Psych CE

Exploring and Preventing Youth Suicide

1. Which of the following is not a risk factor for youth suicide?

A. Mental Disorder
B. Substance Use
C. Excessive Gaming
D. Cyberbullying

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2. Which of the following is not a protective factor for youth suicide?

A. Supportive Family Relationships
B. Positive School Experiences
C. Problem-Solving Skills
D. Identifying as LGBTQ+ Youth

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3. Which of the following is not a warning sign for youth suicide?

A. Feeling hopeless
B. Increased sports involvement
C. Increased alcohol use
D. Increased sleep

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4. What is the most effective evidence-based psychotherapy treatment?

A. Cognitive behavioral therapy (CBT)
B. Multisystemic therapy (MST)
C. Emotionally Focused Therapy (EFT)
D. Interpersonal therapy (IPT)

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5. What question on the Columbia Protocol may cause you to call 911 if the answer is yes?

A. Have you done anything, started to do anything, or prepared to do anything to end your life?
B. Have you wished you were dead or wished you could go to sleep and not wake up?
C. Have you actually had any thoughts about killing yourself?
D. Have you thought of how you might do this?

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6. Which of the following areas would not be covered in a typical safety plan?

A. Recognizing warning signs of suicide risk in oneself.

B. Employing internal coping strategies.
C. Contacting family members or friends who may help resolve a crisis.
D. Increasing the risk of access to and use of lethal means.

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7. Why is Care Coordination important?

A. Case managers need work to do.
B. The period following hospital discharge is associated with highest risk for suicide.
C. Family members should know the patient's situation.
D. Suicidal youth want attention.

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8. Parents and peers can help a youth experiencing suicidal thoughts by doing which of the following?

A. Listening
B. Interrupting
C. Panicking
D. Offering advice

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9. Non-Suicidal Self-injury includes all of these except for which of the following?

A. Digging at scabs
B. Burning
C. Ideation
D. Erasing

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10. Which of the following is NOT a reason for youth self-harm?

A. A cry for help
B. Trying to feel something
C. Anxiety
D. For fun

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