

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

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

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

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

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

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

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?

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

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

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

11. Which factor does NOT commonly influence cancer treatment adherence?

- A. Patient's astrological sign
- B. Health literacy
- C. Social support
- D. Financial resources

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

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

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

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

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

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

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

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

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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