

QUIZ QUESTIONS FOR TELEMENTAL HEALTH ON-LINE COURSE:

***The questions follow the order of the course material. For example, the answer to # 1 will not be found at the end of the course; the answer to the last question will not be found at the beginning of the course. I hope what I've done makes sense to you. Basically, you're not going to have to skip all over the course tracking down answers. I strongly suggest you print out this quiz and mark your answers as you find them during your read. Ready?

1. Telemental Health is

- A. a fad
- B. not researched
- C. practiced very, very little
- D. here to stay

2. According to many studies, telemental health was judged to have broad utility for clinical disorders, facilitated empowerment of patients, and had good educational outcomes.

- A. True
- B. False

3. Currently, the point of delivery for telemental health services is as varied as the type of services that are being provided. Sites can include:

- A. E.R.'s
- B. Nursing homes
- C. Prisons
- D. Schools
- E. Chick Fil A
- F. All except E

4. The clinician practicing telemental health should have cultural competency in the population she or he is serving at a distance.

A. Are you kidding? One group is the same as the other. The statement is false

B. Every clinician practicing telemental health is required by law to pass a 'cultural competency exam' or she or he cannot use telemental health at all, in any way

C. The statement in Question # 4 is true

D. It's entirely dependent on what culture is being served

5. Two groups require special and specific considerations when VTC is involved. They are

A. University students and children

B. Mental health therapists and R.N.'s

C. Psychiatrists and the elderly

D. Children and the elderly

6. With regard to room lighting where the video is being made, _____ is considered the best color for a backdrop.

A. Solid white

B. Blue

C. Doesn't matter as long as it matches the therapist's shirt

D. Black

E. Light red

7. The single biggest limitation on the use, expansion, and long term sustainability of telemental health systems is often

A. the cost of the psychiatrist

B. lack of patients who need these services

C. there are no limitations

D. the on-going telecommunication costs

8. According to course material, is crisis intervention a viable use of telemental health?

- A. Good Lord, no
- B. Only if used in Mississippi
- C. Crisis intervention? What is that?
- D. So far, it sure seems like it

9. What about bandwidth?

- A. A new rock group
- B. Bandwidth refers to the size of the pipeline that carries the video and audio signals and at higher bandwidths, picture and sound are transmitted more quickly and with better quality
- C. Bandwidth has nothing to do with how pictures and sounds are transmitted
- D. Higher bandwidths get information transmitted much more slowly than lower bandwidths

10. Clinicians providing mental health services in rural areas have some concerns about implementing telemental health services in their communities. Which is NOT one of their concerns?

- A. Jobs will be cut
- B. Increased work load
- C. Others seeing their work will be critical of what they do
- D. They're simply uncomfortable with the medium
- E. None; A-D aren't the concerns
- F. All; A-D ARE the concerns

11. We all know how much I love informed consent. Informed consent related to telemental health

A. is optional, meaning clinicians can decide if they want to give informed consent to clients or not

B. will keep lawsuits from occurring

C. is mandatory, meaning if clients don't sign, they're out of luck

D. is optional, meaning if the client is opposed to receiving telemental health services, that's o.k. as long as the client is given alternatives, even if those alternatives are no where nearly as accessible and helpful as the telemental health service would be

12. Agencies, etc. must have readily and easily available technology help with all aspects of whatever type/form of telemental health services they provide.

A. That's nuts. Either it works or it doesn't

B. Seems like a very good idea in theory, but in practice, keep dreaming

C. Must is a pretty strong word; maybe we should use 'try to have'

D. It's simply not negotiable. Agencies must have technological help immediately available

13. An increasing amount of evidence shows that _____ have the highest rate of PTSD of any ethnic group and face significant barriers to care. One of the biggest barriers is _____.

A. American Indian veterans; geography

B. Alaskan Eskimo veterans; stigma

C. American Indian veterans; disapproval within their tribal community

D. Hispanic women veterans; sexism

14. The efficacy of any treatment modality must be addressed. How effective is telemental health?

- A. Telemental health was judged to have broad utility for clinical disorders, facilitated empowerment of patients, and had good educational outcomes
- B. There is no research anywhere, by anyone, done at anytime that says it's helpful
- C. TMH was deemed to be useful, but limited in its applications
- D. TMH has been shown to be helpful for clinical disorders and educational purposes only

15. Internet-based video technology via personal computers and mobile devices must be HIPAA adherent.

- A. False. It'd be nice if it were, but it doesn't have to be
- B. True. Period. The end. Next question

16. There is one specific organization now recognized as one of the world leaders in this new area of health care. It's the

- A. American Counseling Association
- B. American Medical Association
- C. Social Security Association
- D. Veterans Administration

17. The major benefit of TMH is that it

- A. eliminates licensing of clinicians
- B. is always cost effective
- C. allows more free time for clinicians
- D. eliminates travel

18. The bottom line seems to be that

- A. TMH has more pro's than con's
- B. TMH has more con's than pro's
- C. We really don't know yet

19. More pro's? More con's? Helpful? Not helpful?

- A. Doesn't matter. TMH is here to stay
- B. TMH is here to stay and those things do matter as they will help determine just how long TMH does stay
- C. TMH is a fad
- D. TMH is often confused with TMJ

20. The Georgia Licensing Board for Counselors, Social Workers, and Marriage and Family Therapists has no specific number of hours mandated related to a CE course on telemental health.

- A. True
- B. False