

Psych CE

Depression in Older Adults

1. The total population over age 65 has:

- A. Decreased
 - B. Stayed the same
 - C. Slightly grown
 - D. Grown substantially
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2. Successful aging may include all the following except:

- A. Physical health
 - B. High cognitive functioning
 - C. Regular therapy
 - D. Being actively engaged in life
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3. One reason it may be difficult to diagnose depression in older adults is:

- A. Sadness is not their main symptom
 - B. They live alone
 - C. They don't talk to people
 - D. Insomnia
-

4. Which of the following is a serious public health concern as rates are over double for older adult men when compared to the general population rates?

- A. Insomnia
 - B. Suicide
 - C. Lack of exercise
 - D. Polypharmacy
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5. Which evidence-based practice addressed depression by changing ones thinking and behavioral patterns?

- A. CBT
 - B. EBT
 - C. PST
 - D. Reminiscence
-

6. Cultural considerations when working with older adults include all except:

- A. The stigma of mental health
 - B. Functional limitations
 - C. Beliefs around healthcare
 - D. Linguistics
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7. Treating depression in older adults is important because:

- A. It improves clinical statistics
 - B. It reduces Alzheimer's risk
 - C. It lowers blood pressure
 - D. It is associated with various adverse outcomes
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8. Which evidence-based practice addressed depression by improving one's problem-solving abilities?

- A. CBT
 - B. EBT
 - C. PST
 - D. Reminiscence
-

9. When should adaptations to evidence-based treatment delivery be made?

- A. Automatically, clients are older and have slower cognition
 - B. In group settings as they are louder and more confusing
 - C. Based on the clients needs and abilities
 - D. In hospital setting as clients are on heavy medications
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10. Which evidence-based practice addresses depression through meaning-making activities?

- A. CBT
 - B. EBT
 - C. PST
 - D. Reminiscence
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