

# Mindful Continuing Education

## Trends in Children's Mental Health

**1. Only \_\_\_ % of children diagnosed with a mental health disorder are currently receiving mental health services.**

- A. 20
  - B. 40
  - C. 60
  - D. 80
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**2. A child experiencing extreme worry across all domains of life is likely to be diagnosed with**

- A. separation anxiety
  - B. panic disorder
  - C. dysthymia
  - D. generalized anxiety disorder
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**3. In persistent depressive disorder, a child experiences depressed mood more days than not for at least**

- A. 1 month
  - B. 6 months
  - C. 1 year
  - D. 2 years
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**4. The treatment modality that is the gold standard for treating both depression and anxiety in children is**

- A. CBT
  - B. Exposure Therapy
  - C. SSRI's
  - D. Psychopharmacology
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**5. One way schools have been addressing the increased mental health needs of students is by**

- A. hiring more school psychologists
  - B. having their school psychologists train teachers in social and emotional skills
  - C. recruiting parent volunteers for each classroom.
  - D. giving parents referrals for community mental health programs for their child
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**6. Sometimes a parent can unintentionally promote a child's anxiety by**

- A. offering too much reassurance
  - B. teaching them how to handle situations themselves.
  - C. a parent seeking counseling services for themselves.
  - D. encouraging them to participate in daily exercise.
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**7. Key non-mental health areas to target to improve children's mental wellness include all except**

- A. early education interventions
  - B. maternal health programs
  - C. in-school mental health screenings
  - D. preventing child removal from home
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**8. \_\_\_\_\_ has shown to reduce depression in some as effectively as anti-depressants and psychotherapy.**

- A. Improved nutrition
  - B. sleep
  - C. exercise
  - D. parents participation in therapy
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**9. Quality sleep has shown to have the following positive impacts on children except**

- A. Improved attention
  - B. enhanced self-esteem
  - C. improved emotional regulation
  - D. increased risk-taking
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**10. Mental health disparities have worsened since COVID-19 with**

- A. extreme lack of access to quality care for low-income individuals and people of color.
  - B. schools shifted to remote teaching.
  - C. children's anxiety around vaccination.
  - D. parental stress levels rising.
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