

# 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

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**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

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**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

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**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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