Mindful Continuing Education

Trends in Children's Mental Health

1. Only ___ % of children diagnosed with a mental health disorder are currently receiving mental health services.

A. 20
B. 40
C. 60
D. 80

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2. A child experiencing extreme worry across all domains of life is likely to be diagnosed with

A. separation anxiety
B. panic disorder
C. dysthymia
D. generalized anxiety disorder

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3. In persistent depressive disorder, a child experiences depressed mood more days than not for at least

A. 1 month
B. 6 months
C. 1 year
D. 2 years

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4. The treatment modality that is the gold standard for treating both depression and anxiety in children is

A. CBT
B. Exposure Therapy
C. SSRI's
D. Psychopharmacology

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5. One way schools have been addressing the increased mental health needs of students is by

A. hiring more school pscyhologists
B. having their school psychologists train teachers in social and emotional skills
C. recruiting parent volunteers for each classroom.
D. giving parents referrals for community mental health programs for their child

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6. Sometimes a parent can unintentionally promote a child's anxiety by

A. offering too much reassurance
B. teaching them how to handle situations themself.
C. a parent seeking counseling services for themself.
D. encouraging them to participate in daily exercise.

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7. Key non-mental health areas to target to improve children's mental wellness include all except

A. early education interventions
B. maternal health programs
C. in-school mental health screenings
D. preventing child removal from home

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8. _____ has shown to reduce depression in some as effectively as anti-depressants and psychotherapy.

A. Improved nutrition
B. sleep
C. exercise
D. parents participation in therapy

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9. Quality sleep has shown to have the following positive impacts on children except

A. Improved attention
B. enhanced self-esteem
C. improved emotional regulation
D. increased risk-taking

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10. Mental health disparities have worsened since COVID-19 with

A. extreme lack of access to quality care for low-income individuals and people of color.
B. schools shifted to remote teaching.
C. children's anxiety around vaccination.
D. parental stress levels rising.

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