

- Here is some information about your test/exam :
- Webinar Name : BEHAVIORAL HEALTH SERVICES FOR AMERICAN INDIANS AND ALASKA NATIVES.
- Percentage of questions you need to answer correctly to pass: 75%.
- You can take this test as many times as you wish.

- About _____ of American Indians and Alaska Natives migrate back and forth between urban and rural areas
 - A: two thirds
 - B: one third
 - C: one half
 - D: one quarter
- Providing services to Native Americans and Alaska Natives is further complicated by the fact that there are more than _____ federally recognized American Indian tribes and Alaska Native groups. Additionally, some tribes are recognized by states but not by the federal government, and more than 300 have petitioned for recognition but remain unrecognized
 - A: 560
 - B: 260
 - C: 360
 - D: 660
- In 2017, Gone and Trimble (2012) suggested that research on American Indian and Alaska Native mental health and its treatment should instead focus on members of recognized American Indian tribes or Alaska Native peoples. This factor may also affect the accuracy of results from studies that rely on _____, such as the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC).
 - A: ethnicity
 - B: race
 - C: self-identification
 - D: nationality
- Research on mental disorder and SUD treatment for American Indians and Alaska Natives is sparse in part because of
 - A: the small number of American Indians and Alaska Natives included in national samples
 - B: faulty data reporting by providers serving American Indians and Alaska Natives
 - C: the failure of providers to identify American Indians and Alaska Natives
 - D: a lack of interest in this population in some circles
 - E: All of the above
- According to the reading, it is worth noting that the methodology of some studies and the methods used to assess disorders may not be _____ for some American Indians and Alaska Natives, which can also result in inaccurate estimates
 - A: socially appropriate
 - B: historically appropriate
 - C: ontologically appropriate
 - D: culturally appropriate
- The following are three large studies on mental disorders and SUDs that include a large enough sample of American Indians and Alaska Natives to make statistically sound estimates, at least when taken in the aggregate:
 - A: NESARC sponsored by the National Institute on Alcohol Abuse and Alcoholism
 - B: SAMHSA's yearly National Survey on Drug Use and Health (NSDUH) surveys
 - C: the American Indian Service Utilization, Psychiatric Epidemiology, Risk and Protective Factors Project (AI-SUPERPPFP)
 - D: All of the above
- The AI-SUPERPPFP is the only large epidemiological study to date focused entirely on
 - A: American Indian, Native Latin Americans, and Alaska Native behavioral health
 - B: American Indian and Alaska Native behavioral health
 - C: American Indian behavioral health
 - D: Alaska Native behavioral health
- With regard to American Indian and Alaska Natives, the rates of AUDs, drug use disorders, major depression, _____ were all significantly higher than were found among any other racial/ethnic groups in NESARC.
 - A: dysthymia
 - B: panic disorder without agoraphobia
 - C: schizophrenia
 - D: a and b
- According to the reading, Grant et al. (2005) reported that American Indians and Alaska Natives had the highest _____ rates of bipolar I disorder of any of the racial/ethnic groups in NESARC.
 - A: incidence
 - B: past year
 - C: lifetime

- D: B and C

10. According to Beals, Novins, et al., (2005) the AI-SUPERPPF lifetime rates of SUDs were

- A: 42 percent for men from the southwestern sample
- B: 4.9 percent for women from the Southwest,
- C: 43.1 percent for men from the Northern Plains sample
- D: 31 percent for women from the Northern Plains sample
- E: All of the above

11. The AI-SUPERPPF also assessed some mental disorders: major depression, dysthymia, GAD, panic disorder, and posttraumatic stress disorder (PTSD; Beals, Novins, et al., 2005). However, _____ were not evaluated because of concerns about the cultural applicability of diagnostic criteria.

- A: neurocognitive disorders
- B: psychotic disorders
- C: sexual disorders
- D: None of the above

12. In the AI-SUPERPPF, rates of _____ according to DSM-III-R criteria were significantly higher for all populations compared with National Comorbidity Study (NCS)

- A: psychotic disorders
- B: polydipsia
- C: learning disorders
- D: PTSD

13. AI-SUPERPPF authors looked at the endorsement of specific depressive symptoms and found that men from _____ sample were more likely to report each of the nine symptoms included than were men from the _____ sample and were significantly more likely to state they had depressed mood, anhedonia, insomnia, hypersomnia, or some combination

- A: Northern Plains --- Southwest Plains
- B: Southwest --- Eastern Plains
- C: Southwest --- Alaskan Plains
- D: Southwest---Northern Plains

14. A multinational, cross-cultural study of college students (N = 1,150) that included an American Indian and Alaska Native sample (n = 353) in addition to White American, Argentine, and Japanese samples found that American Indians and Alaska Natives were more likely to express _____ that indicate a negative feeling (e.g., "I feel lonely") and less likely to express symptoms that indicate the absence of positive affect (e.g., "I no longer enjoy life").

