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

---

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

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

---

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

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

---

4. _____ can range from unhappiness to extreme feelings of sadness.

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

---

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

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

---

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

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

---

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

---

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

---

9. _____ should only be prescribed for anxiety treatment under limited conditions.

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

---

10. Serotonin, norepinephrine, and dopamine are all

A. neurons
B. neurotransmittors
C. parts of the hippocampus
D. endocannabinoids

---

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

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

---

12. _____ is the least invasive treatment for stimulating the brain.

A. ECT

B. rTMS
C. VNS
D. PST

---

13. _____ increases heart rate and anti-anxiety neurochemicals.

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

---

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

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

---

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

---

16. _____ frequently results in increased depression symptoms.

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

---

17. Exposure to media coverage on collective trauma

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

---

18. Burnout can include all except

A. secondary trauma
B. depersonalization

C. emotional exhaustion
D. lack of self-efficacy

---

19. _____ is paramount for competent and ethical provision of mental health services.

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

---

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

Copyright © 2026 Mindful Continuing Education

Visit us at https://www.mindfulceus.com