

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%
-

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
-

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
-

8. Those with bipolar are most frequently prescribed this type of medication.

- A. mood stabilizer
 - B. antipsychotic
 - C. antidepressant
 - D. stimulant
-

9. An evidence-based therapy that is a successful treatment for multiple SMI diagnoses.

- A. ACT
 - B. IPSRT
 - C. ECT
 - D. CBT
-

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
-

14. In this SMI the person experiences unstable and explosive emotions and behaviors.

- A. Schizophrenia
 - B. PTSD
 - C. Borderline Personality Disorder
 - D. Bipolar Disorder
-

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
-

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%
-

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
-

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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