

# Mindful Continuing Education

## Addressing the Rise in Anxiety and Depression

**1. \_\_\_\_\_ is an emotion characterized by apprehension and physical symptoms such as tension when a person anticipates impending danger.**

- A. anxiety
- B. depression
- C. persistent depressive disorder
- D. agoraphobia

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**2. Generalized Anxiety Disorder can include all of the following symptoms except**

- A. Restlessness
- B. Being easily fatigued.
- C. Difficulty concentrating
- D. Avoiding public situations

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**3. This anxiety based disorder has the highest prevalence in the United States.**

- A. Agoraphobia
- B. Separation Anxiety
- C. Specific Phobia
- D. Panic Disorder

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**4. \_\_\_\_\_ can range from unhappiness to extreme feelings of sadness.**

- A. anxiety
- B. depression
- C. social anxiety disorder
- D. agoraphobia

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**5. This depression based disorder has the highest prevalence in the United States.**

- A. major depressive disorder
- B. persistent depressive disorder
- C. seasonal affective disorder
- D. postpartum depression

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**6. Symptoms of persistent depressive disorder must be present for at least**

- A. 2 weeks
- B. 1 month
- C. 6 months
- D. 2 years

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**7. Risk factors for developing major depressive disorder with peripartum onset include all except**

- A. lack of social support
- B. partner dissatisfaction
- C. history of depression
- D. prolonged labor

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**8. \_\_\_\_\_ is the type of therapy treatment for anxiety and depression with the most validated treatment evidence.**

- A. Cognitive Behavioral Therapy
- B. Exposure Therapy
- C. Interpersonal Therapy
- D. Problem Solving Therapy

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**9. \_\_\_\_\_ should only be prescribed for anxiety treatment under limited conditions.**

- A. Beta Blockers
- B. Antidepressants
- C. Benzodiazepines
- D. Buspirone

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**10. Serotonin, norepinephrine, and dopamine are all**

- A. neurons
- B. neurotransmitters
- C. parts of the hippocampus
- D. endocannabinoids

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**11. \_\_\_\_\_ involves having a mild electric current passed through the brain to cause a brief seizure.**

- A. ECT
- B. rTMS
- C. VNS
- D. PST

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**12. \_\_\_\_\_ is the least invasive treatment for stimulating the brain.**

- A. ECT

- B. rTMS
- C. VNS
- D. PST

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**13. \_\_\_\_\_ increases heart rate and anti-anxiety neurochemicals.**

- A. SSRIs
- B. caffeine
- C. exercise
- D. sleep

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**14. Carbohydrate cravings may be the body's way of trying to boost**

- A. serotonin
- B. dopamine
- C. GABA
- D. B12

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**15. Healthy dietary patterns have shown to lower anxiety and depression symptoms, one example of this is**

- A. the keto diet
- B. a vegetarian diet
- C. a high fat diet
- D. the Mediterranean diet

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**16. \_\_\_\_\_ frequently results in increased depression symptoms.**

- A. caffeine
- B. alcohol
- C. tobacco
- D. fat

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**17. Exposure to media coverage on collective trauma**

- A. keeps everyone informed and safe
- B. mitigates secondary stress
- C. increases stress and perceived risk
- D. helps identify those who need additional supports

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**18. Burnout can include all except**

- A. secondary trauma
- B. depersonalization

- C. emotional exhaustion
- D. lack of self-efficacy

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**19. \_\_\_\_\_ is paramount for competent and ethical provision of mental health services.**

- A. Supervision
- B. Work-life balance
- C. Peer consultation
- D. Self-care

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**20. \_\_\_\_\_ is the overuse of virtual platforms that leads to tiredness, worry, or burnout.**

- A. Secondary traumatic stress
- B. Zoom fatigue
- C. Compassion fatigue
- D. Cognitive effort

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