

ECHO Autism Pre Knowledge Questions

A person with autism finds it hard to interact with others. Which of these is an example of this?

- ☐ Failure of reciprocal (back and forth) conversation
- ☐ Difficulties in understanding and using nonverbal communication
- ☐ Difficulties adjusting behavior to suit different social contexts
- ☒ All of the above

Autism is a developmental disability.

- ☒ True
- ☐ False

Caregivers of children with autism report more unmet health care needs including:

- ☐ Difficulties utilizing services
- ☐ Accessing specialty care
- ☐ Having adequate insurance coverage
- ☐ Participating in shared decision making & care coordination
- ☒ All of the above

Select the following ways you could manage the environment to best respond to an agitated individual: (check all that apply)

- ☒ Dim the lighting
- ☐ Speak in a high volume
- ☒ Clear the environment of unnecessary items and people
- ☒ Have one person communicating with the individual
- ☐ Activate electronics as a means of distraction
- ☒ Speak slowly

A crisis is a prime teachable moment for the agitated individual.

- ☐ True ☒ False

When meeting with a family affected by autism/ID, I should keep all but one of the following in mind. Which one doesn't belong?

- ☐ Grief is something that pops up at times in the family's journey
- ☐ Ask many curious questions, unless it is overwhelming to families
- ☒ Caregivers sometimes exaggerate how an incident was so difficult to manage
- ☐ I should develop an attitude similar to cultural humility when working with families affected by autism/ID

Families who have a member affected by autism/ID can do the same things as neurotypical families, such as just deciding to go to the movies or do errands.

- ☐ True ☒ False

What are some common functions of behavior?

- ☐ Attention
- ☐ Sensory
- ☐ Escape
- ☐ Tangibles
- ☒ All of the above

Behavior can serve multiple functions.

- ☒ True ☐ False

All of the following are unusual ways that agitation may manifest in autistic children except:

- ☐ More difficulty verbally communicating distress
- ☐ May have motor restlessness at baseline
- ☐ Unpredictable response to pain or injury
- ☒ Increased motor activity as an expression of emotional tension.

First line interventions for managing agitation in autistic children include:

- ☒ Environmental modification
- ☐ Call police to transport to the emergency room
- ☐ Increase dose of antipsychotic medication
- ☐ Physical restraint of the child to prevent injury

DDS serves individuals and families whose ages range from:

- ☐ 5-18
- ☐ 5-22
- ☐ Infancy to 25
- ☒ All of the above

By Massachusetts law, autism is defined as a disability in and of itself.

- ☒ True ☐ False

Studies have shown that caregivers of an individual affected by autism/ID have cortisol levels similar to vets returning from combat.

☒ True ☐ False

How frequently are individuals affected by autism/ID bullied, compared to neurotypical individuals?

☐ 7 times as often
☐ About the same
☒ 3 times as often
☐ 12 times as often

Which of these interpersonal strategies is the least effective in supporting emotional regulation in a crisis?

☐ Speaking with a calm and slower paced voice
☐ Speak at the developmental level of the individual
☒ Speak louder to make sure they hear and understand you
☐ Wait/pause and allow for processing time

When considering the safety of the environment, which of these are important considerations?

☐ Access to glass windows or doors
☐ Access to property
☐ Level of sound in the environment
☐ Number and type of people present
☒ All of the above

For an individual who is agitated, a useful de-escalation strategy is to reprimand and correct their behavior.

☐ True ☒ False

Who are some at-risk individuals during an outburst?

☐ Parents/caregivers
☐ Siblings/Peers and uninvolved by-standers
☐ First responders, staff responding to crisis
☒ All of the above

Problem behaviors may be understood as attempts to cope or to: (check all that apply)

☒ Initiate interaction
☒ Gain assistance from others
☒ Protest
☒ Self-regulate

The use of visual supports such as timers, schedules, and procedural supports should be used sparingly to avoid dependence.

☐ True ☒ False

The median prevalence of psychiatric medication use in autistic children is approximately:

☐ 15%
☐ 30%
☒ 40%
☐ 65%

The two most common medication classes used in autistic individuals are:

☒ Stimulants and antipsychotics
☐ Antidepressants and anti-anxiety medications
☐ Stimulants and antidepressants
☐ Antipsychotics and antidepressants

Pre-knowledge quiz total

Pre-knowledge quiz percentile
