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

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