

Mindful Continuing Education

Behavioral Health Considerations in the LGBTQ Community

1. Behavioral health challenges in the LGBTQ community are largely due to all the following except:

- A. Stigma
 - B. Bias
 - C. Discrimination
 - D. Pride
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2. Behavioral health risk factors include all except:

- A. Supportive friends
 - B. Rejection
 - C. Trauma
 - D. Substance Use
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3. Barriers to healthcare include all except:

- A. Lack of insurance
 - B. Health literacy
 - C. Abusive language from doctor
 - D. High cost
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4. Homosexuality was labeled a mental health disorder until:

- A. 1973
 - B. 1981
 - C. 1952
 - D. 2000
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5. A way to build resiliency and improve mental health is as follows:

- A. Conversion Therapy
 - B. Acceptance by their family of origin.
 - C. Alcohol in moderation
 - D. Accepting the status quo.
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6. Part of affirming healthcare is:

- A. Offering reparative therapy.
 - B. Ignoring staff intolerances.
 - C. Not assuming sexual orientation or gender identity.
 - D. Assuming biological sex and gender match.
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7. Risk factors amongst LGBTQ youth include all except for:

- A. Increased depression and suicidal ideation compared to heterosexual peers.
 - B. Increased sexual experiences compared to heterosexual peers.
 - C. Increased bullying compared to heterosexual peers.
 - D. Increased homelessness compared to heterosexual peers.
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8. Behavioral health providers should ask LGBT youth ____ as it is a strong protective or risk factor.

- A. How has their family reacted to their identity?
 - B. What is their GPA in school?
 - C. Do they have their driver's license?
 - D. How many friends do they have?
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9. Professional Awareness includes:

- A. Knowing all the students who identify as LGBTQ.
 - B. Being a parent to a youth whose family has rejected them.
 - C. Ignoring personal assumptions and biases.
 - D. Acknowledging historical hurt therapists have participated in.
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10. Transgender definition can include all except for:

- A. Someone whose gender identity or expression does not fit assigned birth sex and gender.
 - B. Has romantic, sexual or affectional desire for people of all genders and sexes.
 - C. A gender outside of the man/woman binary.
 - D. Having no gender or multiple genders.
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