

# 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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