# Care CEUs

## Older Adults and Depression

**1. "Multidisciplinary geriatric mental health outreach services" can incorporate psychotherapy and antidepressant medications.**

A. True
B. False

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### Psychotherapy Interventions

**2. Psychotherapy interventions described in this paper were chosen because they meet the American Psychological Association's criteria for evidence-based psychotherapy for older adults.**

A. True
B. False

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**3. Cognitive Behavioral Therapy (CBT) is based on the theory that depression is caused and supported by a combination of:**

A. Hopelessness
B. A pessimistic world view
C. A belief that one cannot have influence on day to day events
D. All of the above

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**4. Behavioral Therapy (BT) for depression in older adults addresses how behaviors affect:**

A. Reasoning
B. Actions
C. Mood

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**5. Problem Solving Treatment (PST) uses math and logic problems to help older adults overcome feelings depression.**

A. True
B. False

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**6. Which of the following statements is true of Reminiscence Therapy (RT)?**

A. It involves the discussion of past activities, events and experiences with another person or group of people.
B. It uses hypnotherapy to help older adults remember their lives.
C. It is based on the idea that when an older adult remembers their past they mostly remember good things.

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**7. Which of the following statements is NOT TRUE of reminiscence therapy?**

A. Reminiscence approaches can be used during the assessment process to bolster older adult's confidence and self-esteem.
B. Reminiscence therapy is typically provided in a group setting.
C. Practitioners can use reminiscence materials to develop therapeutic resource states that facilitate change.
D. Reminiscence therapy is used primarily to help the older adult with depression recall happier times.

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**8. Cognitive Bibliotherapy (CB) is effective for treating mild or moderate levels of depression in older adults.**

A. True
B. False

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**9. Medication treatment may be the most appropriate treatment for:**

A. Older adults who have depression with psychotic symptoms
B. Older adults with severe depression that has responded to antidepressant medications in the past
C. Older adults with severe depression that does not respond to psychotherapy
D. A and B above.
E. A, B and C above.

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**10. Prescribing antidepressant medication may be better than psychotherapy for older adults with depression because:**

A. There may be transportation challenges associated with attending therapy sessions
B. The older adult may face issues with physical mobility
C. Some older adults with depression may also suffer impaired cognition
D. All of the above

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**11. Interactions between antidepressant and other medications are not an important consideration when prescribing for older adults with depression.**

A. True
B. False

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## Multidisciplinary Geriatric Mental Health Outreach Services

**12. Multidisciplinary geriatric mental health outreach programs provide treatment in the homes of older adults or in places where older adults spend time rather than in clinics.**

A. True
B. False

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**13. Multidisciplinary outreach programs can increase access to mental health services for older adults with mental disorders, nearly half of whom fail to get treatment otherwise.**

A. True
B. False

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## Prevention of Suicide in Primary Care Elderly: Collaborative Trial (PROSPECT)

**14. Prevention of Suicide in Primary Care Elderly: Collaborative Trial (PROSPECT) is primarily a suicide watch program for older adults**

A. True
B. False

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**15. In the one study comparing collaborative and integrated care to an enhanced referral model, older adults were more likely to engage in treatment with the integrated model.**

A. True
B. False

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