Mindful Continuing Education

Telehealth in Mental Health: Legal and Ethical Guidelines

1. Which statement accurately describes asynchronous telehealth?

A. Live video sessions between a provider and client in real time
B. Exchange of information between a provider and client at different times, such as email or patient portal messages
C. Immediate phone consultation during a clinical emergency
D. Real-time text messaging with the provider

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2. Which form of asynchronous telehealth involves patients transmitting data from devices like wireless scales or heart rate monitors to providers?

A. Videoconferencing
B. Mobile health with fitness apps only
C. Telepsychiatry
D. Remote patient monitoring

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3. Which term best describes the use of telecommunications or videoconferencing specifically to provide mental health services?

A. Telemedicine
B. Mobile health
C. Telemental health
D. Remote patient monitoring

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4. Which HIPAA rule outlines guidelines for covered entities to use and disclose patient health information while allowing patients to request corrections and limit disclosures?

A. Privacy Rule
B. Security Rule
C. Breach Notification Rule
D. Liability Rule

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5. Which description best defines a hybrid telehealth model?

A. All sessions are conducted without any technology use
B. Integration of virtual services with in-person appointments
C. Telephone-based crisis intervention only

D. Asynchronous messaging combined with patient portals

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6. Which is a potential disadvantage for a mental health professional providing telehealth services?

A. Clients report fewer barriers to care
B. Greater reimbursement rates from all insurers
C. Easier work-life boundaries
D. Increased financial burden to update equipment and ongoing training

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7. Which is a common disadvantage experienced by clients using telehealth for mental health services?

A. Greater flexibility in scheduling
B. Decreased stigma from home-based care
C. Technology quality issues that can compromise communication
D. Convenience of remote appointments

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8. Which advantage do mental health professionals gain by delivering services via telehealth?

A. Expanded access to clients across multiple locations
B. Automatic compliance with all state laws
C. Guaranteed in-person rapport with every client
D. Elimination of all work-life boundaries

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9. Which of the following is considered a physical safeguard under HIPAA's Security Rule?

A. Risk assessment procedures
B. Technical audit controls
C. Facility access controls like key cards or locks
D. Data encryption during transmission

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10. Which HIPAA rule specifically addresses the protection of electronic protected health information (ePHI)?

A. Privacy Rule
B. Security Rule
C. Breach Notification Rule
D. Confidentiality Rule

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11. What is the first recommended step in assessing and managing risk for telehealth practice?

A. Become familiar with the laws and regulations governing telehealth
B. Implement technical safeguards immediately
C. Consult with a legal professional

D. Purchase new telehealth software

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12. At the beginning of each telehealth session, what should a clinician verify first?

A. Whether the session will be recorded for training
B. The length of the client's health insurance coverage
C. The client's identity and location
D. The client's emergency contact preferences

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13. Which statement about the duty to warn obligation is accurate?

A. It requires the clinician to notify an identifiable potential victim of a clear, imminent threat
B. It permits disclosure of any confidential information without risk
C. It applies only to clients residing in the provider's state
D. It mandates informally warning family members only

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14. Which element must be included in telehealth informed consent?

A. Discussion of confidentiality limits and risks when using electronic communication
B. List of all the provider's personal social media profiles
C. Detailed description of unrelated clinic policies
D. Client's family history of mental health conditions

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15. Which ethical consideration involves ensuring both provider and client have sufficient technology skills for telehealth?

A. Dual relationships
B. Technological competency
C. Scope of practice
D. Informed consent

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16. When determining if telehealth is appropriate for a client, which factor is most critical to assess?

A. Provider's preference for video software
B. Client's geographical region only
C. Severity of the client's symptoms and treatment goals
D. Number of sessions the provider can schedule

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17. Which practice supports provider resilience when delivering telehealth services?

A. Scheduling regular breaks between sessions
B. Working back-to-back without breaks
C. Ignoring work-life boundaries

D. Removing all personal self-care activities

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18. What is a best-practice technology recommendation for reliable video sessions?

A. Use public Wi-Fi whenever possible
B. Invest in high-speed internet and quality equipment
C. Disable device antivirus software
D. Schedule sessions without any backup plan

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19. When should an emergency plan for a telehealth client be reviewed and updated?

A. Only at the initial intake meeting
B. After a crisis has occurred
C. Annually regardless of changes
D. During informed consent and throughout the therapeutic process

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20. Which item is not typically part of a telehealth emergency plan?

A. Local emergency department contact information
B. Session recording preferences
C. Names and phone numbers of emergency contacts
D. Backup methods of communication if technology fails

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21. Which advantage is unique to synchronous videoconferencing compared to asynchronous methods?

A. Greater convenience for clients in remote areas
B. Ability to send test results after sessions
C. Real-time interaction between provider and client
D. Automated appointment reminders

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22. What is an interstate licensure compact in telehealth?

A. A requirement for in-person supervision
B. A directive by federal law to limit telehealth
C. A summary of state board disciplinary actions
D. An agreement allowing providers licensed in one member state to practice in other member states

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23. Which action is required by HIPAA's Breach Notification Rule after ePHI is compromised?

A. Notify the affected patient and the Department of Health and Human Services within the stipulated timeframe
B. Encrypt all future communications permanently

C. Cease telehealth practice until a full audit is completed
D. Publish the breach details on social media for transparency

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24. Which method resembles in-person social interaction most closely in telehealth?

A. Videoconferencing on a secure platform
B. Web-based asynchronous questionnaires
C. Mobile health reminders
D. Standard telephone calls

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25. Which is an example of an administrative safeguard under HIPAA?

A. Risk assessment and staff training
B. Data encryption during transmission
C. Facility access controls
D. Automatic log-off of inactive sessions

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26. Which technology recommendation supports risk management in telehealth?

A. Use unverified third-party apps for convenience
B. Share passwords to improve access speed
C. Disable multi-factor authentication
D. Hire a consultant familiar with telehealth risk management

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27. Which scenario best exemplifies a fully remote telehealth model?

A. Providing all client sessions via secure video or telephone without any in-office visits
B. Using an in-person initial assessment then virtual follow-ups
C. Delivering services at a clinic’s satellite site
D. Combining text-based check-ins with occasional home visits

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28. Which benefit is associated with a hybrid telehealth model?

A. Eliminates all in-person contact permanently
B. Increases clientele to multiple countries automatically
C. Requires less coordination than fully virtual care
D. Preserves therapeutic presence through occasional face-to-face sessions while offering remote convenience

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29. According to research, how do telehealth mental health outcomes compare to in-person care for symptom reduction?

A. Telehealth consistently shows worse outcomes

B. There is no significant difference in symptom reduction between telehealth and in-person care
C. Telehealth is only effective for group therapy
D. Outcomes vary widely with telehealth being unpredictable

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30. Which self-care practice is recommended for telehealth providers to build resilience?

A. Scheduling regular breaks and time for self-care between sessions
B. Working extended hours without personal time
C. Avoiding any interaction with colleagues
D. Eliminating boundaries between work and home life

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