

# 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
- 

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

- A. Reasoning
  - B. Actions
  - C. Mood
- 

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

- A. True
  - B. False
-

**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**
- 

**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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