

# Mindful Continuing Education

## Mental Health for Veterans

1. Which of the following is an accurate statement about veterans and suicide?

- A. Approximately 10% of all annual suicide deaths in the United States are by veterans
  - B. Female veterans are three times more likely to die by suicide than non-veteran females
  - C. 58% of all veterans who die by suicide are over the age of 55 years
  - D. Veterans with substance use disorders were four times as likely to die by suicide as those without a substance use disorder
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2. Mental health professionals need to understand the mission of the specific branch of the military the veteran belonged to as well as its:

- A. Policies and practices
  - B. Core values
  - C. History
  - D. Customs and traditions
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3. All of the following except one are all reasons why veterans struggle to transition into civilian life. Identify the one false statement.

- A. Stigma prevents veterans who need mental health services from accessing it
  - B. Rank still matters in civilian life - this is helpful
  - C. Language in civilian life is very different from common language used in the military
  - D. The general community is not trauma-informed about common military trauma and triggers
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4. All of the following except for one are examples of arousal and reactivity symptoms (arousal symptoms must be present to have a formal diagnose of PTSD). Identify the one that does not belong.

- A. Avoidance behaviors
  - B. Being easily startled
  - C. Having difficulty sleeping
  - D. Having outbursts of anger
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5. A patient has to have at least \_\_\_\_ cognition and mood symptom(s) to be diagnosed with PTSD.

- A. 1
  - B. 2
  - C. 3
  - D. 4
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**6. Which of the following modalities is not one of the commonly used therapeutic modalities when treating veterans with PTSD?**

- A. Cognitive processing therapy**
  - B. Prolonged exposure therapy**
  - C. Stress inoculation training**
  - D. Dialectical behavioral therapy**
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**7. All of the following are protective factors that prevent veterans from attempting suicide except one. Identify the one that does not belong.**

- A. Access to mental healthcare**
  - B. Resilience**
  - C. Strict adherence to schedules and routines**
  - D. Feeling connected to peers from their unit**
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**8. Patients with a 70% depression rating by the VA will present like which of the following?**

- A. These patients will have social and work-related impairments and reduced reliability. They will have the following symptoms more than once per week: flat affect, stereotyped speech, panic attacks, difficulty understanding and following commands, memory impairments in both short and long-term memory, impaired judgment, impaired abstract thinking, disturbances in motivation and mood, and difficulty establishing and maintaining relationships**
  - B. These patients will have total impairments in work and social situations. They will have gross impairments with thought, communication, and they might have delusions and hallucinations on a persistent basis. They will have grossly inappropriate behavior, anger, and the inability to perform daily activities. They will be a danger to themselves and others. They will be disoriented to time and place, memory, and people**
  - C. These patients will have both work and social impairments. They will have weekly symptoms consisting of panic attacks, sleep impairments, and memory difficulties**
  - D. These patients will have impairments in most areas of their life such as work, school, family, and thinking. They will likely experience suicidal thoughts, obsessive rituals that impact functioning, illogical speech, constant panic, depression that impacts functioning, lack of impulse control, difficulty maintaining personal hygiene and activities of daily living (ADLs), difficulty navigating stress, and the inability to establish and maintain healthy and effective relationships**
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**9. The TAPS tool assesses for what?**

- A. Suicide risk**
  - B. Substance abuse**
  - C. Depression**
  - D. PTSD**
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**10. The purpose of the Coaching into Care program is to:**

- A. Guide veterans through sheltered workshops, transitional work, and supported employment as they navigate the workforce**
  - B. Provide case management for newly discharged veterans**
  - C. Educate, support, and empower family members who are seeking care, services, or support for veterans**
  - D. Assist veterans who wish to access mental health services from outside community providers instead of providers within the VA health system**
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