

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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