

## Mental Health Issues in Older Adults - Assessment

1. Depression is not a normal part of aging  
 True     False
2. A major depressive disorder lasts for at least two weeks and affects your ability to work, carry out activities or have personal relationships.  
 True     False
3. Older adults who have depression always report having an overwhelming feeling of being “sad” or “blue”  
 True     False
4. Risk factors for suicide include:
  - a. Depression
  - b. Substance abuse
  - c. Chronic illness or pain
  - d. Family history
  - e. All of the above
5. Asking a person about suicide may give them the idea to kill themselves  
 True     False
6. The Patient Health Questionnaire 9 (PHQ-9) is used to screen for:
  - a. Heart problems
  - b. Diabetes
  - c. Depression
  - d. Dementia
7. Research shows the most effective method for treating depression is:
  - a. Getting out more socially
  - b. Medication
  - c. Exercise
  - d. Talk therapy
  - e. A combination of appropriate medication and talk therapy
8. When assessing for suicide you should just ask the client directly, “are you having thoughts of killing yourself?”  
 True     False
9. Dementia is a chronic and progressive loss of intellectual functions severe enough to interfere with everyday life.  
 True     False
10. Delirium is a true medical emergency.  
 True     False