

Care CEUs

Navigating Depression in Older Adults

1. Which of the following symptoms is most closely associated with atypical depression in older adults?

- A. Improved mood in response to positive events
- B. Persistent sadness regardless of circumstances
- C. Loss of interest in activities once enjoyed
- D. Extreme guilt and worthlessness

2. What factor is NOT typically considered a key risk for depression among seniors?

- A. Chronic illness
- B. Functional limitations
- C. Increased financial wealth
- D. Social isolation

3. When using Selective Serotonin Reuptake Inhibitors (SSRIs) to treat depression in older adults, what is a primary consideration for their use?

- A. They increase serotonin and dopamine levels simultaneously.
- B. They generally have fewer side effects compared to other antidepressants.
- C. They require strict dietary restrictions.
- D. They work immediately with full effectiveness.

4. Which non-pharmacological intervention emphasizes the mind-body connection and can be particularly useful for managing depression in older adults?

- A. Art therapy
- B. Meditation
- C. Exercise programs
- D. Social groups

5. What is a recommended approach to reduce social isolation and foster a sense of community among nursing home residents?

- A. Mandating daily exercise participation
- B. Prescribing more antidepressant medications
- C. Facilitating one-on-one interactions based on residents' preferences
- D. Encouraging competitive activities

6. What is a common atypical symptom of depression in older adults that differs from younger individuals?

- A. Feelings of sadness or anxiety
- B. A sense of numbness or lack of interest in activities
- C. Difficulty concentrating or remembering
- D. Changes in appetite

7. Which of the following interventions is NOT a non-medical approach for managing depression in older adults?

- A. Psychotherapy
- B. Mindfulness-based therapies
- C. Antidepressant medications
- D. Group therapy

8. Why is it essential to provide cultural sensitivity training to staff in nursing homes?

- A. To ensure compliance with legal requirements
- B. To enhance understanding of diverse cultures and perspectives
- C. To reduce costs associated with care
- D. To increase staff's medical knowledge

9. Which depression assessment tool is specifically designed for individuals with dementia?

- A. Geriatric Depression Scale (GDS)
- B. Patient Health Questionnaire (PHQ-9)
- C. Hamilton Depression Rating Scale (HAM-D)
- D. Cornell Scale for Depression in Dementia (CSDD)

10. What is a critical role that staff can play in recognizing depression in older adults?

- A. Prescribe medications for depression
- B. Conduct regular check-ins with residents to monitor their mood and well-being
- C. Request additional funding for the nursing home
- D. Review the resident's financial situation

11. Which of the following is a key symptom of depression in older adults?

- A. Increased physical activity
- B. Improved cognitive function
- C. Decreased interest in once-enjoyed activities
- D. Enhanced social interactions

12. Which factor is most likely to increase the risk of depression in seniors?

- A. Chronic pain management
- B. Strong social support
- C. Regular physical exercise
- D. Social isolation

13. What was a primary intervention utilized by the staff to address Mrs. Smith's depression in her case study?

- A. Having extensive medical treatments
- B. Engaging her in individualized therapy sessions
- C. Encouraging participation in group activities and social interactions
- D. Administrating increased medication dosages

14. What is a potential risk associated with the use of medication for treating depression in older adults?

- A. Increased appetite
- B. Potential drug interactions with existing medications
- C. Enhanced physical mobility
- D. Short-term memory improvement

15. Which non-medical intervention was NOT included in Sarah's wellness initiative for combating depression in residents?

- A. Exercise programs like yoga and tai chi
- B. Regular group fitness classes
- C. Administering mood-stabilizing medication
- D. Mindfulness and meditation practices

16. Which symptom is most characteristic of Seasonal Affective Disorder (SAD) in older adults?

- A. Increased appetite and weight gain
- B. Decreased interest in previously enjoyable activities
- C. Insomnia and restlessness
- D. Paranoia and delusions

17. Which factor is NOT typically associated with an increased risk of depression in older adults?

- A. Chronic illness
- B. Physical exercise
- C. Social isolation
- D. Alcohol use

18. In the context of treating depression in older adults, why is it important to consider potential medication side effects?

- A. Because all medications have the same side effects
- B. Older adults may refuse to take any medication
- C. Older adults may experience unique side effects and interactions
- D. Medications are not effective for older adults

19. What is a key component of implementing effective Quality Assurance and Performance Improvement (QAPI) programs for enhancing depression care in a nursing home?

- A. Collecting data exclusively from the management team
- B. Focusing only on immediate interventions
- C. Utilizing feedback, data systems, and monitoring
- D. Avoiding changes to prescribed medication regimens

20. When implementing non-medical interventions for managing depression in older adults, which of the following is a crucial consideration?

- A. Avoiding social activities to prevent overstimulation
- B. Focusing on only one type of activity for all residents
- C. Offering a variety of activities tailored to individual preferences
- D. Limiting residents' interaction with technology

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