

# 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 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

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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-resistant
- D. Ethical

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