

# 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. Social interactions
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3. One reason it may be difficult to diagnose depression in older adults is:

- A. They have other illnesses depression symptoms are attributed to
  - 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 adults 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 has adverse outcomes in so many Bio-Psycho-Social areas**
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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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