

# Mindful Continuing Education

## Assessing Psychosocial Needs in Oncology

**1. Which is a component of a comprehensive biopsychosocial assessment for a cancer patient?**

- A. Assessing biological, psychological, and social factors independently
  - B. Focusing solely on biological factors
  - C. Ignoring the patient's spiritual beliefs
  - D. Considering the interplay of multiple aspects including social, environmental, psychological, and biological factors
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**2. What is a critical skill for oncology mental health professionals when evaluating psychosocial needs?**

- A. Ignoring mental health concerns
  - B. Conducting a comprehensive assessment of a patient's biopsychosocial and spiritual needs
  - C. Avoiding discussion about patient's family or caregivers
  - D. Focusing solely on medical treatment plans
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**3. Which tool can be used to screen for cancer-related depression?**

- A. Generalized Anxiety Disorder 7-item Scale
  - B. The Columbia-Suicide Severity Rating Scale
  - C. Patient Health Questionnaire (PHQ-9)
  - D. Patient Health Information System
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**4. How should a mental health professional handle the assessment process if abuse or neglect is suspected?**

- A. Conduct the assessment in a public area
  - B. Avoid discussing personal safety with the patient
  - C. Explain the reason for inquiry honestly and ensure a private space for assessment
  - D. Ignore state laws regarding mandatory reporting
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**5. What is an essential component in fostering a patient's coping skills?**

- A. Teaching maladaptive coping strategies
  - B. Identifying and reinforcing effective past coping strategies
  - C. Discouraging use of existing coping mechanisms
  - D. Avoiding discussions about emotions
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**6. Which aspect of a biopsychosocial assessment focuses on the patient's understanding of their illness?**

- A. Biological
  - B. Psychological
  - C. Social
  - D. Assessing treatment options, side effects, and outcomes
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**7. Which question is helpful for assessing an individual's understanding of their cancer diagnosis?**

- A. How do you feel about your provider's office decor?
  - B. Can you explain where the cancer is in your body?
  - C. What is your favorite movie?
  - D. Do you like visiting the doctor's office?
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**8. What contributes to a patient's risk of neglect and financial exploitation?**

- A. Strong social support network
  - B. Being independent and financially secure
  - C. Strong social support network
  - D. Understanding all medical instructions perfectly
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**9. How should a mental health professional proceed if depression is suspected in a cancer patient?**

- A. Ignore symptoms as part of the cancer experience
  - B. Rely solely on physical symptoms to diagnose
  - C. Wait for symptoms to resolve without intervention
  - D. Conduct a thorough biopsychosocial assessment with consideration of cancer treatments and side effects
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**10. What role does spirituality play in the biopsychosocial assessment?**

- A. It should always be omitted from discussions
  - B. It is irrelevant to cancer patients
  - C. It provides insights into coping mechanisms, beliefs, and potential impacts on healthcare decisions
  - D. It needs to be discussed in every session regardless of relevance
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**11. Which factor does NOT commonly influence cancer treatment adherence?**

- A. Patient's astrological sign
  - B. Health literacy
  - C. Social support
  - D. Financial resources
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**12. When assessing for anxiety in cancer patients, which symptom indicates a more severe case?**

- A. Occasional worry
  - B. Feeling fearful and apprehensive most of the time
  - C. Normal adjustment to diagnosis
  - D. Minor sleep disruptions
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**13. What is a common emotional reaction to a new cancer diagnosis that might require treatment?**

- A. General happiness
  - B. Relief and satisfaction
  - C. Intense depression and inability to function
  - D. Increased interest in hobbies
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**14. How can oncology mental health professionals support a patient experiencing distress?**

- A. Encouraging them to ignore their feelings
  - B. Providing cognitive behavioral therapy and relaxation exercises
  - C. Suggesting complete avoidance of all medical staff
  - D. Telling them distress will resolve on its own naturally
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**15. Which of the following could be a barrier to treatment adherence?**

- A. Patient's interest in baseball
  - B. Good relationships with healthcare providers
  - C. Having adequate health insurance
  - D. Misunderstanding of medical instructions
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**16. Why is assessing a patient's coping mechanisms important?**

- A. To force them into unfamiliar coping strategies
  - B. To focus solely on their physical health
  - C. To identify ways to negate any attempt at self-help
  - D. To tailor interventions that help manage distress and problem-solving
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**17. What best describes the biopsychosocial model of care?**

- A. Considering social, environmental, psychological, and biological factors in conjunction
  - B. Prioritizing biological factors alone
  - C. Focusing on emotional factors exclusively
  - D. Concentrating on environmental factors while ignoring others
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**18. Which practice is essential when conducting a comprehensive biopsychosocial assessment?**

- A. Ignoring caregiver concerns
  - B. Integrating insights from an interdisciplinary healthcare team
  - C. Focusing exclusively on patient's spiritual beliefs
  - D. Disregarding the patient's psychological history
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**19. In what way can cultural considerations impact cancer care?**

- A. Lead to uniform treatment plans for all patients
  - B. Have no effect on patient care or understanding
  - C. Influence patient's health beliefs and adherence
  - D. Ensure a standard healthcare approach for every culture
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**20. Which of the following best assesses a patient's social well-being?**

- A. Exploring living arrangements, family dynamics, and support network
  - B. Ignoring support network and living conditions
  - C. Focusing solely on medication adherence
  - D. Relying solely on biological health metrics
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