Mindful Continuing Education

Assessing the Behavioral Health of Millennials

1. How many current generations are there living?

A. 3
B. 4
C. 6
D. 7

---

2. All of the following but one is a quote about why millennials are so anxious. Which does not belong?

A. “They’re not homeowners, they’re not in relationships, they’re not getting married. They’re living in the basement of their parent's home. They’re all kinds of things that have frustrated their efforts to get ahead.”
B. "They are the laziest of the generations - it's no wonder they are not succeeding"
C. “The generation as a whole is among the most educated it has ever been, but the path to success is also less clear”
D. “In the last 50 years, the expectation has been that each generation will do better than the one before it. This is the first generation where that’s not necessarily true”

---

3. Behavioral conditions are _____ as time goes on for millennials.

A. Rising
B. Lowering
C. Staying the same
D. Uncertain

---

4. Millennials are disproportionately struggling with which substance?

A. Alcohol
B. Marijuana
C. Opioids
D. Hallucinogens

---

5. Which of the following is not a potential symptom of an anxiety disorder?

A. Restlessness
B. Lack of interest
C. Inability to concentrate
D. Difficulty sleeping

---

6. Which of the following explains trauma that is passed between grandparents, parents, and children through behavior?

A. Secondary trauma
B. Post-traumatic stress disorder
C. Generational trauma
D. None of the above

---

7. Which of the following generations was known as the "latchkey" kids

A. Baby boomers
B. Generation X
C. Millennials
D. Generation Z

---

8. All of the following but one is a negative effect of stigma on mental health that millennials are facing. Which does not belong?

A. Family support
B. Increased psychiatric symptoms
C. Bullying
D. Lack of hope

---

9. 1 in _____ millennials report having "no friends"

A. 3
B. 4
C. 5
D. 6

---

10. What decade did food begin becoming heavily processed - thus impacting millennial health?

A. 1960's
B. 1970's
C. 1980's
D. 1990's

---

11. Which is the 3rd leading cause of death among millennials

A. Heart disease
B. Obesity
C. Depression
D. Suicide

---

12. All of the following but one are the most common reasons that millennials seek therapy. Which does not belong

A. Psychiatric conditions such as Schizophrenia
B. Anxiety
C. Depression
D. Eating disorders

---

13. Millennials who are worried about their financial health should do all of the following but one. Which does not belong?

A. Talk with a financial advisor
B. Talk with a therapist
C. Develop a financial plan
D. Ignore their financial status

---

14. Millennials who are considered socially healthy likely do all of the following but one. Which does not belong?

A. Seeing their friends in person
B. Practicing self-respect
C. Avoiding social activities
D. Having strong boundaries

---

15. Which theory defines the ways that the emotional unit of a family impacts individuals?

A. Systems theory
B. Family systems theory
C. Family relationship theory
D. Family connections theory

---

16. Which of the following defines the multigenerational transmission process?

A. Describes how the differences between parents and their children across generations impact the larger family unit and differentiate between generations
B. How emotional systems impact behavior on a larger societal level which either progresses or regresses society
C. Describes the way parents transmit their emotional difficulties onto their children
D. Describes the relationship patterns that manage anxiety, conflict, dysfunction, impairments, and emotional distances within family members

---

17. Which of the following is the third step in developing a genogram?

A. Focus on family strengths and resilience when able

B. Ensure the relationship or connections are specific for as many family members as possible and especially everyone that directly involves the client
C. Determine all family members back three generations
D. Identify the client and make the genogram centered on them

---

18. Which defines Child parent relationship therapy (CPRT?)

A. A play-based program for young children who are having behavioral, emotional, social, and attachment disorders.
B. Offered through coaching sessions between therapist and parent and child in a playroom setting
C. To offer knowledge about individual conditions and conditions or situations that individuals are at risk for.
D. This offers easily accessible and anonymous services for people who actively use drugs to attempt to reduce drug use

---

19. Access to sterile syringes has reduced HIV cases by what percentage in the last 20 years?

A. 50%
B. 70%
C. 85%
D. 95%

---

20. Which is the definition of the mental filter?

A. Individuals will disregard positive or healthy situations to perpetuate difficult or unhealthy patterns
B. Individuals will make up beliefs such as “I should always be able to manage this”
C. Individuals will define who they are as a person on one thing
D. Individuals will ignore situations and exclusively focus on one situation they want or need to be true

---

Copyright © 2026 Mindful Continuing Education

Visit us at https://www.mindfulceus.com