 - B. Mental health services that are provided via a confidential online portal between provider and client.
 - C. Mental health services that are provided by phone between provider and client.
 - D. Mental health services that are provided by video between provider and client.
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2. A 2018 study found that what percentage of students stated that they would be likely to use online mental health services but unlikely to utilize in-person mental health services

- A. 50%
 - B. 39%
 - C. 21%
 - D. 35%
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3. Psychiatrists can prescribe via online services, however they are limited in what they can prescribe. Which of the following can the psychiatrist NOT prescribe to patients under normal circumstances?

- A. An anti-depressant medication
 - B. Mood stabilizers
 - C. Controlled substances
 - D. Anti-anxiety medications
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4. All of the following BUT ONE are benefits of online mental health services. Identify the one statement that is not a benefit of online services.

- A. Online services generally do not have any benefits
 - B. Online services are helpful for individuals with severe fears of leaving their home
 - C. Online services often reduce feelings of stigma because individuals are not seen in waiting rooms at the clinic.
 - D. Online services are often more convenient because of time and lack of commuting needs
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5. It is often difficult for providers to ensure the patient is in a private and confidential space at home. Identify the option they can use to ensure the patient is in a confidential space at the time of the session.

- A. Trusting the patient - the provider can do little else because it is outside of their control**
 - B. Discuss the need for privacy in the future during the phone call to establish services**
 - C. Simply ask the patient - are you in a confidential space right now? The provider can do this while observing the surroundings if they are on video with the patient.**
 - D. Ask the patient to shut their doors and windows.**
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6. All of the following BUT ONE are reasons that patients might be better served in-person instead of online. Identify the one reason that does not belong.

- A. The patient has an acute medical condition**
 - B. The patient is stable and predictable**
 - C. The patient is in crisis**
 - D. The patient has significant psychotic symptoms that are not well controlled**
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7. All of the following BUT ONE are examples of applications where a client can meet with a provider via video chat. Choose the one that does not provide this kind of support

- A. BetterHelp**
 - B. TalkSpace**
 - C. Regain**
 - D. Shine Self-Care app**
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8. All of the following tasks need to be done before a provider identifies patients to serve in their private practice except one task. Identify the one task that does NOT belong.

- A. Get malpractice insurance**
 - B. Ensure their certifications/licenses meet the regulatory requirements**
 - C. Sign up to be a contracted provider for BetterHelp**
 - D. Choose a HIPPA compliant platform**
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9. All of the following BUT ONE are pros for concurrent documentation. Identify the one con.

- A. Not looking in the camera at the patient**
- B. Time saved as billing will not include documentation time**
- C. No longer having to rely on memory**

D. Completing chart notes by the time a session is complete

10. One of the following statements is a good example of reflective listening that should be used in online mental health. Identify the one statement that can be helpful.

- A. "Great. Let's move to the next question now..."**
 - B. "I wonder why that is?"**
 - C. "What I think I am hearing you say is Can you tell me if that is correct?"**
 - D. "That's very interesting."**
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