

# Mindful Continuing Education

## Understanding Serious Mental Illness

1. What percent of the United States population has a serious mental illness?

- A. 1%
  - B. 3%
  - C. 5%
  - D. 7%
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2. One criteria a person must have for serious mental illness diagnosis is

- A. functional impairment
  - B. a substance use disorder
  - C. a chronic physical health condition
  - D. difficulties sleeping
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3. An SMI in which the person experiences delusions or hallucinations is:

- A. Obsessive-Compulsive Disorder
  - B. Borderline Personality Disorder
  - C. Major Depressive Disorder
  - D. Schizophrenia
- 

4. Loss of motivation or interest in social activities is considered what type of symptom?

- A. Cognitive
  - B. Negative
  - C. Psychotic
  - D. Functional
- 

5. Difficulties with concentration and decision-making are what type of symptom?

- A. Cognitive
  - B. Negative
  - C. Psychotic
  - D. Functional
- 

6. Which of the following is one of the most common mental health disorders in the

**United States?**

- A. Obsessive-Compulsive Disorder**
  - B. Bipolar Disorder**
  - C. Major Depressive Disorder**
  - D. Schizophrenia**
- 

**7. When an individual has tried at least two different medications and participated in therapy and has still not had any relief of symptoms their mental health condition is considered?**

- A. Acute**
  - B. Treatment-resistant**
  - C. Manic-depressive**
  - D. Psychotic**
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**8. Those with bipolar are most frequently prescribed this type of medication.**

- A. mood stabilizer**
  - B. antipsychotic**
  - C. antidepressant**
  - D. stimulant**
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**9. An evidence-based therapy that is a successful treatment for multiple SMI diagnoses.**

- A. ACT**
  - B. IPSRT**
  - C. ECT**
  - D. CBT**
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**10. Repeated thoughts, urges, or mental images that cause anxiety.**

- A. Hallucinations**
  - B. Delusions**
  - C. Obsessions**
  - D. Compulsions**
- 

**11. Repeated behaviors a person feels they must do in response to a repetitive thought.**

- A. Hallucinations**
  - B. Delusions**
  - C. Obsessions**
  - D. Compulsions**
-

**12. A person may experience this disorder after learning of a family member's horrific experience.**

- A. Borderline Personality Disorder**
  - B. Post-Traumatic Stress Disorder**
  - C. Bipolar Disorder**
  - D. Major Depressive Disorder**
- 

**13. In this type of therapy a person may explore the details of their traumatic experience through writing.**

- A. Exposure Therapy**
  - B. Cognitive Restructuring**
  - C. CBT**
  - D. DBT**
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**14. In this SMI the person experiences unstable and explosive emotions and behaviors.**

- A. Schizophrenia**
  - B. PTSD**
  - C. Borderline Personality Disorder**
  - D. Bipolar Disorder**
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**15. This is the gold standard for assessing a person's functional impairment.**

- A. Self-report measures**
  - B. Performance-based functional tests**
  - C. Ecological momentary assessment**
  - D. Direct observations**
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**16. The percentage of caregivers who report a struggle to find an accurate diagnosis for their loved one.**

- A. 20%**
  - B. 30%**
  - C. 40%**
  - D. 50%**
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**17. This document names a health proxy and has instructions for them to follow to carry out the wishes of the person with SMI during a mental health crisis.**

- A. Psychiatric Advance Directive**
- B. Will**

- C. Power of attorney**
  - D. Healthcare Proxy**
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**18. This program addresses the high rates of homelessness among those with SMI.**

- A. Clubhouse**
  - B. Housing First**
  - C. Supported Employment**
  - D. Peer Support**
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**19. What term encompasses the feelings of shame or disapproval experienced by individuals, leading to their rejection, discrimination, and exclusion from various facets of society?**

- A. Stereotypes**
  - B. Oppression**
  - C. Stigma**
  - D. Racism**
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**20. This type of dilemma may arise when a person with SMI wishes to discontinue their medications against their providers advice or recommendation.**

- A. Cultural**
  - B. Social**
  - C. Treatment-resistant**
  - D. Ethical**
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