

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. Psychoeducation
 - D. Behavior activation
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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. Mindfulness
 - C. Interpersonal effectiveness
 - D. Radical acceptance
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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?

- A. Machine learning on health records
 - B. AI-powered text-based crisis counseling
 - C. Social media keyword monitoring
 - 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)?

- A. Mindfulness training
 - B. Distress tolerance
 - C. Exposure therapy
 - 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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