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

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

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

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

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

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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

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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 condsidered?

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

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

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

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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

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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-resistent
D. Ethical

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