

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. Becoming more physically dependent and isolated from others
 - 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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