

# 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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