

# Mindful Continuing Education

## Highlighting Adolescent Mental Health Care

### Fast Facts

**1. The majority of adolescents with mental disorders do not seek out or receive treatment, a consequence of various barriers to care, including the fear of being stigmatized by peers and others.**

- A. True
  - B. False
- 

### What are the Types of Mental Disorders, and Which are the Most Common Among Adolescents?

**2. Although many adolescents with mental disorders have symptoms indicative of more than one disorder, the single most common type of disorder reported by adolescents is:**

- A. Anxiety
  - B. ADHD
  - C. Depression
  - D. Eating disorders
- 

### How Do Risks of Mental Disorders Vary Across Adolescents?

**3. Each of the following is an accurate statement about how mental disorders vary across adolescents EXCEPT:**

- A. Adolescent males generally are more likely than are their female peers to be diagnosed with behavioral problems, including conduct disorders, ADHD, and autism spectrum disorders
  - B. Adolescents whose parents have lower levels of education have more risk of having a mental disorder than do adolescents whose parents have higher levels of education, as do adolescents whose parents are divorced
  - C. Adolescents particularly at risk for mental disorders include those involved in bullying, those who have experienced sexual or physical abuse, and those whose parents have a history of mental disorders
  - D. Among ethnic groups, white and Asian adolescent females have a higher risk of depressive symptoms than do adolescent females from other racial/ethnic groups
-

## How Can Mental Disorders Be Treated?

**4. People who interact with and care about adolescents should be alert to marked changes in mood or behavior that may suggest problems, since mental disorders among young people are almost always accompanied by early warning signs.**

- A. True
  - B. False
- 

**5. For adolescents with conduct disorders, promising results have been found when the young person with the disorder is treated, together with his or her family and community, using a "psychodynamic-behavioral" approach.**

- A. True
  - B. False
- 

## Strategies and Approaches to Reduce Mental Health Disorders Among Adolescents

**6. Which of the following is NOT one of the National Prevention Council and The U.S. Preventive Services Task Force recommendations to reduce mental health among adolescents?**

- A. Programs related to anxiety disorders/symptoms, conduct/disruptive disorders, and eating disorders should be readily accessible throughout the community
  - B. Since clinicians are key to identifying mental health needs, integrating mental health care into traditional health care settings and social service, community, and school settings is important, especially for adolescents who have experienced trauma
  - C. Reducing the stigma associated with mental health services will improve access to and use of the effective mental health treatment that is available
  - D. Adolescents ages 12-18 should be screened for all major depressive disorder (MDD) when there are appropriate services available for accurate diagnosis, psychotherapy, and follow-up
- 

## Access to Mental Health Care

**7. A comprehensive strategy to assist young people includes interventions that strengthen the skills of adolescents and their families, screening for specific disorders, and promoting mental health through school-based programs, health providers, and community programs.**

- A. True
  - B. False
- 

## Typical Providers of Mental Health Services for Adolescents

**8. School health centers are often helpful in identifying the mental health care needs of adolescents, partly because adolescents spend much of their time in school, and partly because these centers are accessible to students in low-income and underserved racial and ethnic minority groups.**

- A. True
  - B. False
- 

Copyright © 2025 Mindful Continuing Education

Visit us at <https://www.mindfulceus.com>