Mindful Continuing Education

Digital Mental Health

1. Which of the following is the most appropriate definition of "online mental health services"

A. Mental health services that are provided through the use of technology between provider and client.
B. Mental health services that are provided via a confidential online portal between provider and client.
C. Mental health services that are provided by phone between provider and client.
D. Mental health services that are provided by video between provider and client.

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2. A 2018 study found that what percentage of students stated that they would be likely to use online mental health services but unlikely to utilize in-person mental health? services

A. 50%
B. 39%
C. 21%
D. 35%

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3. Psychiatrists can prescribe via online services, however they are limited in what they can prescribe. Which of the following can the psychaitrist NOT prescribe to patients under normal circumstances?

A. An anti-depressant medication
B. Mood stablizers
C. Controlled substances
D. Anti-anxiety medications

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4. All of the following BUT ONE are benefits of online mental health services. Identify the one statement that is not a benefit of online services.

A. Online services generally do not have any benefits
B. Online services are helpful for individuals with severe fears of leaving their home
C. Online services often reduce feelings of stigma because individuals are not seen in waiting rooms at the clinic.
D. Online services are often more convenient because of time and lack of commuting needs

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5. It is often difficult for providers to ensure the patient is in a private and confidential space at home. Identify the option they can use to ensure the patient is in a confidential space at the time of the session.

A. Trusting the patient - the provider can do little else because it is outside of their control
B. Discuss the need for privacy in the future during the phone call to establish services
C. Simply ask the patient - are you in a confidential space right now? The provider can do this while observing the surroundings if they are on video with the patient.
D. Ask the patient to shut their doors and windows.

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6. All of the following BUT ONE are reasons that patients might be better served in-person instead of online. Identify the one reason that does not belong.

A. The patient has an acute medical condition
B. The patient is stable and predictable
C. The patient is in crisis
D. The patient has significant psychotic symptoms that are not well controlled

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7. All of the following BUT ONE are examples of applications where a client can meet with a provider via video chat. Choose the one that does not provide this kind of support

A. BetterHelp
B. TalkSpace
C. Regain
D. Shine Self-Care app

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8. All of the following tasks need to be done before a provider identifies patients to serve in their private practice except one task. Identify the one task that does NOT belong.

A. Get malpractice insurance
B. Ensure their certifications/licenses meet the regulatory requirements
C. Sign up to be a contracted provider for BetterHelp
D. Choose a HIPPA compliant platform

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9. All of the following BUT ONE are pros for concurrent documentation. Identify the one con.

A. Not looking in the camera at the patient
B. Time saved as billing will not include documentation time
C. No longer having to rely on memory
D. Completing chart notes by the time a session is complete

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10. One of the following statements is a good example of reflective listening that should be used in online mental health. Identify the one statement that can be helpful.

A. "Great. Let's move to the next question now…"
B. "I wonder why that is?"
C. "What I think I am hearing you say is _____... Can you tell me if that is correct?"
D. "That's very interesting."

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