

Care CEUs

Introduction to Cultural Competence

1. A health disparity is a particular type of health difference closely linked with social, economic, and environmental disadvantage.

- A. True
 - B. False
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2. Which of the following may determine an individual's culture?

- A. Socialization patterns
 - B. A common pattern or style of communication
 - C. Patterns of dress
 - D. All of the above
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3. Which of the following statements is most accurate?

- A. Race is a social construct that describes people with shared physical characteristics
 - B. Race is genetic construct that describes people with shared physical characteristics
 - C. Race does not describe people with shared physical characteristics
 - D. Racial labels always have a clear meaning in other parts of the world
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4. Ethnicity does not differ from race.

- A. True
 - B. False
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5. Which of the following statements is most accurate?

- A. Cultural identities are static
 - B. Cultural identities are not static
 - C. Cultural identity is always consistent among people who identify with the same culture
 - D. An individual cannot hold two or more cultural identities simultaneously
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6. Speaking the same language means that individuals share the same culture.

- A. True
 - B. False
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7. Which of the following factors should be considered when distinguishing cultural communication patterns?

- A. Direct versus indirect communication
 - B. Appropriate personal space
 - C. Use of silence
 - D. All of the above
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8. Gender roles are largely cultural constructs.

- A. True
 - B. False
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9. When interviewing recent immigrants to the United States, the APA recommends covering which of the following topics?

- A. Number of generations in the United States
 - B. Fluency in English
 - C. Level of education
 - D. All of the above
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10. Which of the following statements is most accurate?

- A. Acculturation is the process whereby an individual from one cultural rejects elements of another cultural group
 - B. Assimilation is never an outcome of acculturation
 - C. Assimilation involves the complete adoption of new cultural ways of life from a new culture
 - D. Enculturation always refers to the process of rejecting native cultural ways
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11. An individual from Spain immigrates to the United States. After a few years, the individual becomes comfortable with both the American culture and the more traditional Spanish culture. What level of acculturation has the aforementioned individual reached?

- A. A traditional orientation
 - B. A bicultural orientation
 - C. A marginal orientation
 - D. None of the above
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12. Which of the following factors can contribute to substance use among more acculturated patients?

- A. Changes in traditional gender roles
- B. Employment outside of the home
- C. Adopting mainstream American cultural values

D. All of the above

13. Cultural concepts of distress can refer to mental disorders that only present in a specific cultural group or locality.

- A. True
 - B. False
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14. Cultural groups may determine which of the following factors regarding health, illness and healing?

- A. Who is able to diagnosis
 - B. Who is able to treat an illness
 - C. Beliefs about the causes of illness
 - D. All of the above
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15. Which of the following statements is most accurate?

- A. Religion and spirituality are the same
 - B. Spirituality is typically organized
 - C. Spirituality can refer to an individual's search for meaning
 - D. Spirituality never plays a role in recovery from mental illness and/or substance abuse
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