

EMOTIONAL WELLNESS AND ADDICTIONS

Final Examination

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Name: _____

1. A patient who has been visiting your center for a smoking cessation program have successfully overcome smoking and was able to quit. However, as the patient repeatedly see her friends smoking, she eventually went into relapse and went smoking again. What would be your best advice?

- a) Assess potential triggers and lapses
- b) Advice patient to start the program all over again and be more diligent and dedicated
- c) Refer patient to s psychologist for assessment
- d) Both selection A & B are correct

2. Studies have shown that counseling to quit smoking can be done in different methods. Which of the following statement is/are true?

- a) Telephone quit line counseling is effective as in person
- b) In person counseling cannot be replaced by counseling over the telephone
- c) Telephone quit line counseling is always inferior to in-person counseling and should never be considered
- d) All of the above

3. A patient came for consult due to having a hard time initiating sleep. He usually drinks alcohol 2 hours before bedtime and eat a usual high carbohydrate diet for breakfast. What would be your best advice?

- a) Do not take caffeine
- b) Take a high carbohydrate dinner
- c) Do not drink alcohol at bedtime
- d) All of the above

4. What does MBSR mean?

- a) Motivational Based Stress Recovery
- b) Mindfulness and Balance Stress Reduction
- c) Motivational Based Stress Reduction
- d) Mindfulness Based Stress Reduction

5. A patient with Alcohol Use Disorder (AUD) came to your clinic for consult. As you are extracting history you were able to establish that the patient is repeatedly drinking over limits, continuous desire to drink and craving. You also noted interpersonal problems, role failure and giving up on non-drinking activities. What would you classify the patient?

- a) No AUD
- b) Mild AUD
- c) Moderate AUD
- d) Severe AUD

6. Mindfulness meditation promotes stronger connections between the pre-frontal cortex and the _____ which is correlated with problem solving skills and modulating emotional responses.

- a) Hippocampus
- b) Medulla
- c) Amygdala
- d) Selections A & C are correct

7. Burn out is a condition experienced by a worker maybe due to long hours, low pay and stress laden job. This is best characterized as _____

- a) Depersonalization
- b) Emotional
- c) Lack of satisfaction
- d) Selections A & C are correct

8. What is the incidence of death according to the recent data on mortality linked to smoking?

- a) 1 in 3
- b) 1 out of 5 in general population
- c) 1 in every 2 smokers
- d) Selections B & C are correct

9. MBSR is usually conducted using which method?

- a) 2 meetings for 1 week
- b) 8 weeks session
- c) 9 sessions (45 minutes daily)
- d) 2 weeks

10. Which of the following is considered an attitude of mindfulness

- a) Non-judging (witnessing) and non-striving (relaxing)
- b) Acknowledging, letting be, trust as self-reliance
- c) Beginner's mind (fresh, openness, wide-awareness, experimentation)
- d) All of the above

11. A condition where drinking causes the increase of blood level of alcohol to 0.08mg/l which is approximately 5 drinks taken in 2 hours.

- a) Moderate drinking
- b) Severe AUD
- c) Binge drinking
- d) None of the above

12. A condition when people are at work but there is evidence of being not productive

- a) Burn out
- b) Depersonalization
- c) Self-compassion
- d) Presenteeism

13. The four elements of meditation incorporated in different types of relaxation practices except for one

- a) Quiet location, comfortable posture
- b) Open attitude, specific posture
- c) Focus attention and open attitude
- d) Specific music and open mindedness

14. Positive Psychology is composed of the following except for one

- a) Coverage
- b) Compassion
- c) Individual virtues and strength
- d) None of the above

15. Describe the concept of FLOW and briefly discuss its importance.

16. Identify one type of meditation that can effectively work in the community set-up and describe its mechanism.

17. Describe how Psychoneuroendocrinology impacts the functional relationships between hormonal systems, the Central Nervous System, and behaviors.

18. Identify the types of stress based on its duration and describe how it increases the risk for chronic diseases.

19. Identify at least 2 substances that are identified as “addictive” according to both behavioral and neuroscience research. Describe some ways to effectively approach patients with such addiction.

20. Identify the pillars of Lifestyle modification and describe how they are used to manage emotional and mental health.
