

# Mindful Continuing Education

## How Mood Disorders Impact Children

1. Which of the following is NOT a sign of Major Depressive Disorder in children?

- A. Loss of interest or pleasure in almost all activities
  - B. Not experiencing weight changes
  - C. Recurrent thoughts of death
  - D. Feeling of worthlessness or guilt
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2. What is not a risk factor for depression in children and adolescents?

- A. High-functioning autism
  - B. Physical, sexual, or emotional abuse or neglect
  - C. Academic difficulties
  - D. Having a well-balanced diet and regular physical activity
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3. Which therapy is considered the gold standard of evidence-based therapies to treat depression in children?

- A. Behavioral therapy
  - B. Psychoanalysis
  - C. Cognitive Behavioral Therapy
  - D. Dialectical behavior therapy
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4. Which of the following is a misstatement about the similarities and differences between Major and Persistent Depressive Disorder in children?

- A. Persistent Depressive Disorder lasts for a longer period compared to Major Depression
  - B. Major Depressive Disorder is less severe compared to Persistent Depressive Disorder
  - C. Persistent Depressive Disorder has less severe symptoms compared to Major Depression
  - D. Major Depressive Disorder can have a more profound impact on a child's capacity to handle daily life compared to Persistent Depressive Disorder
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5. When diagnosing Major Depressive Disorder, which criteria below does not need to be met?

- A. Depressed or irritable mood
- B. Loss of interest or pleasure in almost all activities

- C. Significant unintentional weight loss/gain**
  - D. Symptoms persist for longer than two months**
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**6. Which type of therapy helps in identifying triggers to depressive and manic episodes in children with bipolar disorder?**

- A. Interpersonal psychotherapy**
  - B. Cognitive Behavioral Therapy**
  - C. Psychotherapy**
  - D. Dialectical Behavioral Therapy**
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**7. What symptom is common to both persistent depressive disorder and bipolar disorder in children?**

- A. Rapid speech which jumps around to different topics**
  - B. Difficulty staying focused and racing thoughts**
  - C. Poor concentration or difficulty making decisions**
  - D. Decreased need for sleep**
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**8. Under the DSM-V criteria for a persistent depressive disorder diagnosis in children, which of the following is NOT listed?**

- A. Depressed mood or irritable mood for most of the day**
  - B. Symptoms cause clinically significant impairment or distress in important areas of functioning**
  - C. Symptoms do not meet the criteria or are not better accounted for by major depressive disorder, bipolar disorder, or psychotic disorder**
  - D. Extended periods of intense happiness or silliness**
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**9. Which of the following best describes the key focus of treatment for persistent depressive disorder in children?**

- A. Use of antidepressant medication only**
  - B. Psychotherapy concentrating on individual counselling only**
  - C. Treatment most often involves a combination of psychotherapy and medication**
  - D. Solely focus on improving how individuals view their environment**
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**10. Which assessment is NOT typically used for diagnosing bipolar disorder in children?**

- A. Symptom reports and observations**
  - B. Child Bipolar Questionnaire**
  - C. Family and child interviews**
  - D. Visual memory tests**
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**11. What is a frequent symptom observed in children with Disruptive Mood Dysregulation Disorder (DMDD)?**

- A. Verbal outbursts less than three times a week**
  - B. Severe temper outbursts, verbal and behavioral, at least three times a week**
  - C. Chronic moods of happiness and contentment**
  - D. Extended periods of calm and quiet**
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**12. What impact can a child's mood disorder have on families?**

- A. Increases stable familial relationships**
  - B. Decreases emotional distress amongst family members**
  - C. Can cause disruption in regular routines and daily life**
  - D. No indirect effect on a family's financial state**
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**13. Which of the following is not a suggested therapeutic approach for treating children with DMDD?**

- A. Cognitive Behavioral Therapy (CBT)**
  - B. Dialectical Behavior Therapy for children (DBT-C)**
  - C. Parent Training**
  - D. Repression focused therapy**
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**14. What are some effects of mood disorders on children's social interactions and peer relationships?**

- A. Increased number of high-quality friendships**
  - B. Increased social inclusion and acceptance by peers**
  - C. Avoidance of social interaction and possibilities of being a victim of bullying**
  - D. Better reputation and respect amongst peers**
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**15. What is a proven risk factor for developing early-onset mood disorders?**

- A. Low academic pressure**
  - B. Distanced and unengaged parenting styles**
  - C. Childhood trauma, including abuse and neglect**
  - D. Limited exposure to diversity**
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**16. What is a crucial part of a safety plan for at-risk children who may have suicidal tendencies as according to Boston Children's Hospital (2023)?**

- A. Maintain an inventory of the child's favorite belongings**
- B. The child should take personal responsibility for asking help in times of need**

- C. A detailed account of the hospital care versus crisis care**
  - D. A precise plan of care for any other children in the household when their sibling is experiencing a crisis**
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**17. Which of the following are reported as protective factors which can help children build positive relationships as per Cooper (2023)?**

- A. Encouraging children to isolate from peers and keep to themselves**
  - B. Parents who provide random and unpredictable routines**
  - C. Participation in school activities, like clubs and team sports, where they can build new skills and develop self-confidence**
  - D. Maintaining a high level of secrecy between parents and kids to prevent them from getting hurt**
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**18. What is the widely suggested recommendation for parental roles when it comes to the mental health of their children at home, according to Spiteri (2021)?**

- A. Engaging them in extensive household chores to keep them busy**
  - B. Isolating them from physical activities for their safety**
  - C. Encouraging them to exercise daily and engage in school work**
  - D. Making them responsible for their own mental health**
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**19. What does Yale University's RULER program, mentioned in the teaching method suggested by Abramson (2022), aim to teach?**

- A. Five different languages**
  - B. Group physical activities and educational games**
  - C. Five emotional intelligence skills of recognizing, understanding, labeling, expressing, and regulating**
  - D. Methods to deal with bullies in schools**
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**20. In the context of risk or threat, which of the following is NOT considered to be a multisystem resilience factor according to Mesman et al., 2021?**

- A. Sensitive caregiving, close relationships, social support**
  - B. Developing superior athletic skills**
  - C. Positive views of self, family, or group**
  - D. Problem-solving and planning**
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