

# Mindful Continuing Education

## Depression in Older Adults

**1. Depression in older adults is associated with an increased risk of cardiac disease and death from illness, and those who suffer from depression have poor cognitive functioning, lower health utilization rates, higher healthcare costs, and:**

- A. Greater incidences of muscle tension and soreness
  - B. Incoherent thoughts and viewpoints
  - C. Problems with planning and judgment
  - D. Poorer perceptions of their own health status
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**2. Successful aging may include all the following except:**

- A. physical health
  - B. high cognitive functioning
  - C. continued individual growth
  - D. social interactions
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**3. One reason it may be difficult to diagnose depression in older adults is**

- A. they have other illnesses depression symptoms are attributed to
  - B. they fail to report symptoms
  - C. it manifests very differently in older adults than it does with the general population
  - D. it is still particularly associated with stigma and shame for this age group
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**4. As rates are over double for older adults when compared to the general population, one serious public health concern for aging adults is:**

- A. substance or medication misuse
  - B. suicide
  - C. chronic physical discomfort
  - D. malnutrition
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**5. The evidence based practice that addressed depression through changing ones thinking and behavioral patterns is**

- A. Cognitive Behavioral Therapy
  - B. Dialectical Behavior Therapy.
  - C. Humanistic Therapy
  - D. Motivational Enhancement Therapy
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**6. Effective problem-solving involves the ability to develop adaptively and match solutions to life problems while considering:**

- A. how the specific problem impacts the here and now and how to similar issues can be addressed in the future
  - B. mindfulness, acceptance, and emotion regulation
  - C. the specific internal and external factors that are present
  - D. ambivalence about help seeking
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**7. Which of the following is not one of the benefits of reminiscing for older adults?**

- A. Older adults use this process to create meaning and integration for events across their life course
  - B. It helps them have a heightened awareness of the finiteness of life
  - C. It enables them to create meaningful roles in a society that limits experiences in later adulthood
  - D. It helps them maintain brain activity and functioning
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**8. Cultural considerations when working with older adults include all except**

- A. the stigma of mental health
  - B. functional limitations related to particular groups
  - C. beliefs around healthcare and health practices
  - D. linguistic needs
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**9. In order to best serve aging populations, research is needed on interventions that leverage the use of technology, peer support, community-based outreach, and:**

- A. enhanced delivery of effective services for acute and chronic conditions
  - B. prevention, long-term care, and palliative care
  - C. effective care management for vulnerable older adults with emphasis on outcomes that matter to patients and their caregivers
  - D. integrated psychiatric and medical care for older adults with mental illness
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**10. According to the APA, depressive symptoms may at times reflect older adults' confrontation with developmentally challenging aspects of aging, coming to terms with the existential reality of physical decline and death, or:**

- A. overwhelming feelings of regret and disillusionment
  - B. inability to find joy
  - C. spiritual crises
  - D. experiences with traumatic life events
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