1) CDC estimates _____ attempted suicides occur per every suicide death.
   a) 4  
   b) 7  
   c) 11  
   d) 18  

2) Suicide is the _____ leading cause of death among teenagers.
   a) First  
   b) Second  
   c) Third  
   d) Fourth  

3) Which is “any nonlethal intentional self-injurious behavior”?
   a) Contagion  
   b) Parasuicide  
   c) Suicidal ideation  
   d) Cluster  

4) Which is “a phenomenon whereby susceptible persons are influenced toward suicidal behavior through knowledge of another person’s suicidal acts”.
   a) Contagion  
   b) Parasuicide  
   c) Suicidal ideation  
   d) Cluster  

5) The CDC reported that the highest suicide rate was among people _____ years old.
   a) 16 to 23  
   b) 24 to 44  
   c) 45 to 64  
   d) 65 to 85  

6) Which is NOT one of the three primary components of the Cognitive Stress Diathesis Model?
   a) Oversensitivity to signals of defeat  
   b) Perceived “no escape”  
   c) Perceived “no rescue”  
   d) A present/past orientation
7) In the Clinical Stress Diathesis Models, the primary proposed genetic factors are
   a) Impulsivity and Aggression
   b) Aggression and Anxiety
   c) Anxiety and Depression
   d) Depression and Impulsivity

8) Which type of research assesses the degree to which someone’s surroundings exert a positive or negative influence depends on individual factors.
   a) Psychological research
   b) Sociocultural research
   c) Psychodynamic research
   d) Epidemiological research

9) Hausett et al. (2014) states that the presence of _____ appears to confer an increased risk for suicidal behavior.
   a) Marital discord
   b) Financial Stressors
   c) Mental illness
   d) Chronic pain

10) Poisoning accounts for _____ of female suicides, compared to _____ of male suicides.
    a) 12%, 37%
    b) 19%, 30%
    c) 30%, 19%
    d) 37%, 12%

11) The most consistent protective factor found in suicide research is
    a) employment and physical health
    b) physical health and social support
    c) social support and connectedness
    d) connectedness and employment

12) Which is a perceived inability to fully experience unpleasant, aversive or uncomfortable emotions, and is accompanied by a desperate need to escape the uncomfortable emotions?
    a) Distress intolerance
    b) Emotional myopia
    c) Dysemotiva
    d) Locked in syndrome
13) Suicidal thoughts and/or behaviors are common among patients with bipolar disorders, and suicide rates are estimated to be more than _____ times higher for these patients than among the general population.
   a) 25
   b) 40
   c) 55
   d) 70

14) Which is a measure of hopelessness that is a 20-item self-report inventory?
   a) Beck Hopelessness Scale
   b) Rey Hopelessness Inventory
   c) Lawrence Hopelessness Schedule
   d) Brief Hopelessness Checklist

15) In 2008, alcohol was a factor in approximately _____ of suicides reported in 16 states.
   a) 1/8
   b) 1/4
   c) 1/3
   d) 1/2

16) Kaley, Mancino, and Messias (2014) found in all suicide outcomes a stronger association with _____, followed by _____, then _____.
   a) prescription drug abuse, inhalant abuse, cannabis abuse
   b) cannabis abuse, inhalant abuse, prescription drug abuse
   c) prescription drug abuse, cannabis abuse, inhalant abuse
   d) inhalant abuse, prescription drug abuse, cannabis abuse

17) Hor and Taylor (2010) found all the following were risk factors with a strong association with later suicide EXCEPT
   a) Young
   b) Male
   c) Low level of education
   d) Family history of suicide

18) Young women with BPD have a suicide rate _____ higher than the general population.
   a) 100
   b) 200
   c) 400
   d) 800
19) For treatment of individuals with personality disorders, the effectiveness of _____ in reducing suicide has been shown in a number of studies.
   a) CBT
   b) RET
   c) ENT
   d) DBT

20) Bertolote and Fleischmann (2002) found that about _____ of people who took their lives did not directly communicate their suicide intent to anyone.
   a) 1/4
   b) 1/3
   c) 1/2
   d) 2/3

21) Safren & Heimberg (1999) found that _____ of LGB people who had attempted suicide reported that they had really hoped to die, compared to _____ of heterosexuals.
   a) 58%, 33%
   b) 33%, 58%
   c) 76%, 44%
   d) 44%, 76%

22) LeardMann et al. (2013) found that the increasing incidence of suicide among veterans can be attributed to unique stressors such as combat deployment.
   a) True
   b) False

23) The lifetime prevalence of suicide among the homeless has been estimated to be as high as
   a) 36%
   b) 46%
   c) 56%
   d) 66%

24) According to CDC data, suicide rates are highest among _____ individuals.
   a) African American
   b) Native American
   c) Caucasian
   d) Hispanic
25) One challenging aspect in recognizing suicidal ideation in Native American people concerns
   a) Politeness theory
   b) Machismo
   c) Geographical isolation
   d) A strong sense of individuality

26) Hispanic Americans do not commit suicide due to the strong Catholic strictures against it.
   a) True
   b) False

27) Among all ethnicities, _____ and _____ are the least likely to seek help for psychological disorders.
   a) African American, Asian American
   b) Asian American, Pacific Islanders
   c) Pacific Islanders, Hispanic
   d) Hispanic, African American

28) Which is NOT one of the three warning signs mentioned by Rudd (2006) which carry the highest likelihood of short-term onset of suicidal behaviors which require immediate attention.
   a) Hopelessness
   b) Threatening to hurt self
   c) Looking for ways to kill self
   d) Talking or writing about death

29) Which is a myths or misconception about suicide?
   a) Using the word “suicide” with a client will increase the likelihood they will make an attempt
   b) People who want to kill themselves will not talk about suicide
   c) Suicides increase in fall and winter
   d) All the above

30) Which is not a cognitive feature which has been found to increase suicide risk?
   a) Loss of executive function
   b) Thought constriction
   c) Mental retardation
   d) Polarized thinking
31) Dialectical Behavior Therapy includes simultaneous individual and group treatment modalities.
   a) True
   b) False

32) Which is NOT a principle of Alliance-Based Therapy?
   a) Identify and dispute negative cognitions
   b) Differentiate lethal from non-lethal self-destructive behaviors
   c) Metabolize the countertransference
   d) Provide an opportunity for repair

33) Knapp and VandeCreek (2012) term informed consent
   a) Common-sense permission
   b) Empowered collaboration
   c) Priming the pump
   d) Ringing the doorbell

34) Which is mentioned as an exception to the need for informed consent?
   a) Emergencies
   b) Waiver
   c) Incompetence
   d) All the above

35) Which is a specific type of documentation recommended for cases of client’s suicidal ideation?
   a) Risk-benefit note
   b) Proactive charting
   c) FFN addendum
   d) 360 review

36) Which is a school-based prevention program?
   a) SAMHSA
   b) NAMI
   c) S.O.S.
   d) IASP