Engaging the Patient with Mental Health Needs: Myths, Facts and Next Steps

1. Which of the following mental health disorders is less common than Bipolar disorders?

A.Schizophrenia

B. Anxiety Disorders

C. Substance Use Disorders

D. Eating Disorders

E. None of the above

2. Moderate to low energy could be a sign of what part of the continuum of mental health

A. Mental wellness

B. Mental illness

C. Mild/Moderate Coping/Adjustment Difficulties

D. Physical illness

E. None of the above

3. The following are barriers to pharmacist care of those with mental health problems except:

A. Pharmacist training in mental disorders

B. Pharmacist comfort towards those with mental disorders

C. Money

D. Available space for privacy

E. Pharmacist perceived stigma of mental illness

4. Mental health problems and disorders can contribute to:

A. Disruption in education

B. Employment difficulties

C. Hospitalizations

D. Engagement in healthy behaviors

E. All of the above are CORRECT

5. Which of the following statements is CORRECT about mental health interventions?

A. Peer support groups are useful for a prevention focus.

B. Mental Health First Aid® is an example of a treatment program

C. A public health campaign is an approach for early intervention.

D. Stress management courses is an example of a prevention program.

E. Medication treatment is an approach that works for all individuals.

6. An example of an actions directly related to internal condition of recovery is:

1. Public Health Campaign against stigma
2. Focus on the future and not past and lack of success
3. Encourage parity across mental and physical health coverage
4. Avoid the use of a job coach
5. All of the above are internal conditions of recovery

7. A VALID difference between APA and Eaton’s definitions of mental illness Is:

A. APA’s definition focuses on cultural context for mental illness

B. Eaton highlights the biological aspects of mental illness

C. Both indicate mental illness is rare.

D. Both definitions suggest how mental illness leads to negative individual functioning

E. Neither refer to how mental illness contributes to a loss of control in one’s environment.

8. Which of the following is CORRECT about training programs available?

A. MHFA impacts confidence in helping those with mental health needs

1. MHFA is more focused on disaster relief than other programs.
2. MHFA is available in one format of an 8-hour workshop.
3. Individuals with lived experience are not included in eCPR.
4. All of the above are CORRECT.

9. The following is consistent with the literature regarding pharmacist attitudes toward mental illness:

A. Pharmacists view depression and schizophrenia the same.

B. Pharmacists seem comfortable providing services to individuals with mental illness.

C. Pharmacists express greater discomfort counseling on cardiovascular conditions than mental health disorders.

D. Pharmacists had generally negative attitudes towards individuals with mental illness.

E. Pharmacists with less stigma were more willing to provide services to those with mental illness.

10. Which of the following statements is TRUE regarding self-harm or suicide?

A. Suicide doesn’t generally come with warning signs.

B. Once a person is suicidal, he/she is always at risk of being suicidal.

C. Asking about suicide does not increase the chance of them killing themselves.

D. Women are more likely to be die by suicide than men.

E. Self-harm usually reflects what we see such as cutting and burning.