1. To be diagnosed with depression, the symptoms must be present for at least 4 weeks

   True
   False

2. Which type of depression a person experiences episodes of opposing moods?

   Postpartum depression
   Psychotic depression
   Bipolar disorder
   Persistent depressive disorder

3. Several persistent symptoms in addition to low mood are required for a diagnosis of major depression.

   True
   False

4. Which is not a depressive episode symptom?

   Feelings of guilt
   Making fast decisions
   Decreased energy or fatigue
   Appetite and/or weight changes

5. There are not any differences between adjustment disorder with depressed mood and depression.

   True
   False

6. Which is not a symptom of adjustment disorder with depressed mood?
High Mood
Lack of motivation
Decreased self-esteem
Feeling of loneliness and isolation

7. It is important to note that when depressive symptoms occur without a stressor or before a stressor has occurred, the diagnosis is no longer adjustment disorder with depressed mood.

True
False

8. Which is not a symptom of persistent depressive disorder?

Trouble sleeping
Trouble concentrating
Irritability
Inability to take pleasure
They are all correct

9. Clinical depression is not as severe as persistent depressive disorder.

True
False

10. Which is not a symptom of clinical depression?

Unexplained physical problems
Frequent or recurrent thoughts of death
Tiredness and lack of energy
Fast thinking, speaking or body movements

11. Clinical depression affects only adults or adolescents.

True
False

12. After childbirth, the levels of hormones _____________ in a woman’s body quickly drop.

estrogen and dopamine
estrogen and progesterone
angiotensinogen and progesterone
Insulin and Leptin

13. Postpartum depression is known to have many possible causes

True
14. Which is not a symptom of postpartum depression?

- Suffering from physical aches and pains
- Eating too little or too much
- Thinking about harming herself but not the baby
- Forming emotional attachments

15. There are four basic types of bipolar disorder.

True
False

16. Which is the wrong bipolar disorder definition?

- Bipolar II Disorder—defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes described above.
- Other Specified and Unspecified Bipolar and Related Disorders—defined by bipolar disorder symptoms that do not match the three categories listed above.
- Cyclothymic Disorder defined by manic episodes that last at least 7 days, or by manic symptoms that are so severe that the person needs immediate hospital care.
- Bipolar I Disorder Episodes of depression with mixed features (having depression and manic symptoms at the same time) are also possible.

17. A person having a manic episode may feel like their thoughts are going very slow.

True
False

18. Seasonal Affective Disorder is diagnosed ______ times more often in women than men.

- 4
- 6
- 8
- 10

19. Feelings of hopelessness, worthlessness, or inappropriate guilt is a behavioral definition.

True
False

20. Explore any history of suicide attempts and any current suicidal urges, is a?

- Long Term Goal
- Short Term Goal