

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

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)

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

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

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

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

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

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

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

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

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

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

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

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

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)

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

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

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

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

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

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

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

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

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

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

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

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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