

Mindful Continuing Education

Trends in Children's Mental Health

1. Only ____ % of children diagnosed with a mental health disorder are currently receiving mental health services.

- A. 20
 - B. 40
 - C. 60
 - D. 80
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2. A child experiencing extreme worry across all domains of life is likely to be diagnosed with

- A. separation anxiety
 - B. panic disorder
 - C. dysthymia
 - D. generalized anxiety disorder
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3. In persistent depressive disorder, a child experiences depressed mood more days than not for at least

- A. 1 month
 - B. 6 months
 - C. 1 year
 - D. 2 years
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4. The treatment modality that is the gold standard for treating both depression and anxiety in children is

- A. CBT
 - B. Exposure Therapy
 - C. SSRI's
 - D. Psychopharmacology
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5. One way schools have been addressing the increased mental health needs of students is by

- A. hiring more school psychologists
- B. having their school psychologists train teachers in social and emotional skills
- C. recruiting parent volunteers for each classroom.

D. giving parents referrals for community mental health programs for their child

6. Sometimes a parent can unintentionally promote a child's anxiety by

- A. offering too much reassurance**
 - B. teaching them how to handle situations themselves.**
 - C. a parent seeking counseling services for themselves.**
 - D. encouraging them to participate in daily exercise.**
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7. Key non-mental health areas to target to improve children's mental wellness include all except

- A. early education interventions**
 - B. maternal health programs**
 - C. in-school mental health screenings**
 - D. preventing child removal from home**
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8. _____ has shown to reduce depression in some as effectively as anti-depressants and psychotherapy.

- A. Improved nutrition**
 - B. sleep**
 - C. exercise**
 - D. parents participation in therapy**
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9. Quality sleep has shown to have the following positive impacts on children except

- A. Improved attention**
 - B. enhanced self-esteem**
 - C. improved emotional regulation**
 - D. increased risk-taking**
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10. Mental health disparities have worsened since COVID-19 with

- A. extreme lack of access to quality care for low-income individuals and people of color.**
 - B. schools shifted to remote teaching.**
 - C. children's anxiety around vaccination.**
 - D. parental stress levels rising.**
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