

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 situations
-

3. This anxiety based disorder has the highest prevalence 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 prevalence 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. neurotransmitters
 - 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 perceived 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
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