

# 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 psychiatrist NOT prescribe to patients under normal circumstances?**

- A. An anti-depressant medication
  - B. Mood stabilizers
  - 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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