Mindful Continuing Education

Addressing the Rise in Anxiety and Depression

1. _____ is an emotion characterized by apprehension and physical symptoms such as tension when a person anticipates impending danger.

- A. anxiety
- B. depression
- C. persistent depressive disorder
- D. agoraphobia

2. Generalized Anxiety Disorder can include all of the following symptoms except

- A. Restlessness
- B. Being easily fatigued.
- C. Difficulty concentrating
- D. Avoiding public sitations

3. This anxiety based disorder has the highest prevelance in the United States.

- A. Agoraphobia
- **B.** Separation Anxiety
- C. Specific Phobia
- D. Panic Disorder

4. _____ can range from unhappiness to extreme feelings of sadness.

- A. anxiety
- B. depression
- C. social anxiety disorder
- D. agoraphobia

5. This depression based disorder has the highest prevelance in the United States.

- A. major depressive disorder
- B. persistent depressive disorder
- C. seasonal affective disorder
- D. postpartum depression

6. Symptoms of persistent depressive disorder must be present for at least

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

7. Risk factors for developing major depressive disorder with peripartum onset include all except

- A. lack of social support
- B. partner dissatisfaction
- C. history of depression
- D. prolonged labor

8. _____ is the type of therapy treatment for anxiety and depression with the most validated treatment evidence.

- A. Cognitive Behavioral Therapy
- B. Exposure Therapy
- C. Interpersonal Therapy
- D. Problem Solving Therapy

9. _____ should only be prescribed for anxiety treatment under limited conditions.

- A. Beta Blockers
- B. Antidepressants
- C. Benzodiazepines
- D. Buspirone

10. Serotonin, norepinephrine, and dopamine are all

- A. neurons
- B. neurotransmittors
- C. parts of the hippocampus
- D. endocannabinoids

11. _____ involves having a mild electric current passed through the brain to cause a brief seizure.

- A. ECT
- B. rTMS
- C. VNS
- D. PST

12. _____ is the least invasive treatment for stimulating the brain.

A. ECT

B. rTMS C. VNS

D. PST

13. _____ increases heart rate and anti-anxiety neurochemicals.

- A. SSRIs
- B. caffeine
- C. exercise
- D. sleep

14. Carbohydrate cravings may be the body's way of trying to boost

- A. serotonin
- B. dopamine
- C. GABA
- D. B12

15. Healthy dietary patterns have shown to lower anxiety and depression symptoms, one example of this is

- A. the keto diet
- B. a vegetarian diet
- C. a high fat diet
- D. the Mediterranean diet

16. _____ frequently results in increased depression symptoms.

- A. caffeine
- B. alcohol
- C. tobacco
- D. fat

17. Exposure to media coverage on collective trauma

- A. keeps everyone informed and safe
- B. mitigates secondary stress
- C. increases stress and percieved risk
- D. helps identify those who need additional supports

18. Burnout can include all except

A. secondary trauma

B. depersonalization

C. emotional exhaustion

D. lack of self-efficacy

19. _____ is paramount for competent and ethical provision of mental health services.

- A. Supervision
- B. Work-life balance
- C. Peer consultation
- D. Self-care

20. _____ is the overuse of virtual platforms that leads to tiredness, worry, or burnout.

- A. Secondary traumatic stress
- B. Zoom fatigue
- C. Compassion fatigue
- D. Cognitive effort

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