

# 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
- 

**2. Behavioral health risk factors include all except:**

- A. Supportive friends
  - B. Rejection
  - C. Trauma
  - D. Substance Use
- 

**3. Barriers to healthcare include all except:**

- A. Lack of insurance
  - B. Health literacy
  - C. Abusive language from doctor
  - D. High cost
- 

**4. Homosexuality was labeled a mental health disorder until:**

- A. 1973
  - B. 1981
  - C. 1952
  - D. 2000
- 

**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.
-

**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.
- 

**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.
- 

**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?
- 

**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.
- 

**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.
-