Psych CE

Suicide Risk Assessment and Intervention in Youth

1. What is the second leading cause of death among individuals aged 10 to 24 in the U.S.?

A. Accidents
B. Suicide
C. Homicide
D. Cancer

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2. Which suicide risk assessment tool is commonly used in emergency departments and schools?

A. Columbia-Suicide Severity Rating Scale (C-SSRS)
B. Ask Suicide-Screening Questions (ASQ)
C. Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)
D. Suicide Risk Review Scale (SRRS)

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3. What percentage of high school students reported seriously considering suicide according to the YRBS (2021)?

A. 5%
B. 12%
C. 17%
D. 25%

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4. Which factor contributed significantly to increased youth suicide risk during the COVID-19 pandemic?

A. Improved access to telehealth
B. Increased social isolation
C. Decreased social media use
D. More frequent mental health screenings

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5. What racial/ethnic group has experienced the highest increase in youth suicide rates in recent years?

A. White youth
B. Indigenous youth
C. Asian American youth
D. Black youth

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6. Which of the following is NOT a component of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)?

A. Gradual exposure
B. Cognitive restructuring
C. Behavior activation
D. Psychoeducation

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7. Which suicide prevention strategy focuses on creating an individualized plan for managing suicidal crises?

A. Crisis hotline intervention
B. Safety planning intervention
C. Medication management
D. Involuntary hospitalization

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8. What is a key protective factor against suicide in Indigenous youth?

A. Community connection
B. Access to firearms
C. Lack of access to healthcare
D. Religious belief systems

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9. What mental health disorder is most strongly associated with youth suicide risk?

A. Anxiety disorders
B. Depression
C. PTSD
D. Bipolar disorder

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10. Which intervention is specifically designed to help individuals tolerate emotional distress without self-harm?

A. Cognitive restructuring
B. Radical acceptance
C. Interpersonal effectiveness
D. Mindfulness

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11. Which suicide risk assessment tool is a structured five-step model used in clinical settings?

A. Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)
B. Columbia-Suicide Severity Rating Scale (C-SSRS)
C. Ask Suicide-Screening Questions (ASQ)
D. Suicide Risk Review Scale (SRRS)

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12. Which population is at the highest risk for suicide attempts among LGBTQ+ youth?

A. Gay males
B. Lesbian females
C. Transgender and nonbinary youth
D. Bisexual youth

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13. What legal case established a clinician's duty to protect individuals at risk of harm?

A. Miranda v. Arizona
B. Gideon v. Wainwright
C. Brown v. Board of Education
D. Tarasoff v. Regents of the University of California

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14. What is one major limitation of standardized suicide risk assessments in diverse populations?

A. It lacks scientific validity
B. It fails to consider cultural expressions of distress
C. It is too lengthy to administer
D. It cannot be used for adolescents

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15. Which principle is NOT part of Trauma-Informed Care?

A. Trustworthiness & Transparency
B. Empowerment
C. Cultural Competence
D. Safety

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16. Which AI-driven method is being used to identify at-risk individuals on social media? Social media keyword monitoring

A. Social media keyword monitoring
B. AI-powered text-based crisis counseling
C. Machine learning on health records
D. Automated chatbot mental health screenings

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17. What is the purpose of the 988 Suicide and Crisis Lifeline?

A. To connect individuals in crisis to immediate support
B. To provide legal assistance for mental health cases
C. To replace emergency medical services (EMS) for mental health crises
D. To prevent involuntary hospitalization for suicide risk

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18. Which is NOT a key component of Dialectical Behavior Therapy for Adolescents (DBT-A)? Exposure therapy

A. Mindfulness training
B. Exposure therapy
C. Distress tolerance
D. Problem-solving training

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19. Which policy is most effective in reducing firearm-related suicides among youth?

A. Increasing school counseling staff
B. Gun buyback programs
C. Background checks for gun purchases
D. Safe firearm storage laws

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20. Which suicide prevention approach has shown effectiveness in faith-based interventions for Black youth?

A. Online peer-support networks
B. Black Church and Mental Health Initiative
C. Community mentoring programs
D. Youth suicide prevention apps

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