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## Quiz 5

Below you will find 15 quiz questions.

Ten (10) of these questions are drawn randomly from a pool of questions on this current topic.

The remaining five (5) questions are drawn randomly from a pool of questions on the previous topic.

### Multiple Choice

1/1 point (graded)

Which types of treatment models are highly effective with older persons, particularly those with complex mental illnesses or dementia?

☐ Brief psychodynamic psychotherapy

☒ Interdisciplinary treatment models ✓

☐ Interpersonal psychotherapy

☐ Interaction treatment approaches

Submit

You have used 1 of 1 attempt

### Multiple Choice

1/1 point (graded)

Secondary ageing changes are due to

☒ disease process or trauma ✓

☐ passage of chronological time☐ presence of dementia☐ none of the above

You have used 1 of 1 attempt

## Checkboxes

1/1 point (graded)

Which of the following are risk factors for the development of anxiety in older adults? Select all that apply.

☐ Higher level of education☒ Poor general health☒ Smoking☒ Childhood physical or sexual abuse

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

What is a cohort effect?

☒ People born during the same period of time tend to have lived through similar experiences, resulting in a similar outlook on certain subjects. ✓☐ The tendency for people to move through life in the same social circle.

- ☐ People born during the same period of time often have dissimilar experiences, resulting in dissimilar outlooks on certain subjects.
- ☐ The tendency for people to remain friends with their peers at high school throughout early adulthood.

You have used 1 of 1 attempt

## Checkboxes

1/1 point (graded)

What are some protective factors against depression in later life? Select all that apply.

☒ Greater perceived social support☒ Regular physical exercise☐ Having a large family☒ High socio-economic status

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

What is the goal of brief psychodynamic therapy for older adults with depression or anxiety?

☐ To improve an individual's ability to cope with stressful life events☒ To improve an individual's understanding of the impact of past experiences on present behaviour ✓☐ To challenge unhelpful thoughts and behaviours

☐ To help an individual resolve interpersonal problems

Submit

You have used 1 of 1 attempt

## Checkboxes

1/1 point (graded)

Helmes and Gee (2003) presented psychologists with information about a female patient's symptoms. The researchers told the psychologists that the patient was either 42 or 72 years of age. Which of the following findings demonstrates that there was evidence of ageism among the psychologists? Select all that apply.

☐ The psychologists were less likely to diagnose the older patient with depression

☒ The older patient was described as having a poorer prognosis than the younger patient.

☒ The psychologists reported that they would be less willing to accept the older patient as their client for treatment.

☒ The older patient was described as less able to develop a therapeutic relationship with the therapist than the younger patient.



Submit

You have used 1 of 1 attempt

## Checkboxes

1/1 point (graded)

Which of the following are effective psychosocial interventions designed to improve quality of life for a person living with dementia? Select all that apply.

☒ Activity-based therapies that keep people living with dementia stimulated

☐ Memory activities using flash cards and other cognitive aids

☐ Hypnosis techniques to help recover lost memories

☒ Environmental approaches that make living spaces easier to navigate



Submit

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

Leonard is 70 years old. His eyesight has gradually deteriorated over the last decade. This deterioration is an example of

☒ primary ageing ✓

☐ secondary ageing

☐ clinical ageing

☐ gerontological ageing

Submit

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

Jamal and Peter are both 70 years old. Jamal forgot to pick up the mail from the post box. Peter forgot his son's name, despite hints from his wife. Jamal is showing signs of \_\_\_\_\_. Peter is showing signs of \_\_\_\_\_.

☒ normal ageing; dementia ✓

☐ dementia; normal ageing

☐ normal ageing; normal ageing

☐ dementia; dementia

You have used 1 of 1 attempt

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## Multiple Choice

1/1 point (graded)

A loss, when you are deprived of something that you are used to having, can cause stress through

☒ Frustration ✓☐ Failure☐ Pressure☐ Conflict

You have used 1 of 1 attempt

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## Multiple Choice

1/1 point (graded)

The link between Type A personality and heart disease is primarily due to

☐ an increase in consumption of unhealthy food☒ increased levels of anger and hostility ✓☐ a lack of patience☐ a strong competitive orientation

You have used 1 of 1 attempt

## Checkboxes

0/1 point (graded)

In the final seconds of a basketball game, Jonah misses an easy, well-practiced shot that would have won the team the championship. What are some possible explanations for this? Select all that apply.

☐ Fight or flight response

☐ Competing thoughts

☐ Approach-approach conflict

☒ Choking under pressure



Submit

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

What is the problem with the fight or flight response in today's modern world?

☐ It is not a large enough response to deal with modern stressors.

☐ Most modern stressors can be dealt with the "flight" response on its own.

☒ Most modern stressors can't be handled by either fight or flight. ✓

☐ Getting into a fight can result in more stress.

Submit

You have used 1 of 1 attempt

## Multiple Choice

1/1 point (graded)

Which of the following is true about constructive coping?

☒ It involves being task oriented in dealing with the specific stressor, but also behaviours that prepare your body for stress in general. ✓

☐ It guarantees that you will be able to effectively cope with the stressor.

☐ It involves letting out your emotions and feelings.

☐ It involves not asking for help because you would never need it.

Submit

You have used 1 of 1 attempt

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