

# 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
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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
- 

**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
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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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