

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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