Mindful Continuing Education

Mental Health Conditions Common Among Veterans and Their Family Members

1. Which organization recommends that mental health professionals ask all clients about their past military status during an assessment?

A. The American Psychological Association
B. The National Association of Social Workers
C. The United States Department of Veterans Affairs
D. The National Institute of Mental Health

---

2. Which screening tool is NOT specifically used for substance use disorders in Veterans?

A. AUDIT
B. DAST
C. SIS-C
D. BDI

---

3. What is a unique risk factor for PTSD among Veterans?

A. Sedentary lifestyle
B. Firing a weapon during service
C. Family history of depression
D. Lack of education

---

4. Which of the following symptoms is common in both PTSD and Major Depressive Disorder among Veterans?

A. Increased energy
B. Hyperarousal
C. Concentration issues
D. Enhanced memory

---

5. What percentage of Veterans experiencing substance use disorders did not receive treatment, according to the content?

A. 20%
B. 50%
C. 60%
D. 90%

---

6. Which type of therapy is NOT aligned with evidence-based treatments for PTSD as described in the content?

A. Cognitive Processing Therapy
B. Dialectical Behavioral Therapy
C. Eye Movement Desensitization and Reprocessing
D. Prolonged Exposure

---

7. Which of the following is NOT considered a warning sign of suicide?

A. Increased social activities
B. Depressed mood
C. Writing a suicide note
D. Giving away possessions

---

8. What is the recommended first-line treatment for PTSD, according to the content?

A. Psychotherapy
B. Medication
C. Peer support groups
D. Family therapy

---

9. Which tool is recommended by the VA and Department of Defense for screening at-risk patients for suicide?

A. CAGE
B. PHQ-9
C. GAD-7
D. SPIN

---

10. What is one primary goal of Grief Counseling for Veterans?

A. To enhance familial economic stability
B. To suppress the emotional pain entirely
C. To accept and process the loss
D. To cultivate denial of grief-related symptoms

---

11. Which of the following is NOT a symptom of generalized anxiety disorder?

A. Muscle tension
B. Trouble concentrating
C. Restlessness
D. Excessive or unwarranted optimism

---

12. Which factor is considered protective against suicide?

A. Chronic pain
B. Social connectedness
C. Isolation
D. Availability of firearms

---

13. Which symptom is not typically associated with anxiety in Veterans?

A. Increased energy levels
B. Rapid breathing
C. Feeling on edge
D. Avoidance of triggers

---

14. For substance use disorders, Motivational Interviewing in therapy primarily helps Veterans with what aspect?

A. Identifying sources of financial insecurity
B. Identifying genetic predispositions
C. Prescribing medication regimes
D. Strengthening motivation for change

---

15. Which screening tool is NOT recommended for PTSD according to the course content?

A. PCL-5
B. PC-PTSD-5
C. SISQ-Alc
D. TSQ

---

16. Which behavioral health condition is most commonly associated with intense reliving of traumatic events?

A. Major depressive disorder
B. Generalized anxiety disorder
C. Posttraumatic stress disorder
D. Persistent depressive disorder

---

17. Which of the following is NOT a typical recommendation by mental health professionals when creating a safety plan for someone at risk of suicide?

A. Connecting with loved ones for support
B. Increasing access to firearms
C. Making a list of warning signs
D. Identifying coping strategies

---

18. Among Veterans, which disorder is described as being more prevalent than in the civilian population?

A. Social anxiety disorder
B. Seasonal affective disorder
C. Posttraumatic stress disorder
D. Persistent depressive disorder

---

19. What is the main focus of Contingency Management when addressing substance use disorders?

A. Capturing the family history of substance use
B. Restructuring family dynamics
C. Focusing on genetic predispositions
D. Reinforcing recovery behaviors through incentives

---

20. What tool is suggested for determining the severity and immediacy of suicide risk in the content?

A. CES-D
B. C-SSRS
C. AUDIT-C
D. BDI

Copyright © 2026 Mindful Continuing Education

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