

# 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
- 

**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
- 

**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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