

Module 7, Lesson 3 Quiz:

Anxiety & Depression, Nutrition & Weight

1. What are the most common mental illnesses?
 - a. **Anxiety disorders**
 - b. Depressive disorders
 - c. Psychosis disorders
 - d. Phobia disorders
2. Which is not a common diagnostic tool in the assessment of mental illness?
 - a. Lab values
 - b. Psychiatric evaluation
 - c. Physical exam
 - d. **Nutritional screening**
3. Appetite suppression is a side effect that may come with the use of some psychotropic medications. Not having an appetite can be a problem because:
 - a. Most people on these medications lose a lot of weight
 - b. **Not eating can negatively affect blood sugar and contribute to depression**
 - c. People get used to not eating and it can cause hallucinations
 - d. It can contribute to a loss of digestive enzymes and cause digestive disorders
4. Some people find that they experience weight gain when they begin a medication to help manage their illness. To help prevent and manage this from happening, what might be beneficial?
 - a. Keeping a food journal
 - b. Having a list of foods that are good choices for curbing hunger
 - c. Adjusting the timing of medication administration
 - d. **All of the above**

5. Knitting, meditation, listening to music and journaling are all examples of:
- a. **Non Food interventions**
 - b. Medication substitutes
 - c. Active medication alternatives
 - d. Health behaviors