# **Depression**

### **Multiple Choice**

*Identify the choice that best completes the statement or answers the question.* 

1. Although many people with a depressive illness never seek treatment, the vast majority, even those with the most severe depression, can get better with treatment.

A. True B. False

- 2. Which of the following is an accurate statement about the different forms of depression?
  - A. Major depressive disorder is characterized C. Postpartum depression, which is by a combination of symptoms that interfere with a person's ability to work, sleep, eat, and enjoy once-pleasurable activities, and an episode such as this usually only occurs once in one's lifetime
  - B. Dysthymic disorder, also called dysthymia, is characterized by short-term and less severe symptoms that may not disable a person but can prevent one from functioning normally or feeling well
- diagnosed if a new mother develops a major depressive episode within three months after delivery occurs, and an estimated 20 to 25 percent of women experience postpartum depression after giving birth
- D. Seasonal affective disorder (SAD), is characterized by the onset of a depressive illness during the winter months, when there is less natural sunlight, and the depression generally lifts during spring and summer
- 3. Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment, along with feelings of sadness, hopelessness, and thoughts of suicide are all symptoms of depression

A. True B. False

- 4. All of the following are accurate statements about the causes of depression EXCEPT:
  - A. Some types of depression tend to run in families, suggesting a genetic link, but it can also occur in people without family histories of depression
  - B. There is no single known cause of depression, rather it likely results from a combination of factors
- C. Brain-imaging technologies, such as magnetic resonance imaging (MRI), have shown that the brains of people who have depression look the same as those of people without depression, so the brain doesn't appear to be a factor in the causes of depression
- D. Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode
- 5. While women are more likely to acknowledge having fatigue, irritability, loss of interest in once-pleasurable activities, and sleep disturbances, men are more likely to admit to feelings of worthlessness and/or excessive guilt.

A. True B. False

- 6. The most common treatments for depression are medication and psychotherapy. Which of the following is NOT an accurate statement about the use of medications to treat depression?
  - A. The newest and most popular types of antidepressant medications are called selective serotonin reuptake inhibitors (SSRIs) and they include fluoxetine
- C. Antidepressants may cause mild and often temporary side effects in some people, but they are usually not long-term

# **Quantum Units Education** www.QuantumUnitsEd.com

- (Prozac), citalopram (Celexa), and sertraline (Zoloft)
- B. For all classes of antidepressants, patients D. Results of a comprehensive review of must take regular doses for at least six to eight weeks before they are likely to experience a full therapeutic effect
  - pediatric trials conducted between 1988 and 2006 suggested that the benefits of antidepressant medications likely outweigh their risks to children and adolescents with major depression and anxiety disorders
- 7. Which of the following is a common side effect associated with tricyclic antidepressants?

A. Insomnia and nervousness

C. Nausea

B. Headache

- D. Drowsiness during the day
- 8. The two main types of psychotherapies that have been shown to be effective in treating depression are cognitive-behavioral therapy and:

A. Person-centered therapy B. Rational-emotive therapy C. Electroconvulsive therapy

D. Interpersonal therapy

9. A study examining depression treatment among older adults found that patients who responded to initial treatment of medication and psychotherapy were less likely to have recurring depression if they continued their combination treatment for at least two years.

A. True

B. False

- 10. All of the following are accurate statements about helping oneself with depression EXCEPT:
  - A. It is important to set realistic goals and separate large tasks into small ones
- C. Remember that positive thinking will replace negative thoughts as depression responds to treatment
- B. Try spending time with other people and confiding in a trusted friend or relative
- D. Realize that often during treatment for depression, one's depressed mood will likely lift before sleep and appetite will begin to improve

#### **Matching**

## An Evaluation is *Required* for Each Course:

Please evaluate the course by choosing one of the responses below for each question. This data will help us to improve our program and meet certifying organization requirements. Thank you for allowing **QUE** to be your provider.

A. Excellent

C. Average

B. Above Average

D. Below Average

- 11. The extent to which this course met the objectives
- 12. The adequacy of the author's mastery of the subject
- 13. Efficiency of course mechanics
- 14. The applicability or usability of the information for you

# Quantum Units Education www.QuantumUnitsEd.com

- 15. Website functionality and ease of use
- 16. Availability of staff member (does the website provide adequate direction on how to access assistance)

## **Short Answer**

- 17. Please provide us with any additional comments or suggestions that would help us to improve the quality of our program:
- 18. How did you find out about QUE?