

# Mindful Continuing Education

## The Stigma of Men's Mental Health

**1. Each of the following is an accurate statement about men and mental health EXCEPT:**

- A. Men are impacted differently than women in terms of mental illness in different ways because of biology, environment, and socialized norms and beliefs about gender roles
  - B. Men are less likely to report mental health disorders, and are more hesitant to access mental health services than women
  - C. Many men remain silent in their struggles because of shame and fear of rejection, and their symptoms become worse, which may lead to substance use and self-harm
  - D. The behavioral health care men receive must be strengths-based, emotive, and consistent with societal and cultural norms and values
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**2. How many men report feeling depressed in the United States every year?**

- A. 2 million
  - B. 4 million
  - C. 6 million
  - D. 8 million
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**3. Which of the following is an accurate statement about bipolar disorder and psychoses?**

- A. Approximately 2.3 million Americans report a diagnosis of bipolar disorder, with women reporting significantly higher rates than men
  - B. The age of onset for men with bipolar disorder is generally between 21 and 30 years old
  - C. Approximately 3.5 million people in the US report psychosis or schizophrenia
  - D. 90% of those individuals diagnosed with psychosis or schizophrenia by age 30 are men
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**4. What group of men are more likely to die by suicide?**

- A. Men experiencing PTSD
  - B. Gay men
  - C. Unemployed men
  - D. Black men
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**5. All of the following but one are risk factors for men attempting suicide. Which does not belong?**

- A. Isolation
  - B. Gambling use disorder
  - C. Unemployment
  - D. Substance use
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**6. Which of the following is NOT recommended when safety planning for suicidal ideation?**

- A. Identify the patient's warning signs so that the crisis plan can be enacted and implemented
  - B. Establish a list of social contacts, family members and close friends who can help
  - C. Explore external coping strategies that help the patient during crises periods, such as participation in school or community projects or activities
  - D. Create a safe environment for the patient that includes a way to identify the specific agencies that can support the individual as needed during suicidal ideation
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**7. When comparing men's substance use to that of women, which is true?**

- A. Men generally use more heroin than women, and they are more likely to inject it
  - B. Men generally use more methamphetamine and cocaine than women
  - C. Men who use marijuana excessively experience memory and breathing problems more frequently than women who use it excessively
  - D. From the ages of 12-20, young men drink with greater frequency than young women do
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**8. All of the following but one are common symptoms that men present with when they are struggling with a mental illness. Which does not belong?**

- A. Flat affect
  - B. Anger
  - C. Increase in worry
  - D. Reduced libido
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**9. All of the following but one life experiences or co-occurring struggles are common for men with eating disorders. Which does not belong?**

- A. Substance use
  - B. Self-harm
  - C. Gastrointestinal issues
  - D. Obsessive compulsive disorder
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**10. The rates of BPD in men are assumed by mental health professionals (despite differences in diagnosis) to be what when compared to women**

- A. They are assumed to be equally dispersed
  - B. They are assumed to be higher
  - C. They are assumed to be lower
  - D. They are assumed to be lower than women except for young men aged 18-25 who have a higher rate of BPD than women this age
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**11. Societies teach men that masculinity includes the following but one. Which trait does not belong?**

- A. Depending on others
  - B. Toughness
  - C. Dominance
  - D. Control
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**12. What is the definition of self-stigma?**

- A. The attitudes toward individuals with mental illness that are negative and disapproving
  - B. When individuals internalize the social stigma that they receive in their communities
  - C. When familial and cultural communities reinforce societal stigmas
  - D. When systems reinforce the stigma from societies
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**13. What is the definition of social stigma?**

- A. The attitudes toward individuals with mental illness that are negative and disapproving
  - B. When individuals internalize the social stigma that they receive in their communities
  - C. When familial and cultural communities reinforce societal stigmas
  - D. When systems reinforce the stigma from societies
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**14. Self-stigma may lead to self-harming behavior or suicidality because the individual experiences excessive:**

- A. Shame
  - B. Guilt
  - C. Fear
  - D. Hopelessness
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**15. Self-stigma results in all but one of the following. Which does not belong?**

- A. Poor self-esteem
  - B. Poor self-efficacy
  - C. Poor self-awareness
  - D. Poor self-worth
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**16. Toxic masculinity results in all but one of the following. What does not belong?**

- A. Increased substance use
  - B. Increased depression
  - C. Increased homophobia
  - D. Increased insecurity
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**17. All of the following are ways to reduce/alleviate stigma in men's mental health but one. Which option does not belong?**

- A. Promote men communicating their feelings effectively
  - B. Implement campaigns publicly related to reducing stigma
  - C. Teach women to avoid being triggered by masculine roles
  - D. Redefine what "manhood" or "masculinity" is and how we interpret it in communities
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**18. All of the following are ways to reduce stigma in the workforce but one. Which option does not belong?**

- A. Training all employees to recognize mental health issues so they can help each other
  - B. Promoting the use of an employee assistance program
  - C. Following a proper chain of command and maintaining anonymity by management and supervisors
  - D. Properly funding insurance
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**19. All of the following but one are ways to teach boys and men to identify their feelings. What does not belong?**

- A. Roleplay can be used to identify feeling states
  - B. Teach boys and men that anger is a primary emotion, so that they can recognize and monitor it
  - C. Teach boys and men empathy
  - D. Make a habit of asking the individual what their feeling state is.
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**20. Clinicians must realize that supporting men in their behavioral health needs is different than supporting women because of the contrast in the life experience that men have in the world, as well as the differences in symptoms and:**

- A. Perceptions
  - B. Information processing
  - C. Coping strategies
  - D. Presentation
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