

# Mindful Continuing Education

## The Impact on Mental Health During a Pandemic

**1. Please identify the definition of 'pandemic' from the following list:**

- A. A disease that impacts a significantly large population of people within a community
  - B. An untreated virus that is greatly impacting people's lives
  - C. When an epidemic spreads across multiple countries and continents
  - D. A virus that only negatively impacts a small group of people
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**2. Pandemic stress causes negative outcomes. All of the following are examples of those negative outcomes, except one. Please identify the one that does not belong in this list.**

- A. Financial difficulties and fear
  - B. Increased spending
  - C. Difficulties implementing self-care practices (sleep and eating well, for example)
  - D. Worsening of chronic health issues
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**3. A 2020 study found that children who have to quarantine during a pandemic are how many times more likely to have Post-Traumatic Stress Disorder (PTSD) symptoms when compared to children who do not have to quarantine during a pandemic?**

- A. 2 times more likely
  - B. 4 times more likely
  - C. 6 times more likely
  - D. 8 times more likely
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**4. Healthcare workers who are essential workers during a pandemic have many negative health outcomes. All but one of the following are negative health outcomes that healthcare workers are more likely to experience than non-healthcare workers during a pandemic. Which does not belong in this list?**

- A. Weight gain
  - B. Lack of social support
  - C. Sense of helplessness
  - D. Moral injury
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**5. Which of the following is the correct definition of culturally responsive care?**

- A. "the ability of individuals and systems to respond respectfully and effectively to people of minority cultures, in a manner that affirms the work and preserves the dignity of individuals, families, and communities"

- B. "the ability of individuals to respond respectfully and effectively to people of all cultures, in a manner that affirms the work and preserves the dignity of individuals, families, and communities"
- C. "the ability of individuals and systems to respond respectfully and effectively to people of all cultures, in a manner that affirms the work and preserves the dignity of individuals, families, and communities"
- D. "the ability of individuals and systems to respond respectfully and effectively to people of all cultures, in a manner that affirms the work and preserves the dignity of individuals"
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**6. All of the following groups of people but one are at-risk for serious illness and psychosocial impact from a pandemic. Which group does not belong?**

- A. Aging individuals
- B. People who are newly employed
- C. People with disabilities
- D. People with chronic illnesses
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**7. Which of the following is a way to build coping skills in the environmental health domain identified in SAMHSA's 8 dimensions of wellness?**

- A. Regularly managing one's finances
- B. Implementing a regular yoga practice into a person's daily schedule
- C. Spending time with friends virtually on a regular basis
- D. Participating in a neighborhood watch program
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**8. Interpersonal effectiveness is a skill that DBT teaches that can be helpful to individuals during a pandemic. Interpersonal effectiveness teaches three key skills. Which of the following is not included in interpersonal effectiveness?**

- A. Teaching listening skills
- B. Teaching social skills
- C. Teaching assertiveness skills
- D. Teaching friendship skills
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**9. Why is it important for mental health providers to remind patients when they use a Behavioral Activation model to engage in activities they once loved during a pandemic?**

- A. It isn't - life changes so much during a pandemic that providers should focus on moving forward and leave the past activities in the past
- B. It is important to remind patients they have control to do what they want to do, despite the pandemic
- C. It is important to remind patients that although they might not be able to do everything they once did, they can modify activities in order to hopefully feel joy again if they do start engaging in activities that used to bring them joy

D. It isn't. A pandemic will cause depression and patients should focus on addressing the depression.

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**10. Individuals with medium levels of stress who implemented high self-care had which of the following results when they assessed their life on both the physical and psychological quality of life scale:**

- A. The highest results in psychological quality of life scale than they previously had but no change in the physical quality of life scale compared to before they implemented high self-care.
  - B. There was an increase in the quality of life scores on only the physical quality of life scale and no changes on the psychological quality of life scale compared to before they implemented high self-care.
  - C. Their scores did not change on either the physical or psychological quality of life scale despite implementing a high self-care plan.
  - D. The highest levels of quality of life on both scales compared to before they implemented high self-care.
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