

# Psych CE

## Understanding Alzheimer's and Dementia: Diagnosis, Treatment, and Care

**1. Which of the following best defines Alzheimer's disease?**

- A. A normal part of aging
- B. A reversible brain disorder
- C. A degenerative brain disease that affects memory and cognition
- D. A mental health condition caused by trauma

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**2. What is a key reason why early diagnosis of dementia is important?**

- A. To limit health insurance access
- B. To prepare financial and legal plans
- C. To delay pharmacological intervention
- D. To increase access to nursing homes

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**3. Which of the following is an example of a non-pharmacological intervention?**

- A. Antipsychotic medication
- B. Caregiver training
- C. Genetic screening
- D. Inpatient hospitalization

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**4. What is the term used to describe grief experienced by caregivers for someone still alive?**

- A. Situational sadness
- B. Complicated grief
- C. Ambiguous loss
- D. Depression

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**5. Which racial/ethnic group experiences higher rates of dementia yet is more likely to be underdiagnosed?**

- A. White Americans
- B. Asian Americans
- C. African American and Hispanic populations
- D. Native American populations

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**6. Which ethical principle emphasizes reasonable judgment to ensure fairness for all?**

- A. Justice
- B. Beneficence
- C. Fidelity
- D. Confidentiality

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**7. How can psychologists assess cognitive decline in a culturally responsive manner?**

- A. Using only English-language tests
- B. Using culturally validated tools
- C. Avoiding cultural questions to remain neutral
- D. Conducting all assessments online

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**8. Which treatment is most supported for addressing caregiver anxiety and depression?**

- A. Ignoring their emotional experience
- B. Cognitive Behavioral Therapy (CBT)
- C. Speech-language therapy
- D. Physical therapy

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**9. What is a critical consideration when using digital tools in dementia care?**

- A. Making tools fun to use
- B. Protecting client privacy and consent
- C. Advertising new products
- D. Ensuring full caregiver access

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**10. What role can psychologists play in public policy related to dementia care?**

- A. Filing insurance claims
- B. Creating and promoting dementia-sensitive policies
- C. Providing clinical supervision
- D. None of the above

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