Depression and Older Adults – Evidence Based Practice

Part 1

1) What percent of older Americans will be members of racial or ethnic minority groups in the year 2030?
   a) 26%
   b) 31%
   c) 36%
   d) 41%

2) The symptoms of Dysthymia occur most of the time almost every day for at least
   a) 2 days
   b) 2 weeks
   c) 2 months
   d) 2 years

3) The highest poverty rates for older adults are for _____ and _____ women.
   a) Caucasian, Latino
   b) Latino, African American
   c) African American, Asian
   d) Asian, Caucasian

4) Among older adults, the prevalence of minor depression, dysthymia, or depressive symptoms is up to _____ in the community and up to _____ in nursing homes.
   a) 26%, 35%
   b) 31%, 41%
   c) 36%, 46%
   d) 41%, 51%

5) Older _____ males complete suicide more often than any other group of people in the US.
   a) African American
   b) Native American
   c) Latino
   d) Caucasian

6) What percent of older adults who receive appropriate treatment will have lower severity of depressive symptoms?
   a) 30% to 50%
   b) 40% to 60%
   c) 50% to 70%
   d) 60% to 80%
7) All the following are EBP psychotherapy interventions for older adults EXCEPT
   a) Problem-solving treatment
   b) Psychodynamic therapy
   c) Interpersonal therapy
   d) Reminiscence therapy

Part 2

8) Providing EBPs for the treatment of depression can help
   a) Lower the risk for suicide
   b) Improve physical health
   c) Reduce functional disability
   d) All the above

9) Which is a 15-item screening tool designed to measure depression in older adults?
   a) PHQ-2
   b) Geriatric Depression Scale
   c) Patient Health Questionnaire
   d) BDI-OA

10) All of the following are reasons which depression is under recognized and undertreated in older adults EXCEPT
    a) Older adults often emphasize cognitive rather than physical complaints
    b) Symptoms of depression often overlap with those of physical disorders
    c) Depression may be the side effect of a medication
    d) Depression can be mistaken for anxiety

11) Which is a nine-item questionnaire which aligns with the DSM diagnostic criteria for depression?
    a) PHQ-2
    b) Geriatric Depression Scale
    c) PHQ-9
    d) BDI-OA

12) Discussions with older adults with help decide what type of depression care he or she wishes to receive is called
    a) The talking stick
    b) Therapeutic huddle
    c) Therapeutic empowerment
    d) Shared decisionmaking
13) About _____ of older adults have at least one chronic physical disorder and _____ have at least two.
   a) 60%, 30%
   b) 70%, 40%
   c) 80%, 50%
   d) 90%, 60%

14) The prescription of anti-anxiety medications known as _____ can worsen symptoms of depression and increase the risk for confusion and falls.
   a) Beta blockers
   b) Atypical antipsychotics
   c) Benzodiazepines
   d) Opioids

15) One in _____ adults aged 65 and _____ of adults aged 85 and older have Alzheimer’s disease.
   a) 20, 27%
   b) 15, 37%
   c) 10, 47%
   d) 5, 57%

16) The Center for Substance Abuse Treatment recommends that adults over age 65 drink no more than _____ standard drinks per day.
   a) 1
   b) 2
   c) 3
   d) 4

17) A 65-year-old person can have the mental and physical functioning of an 85-year-old and vice versa.
   a) True
   b) False

18) Which group tends to focus on physical problems rather than emotional problems.
   a) African Americans
   b) Asian Americans
   c) Caucasian Americans
   d) Native Americans
19) The vast majority of older adults who complete suicide are _____, especially _____.
   a) Males, African American Males
   b) Males, White Males
   c) Females, African American Females
   d) Females, White Females

20) For older adults with minor depression, _____ may be more effective than _____ and is the treatment of choice.
   a) Psychotherapy, Medications
   b) Medications, Psychotherapy
   c) Socialization, Medications
   d) Socialization, Psychotherapy

21) Specific EBP process measures are called _____ instruments.
   a) Oppenheimer
   b) Janus
   c) Vanguard
   d) Fidelity