- A: anxiety symptoms
- B: substance abuse
- C: depressive symptoms
- D: All of the above

15. Canadian researchers evaluated anxiety and depression in an Arctic community that was 94 percent First Nations people, using English and Inuktitut versions of the Hospital Anxiety and Depression Scale (HADS), with a sample of 163 randomly selected individuals ages 14 to 85 (Chachamovich et al., 2000). They found that

- A: participants had significantly higher rates of anxiety disorders if they chose to have their screening conducted in Inuktitut
- B: participants had significantly lower rates of anxiety disorders if they chose to have their screening conducted in Inuktitut
- C: participants had similar rates of anxiety disorders if they chose to have their screening conducted in Inuktitut
- D: None of the above

16. Wei, Greaver, Marson, Herndon, and Rogers (2008) assessed postpartum depression (using the Beck-Gable Postpartum Depression Screening Scale [PDSS]) for 586 new mothers (305 American Indian and Alaska Native) with low incomes using public health services in a North Carolina county. They found that

- A: American Indian and Alaska Native women had the highest rate of major depression (i.e., 18.1 percent) of any of the racial/ ethnic groups evaluated but a medium rate of minor depression (i.e., 10.5 percent)
- B: these rates did not differ significantly from those of African American or White American women
- C: all three racial groups had significantly higher rates than did Latinas in the study.
- D: all of the above

17. Beals et al. (2002), in a study of 1,798 American Indian Vietnam veterans from two different tribes who were living on or near their reservations, found that

- A: rates of lifetime PTSD were especially high for those from a Northern Plains tribe, of which 57 percent met criteria for PTSD at some point during their lives
- B: 45 percent of American Indians from a Southwest tribe had a lifetime PTSD diagnosis.
- C: 76 percent of American Indians from a Southwest tribe had a lifetime PTSD diagnosis.
- D: A and B

18. In 2016, according to data collected by the CDC, the suicide rate for American Indians and Alaska Natives was _____ only to that of White Americans.

- A: first
- B: second
- C: third
- D: fourth

19. Bolton et al. (2014) also found that although men and women in the NCS and the Southwest tribe had significant differences in terms of rates of suicidal ideation (with women being more likely to have suicidal ideation), there were no significant differences in terms of _____ in the Northern Plains tribes, although women were still more likely than men to report suicidal ideation

- A: age
- B: socioeconomic status
- C: race
- D: gender

20. Wexler, Silveira, and Bertone-Johnson (2012) analyzed data on Alaska Natives who either attempted suicide (n = 510) or died by suicide (n = 38) between 2001 and 2009. They found that compared with Alaska Natives who attempted but did not complete suicide, those who died by suicide were significantly less likely

- A: to have had a known previous suicide attempt (15.8 percent versus 51.4 percent, although data were lacking for a larger percentage of Alaska Natives)
- B: to have displayed symptoms of depression (13.2 percent versus 32.6 percent)
- C: to have used behavioral health services (32.2 percent versus 7.9 percent)
- D: None of the above

21. Data from 1995–2006 indicate that Alaska Natives who died by suicide were

- A: more likely than other Alaskans who died by suicide during that period to do so while under the influence of alcohol or illicit drugs
- B: as much as other Alaskans who died by suicide during that period to do so while under the influence of alcohol or illicit drugs
- C: extremely likely than other Alaskans who died by suicide during that period to do so while under the influence of alcohol or illicit drugs
- D: no more likely than other Alaskans who died by suicide during that period to do so while under the influence of alcohol or illicit drugs

22. Hill, Perkins, and Wexler (2007) found that Alaska Native men in northern Alaska who died by suicide were _____ times more likely than were matched controls to have had contact with medical staff members in the year prior to their suicide and 22.18 times more likely to have been treated for a problem involving or related to alcohol use

- A: 6.75
- B: 2.75
- C: 3.75
- D: 1.75

23. Westermeyer, Canive, Garrard, Thuras, and Thompson (2005) surveyed 718 American Indian and 510 Latino veterans from the Southwest or North Central regions and found a

- A: significantly lower rate of pathological gambling in the former (a 10 percent lifetime rate) than in the latter (4 percent), according to DSM-IV criteria assessed using the Quick– Diagnostic Interview Schedule (DIS).
- B: however, research with another group of American Indian veterans in the North Central region (N = 557) found that a relatively low percentage of respondents (42 percent) had gambled five or more times during their lives (Westermeyer et al., 2008).
- C: significantly higher rate of pathological gambling in the former (a 10 percent lifetime rate) than in the latter (4 percent), according to DSM-IV criteria assessed using the Quick– Diagnostic Interview Schedule (DIS).
- D: B and C

24. Methamphetamine use disorders may be an even greater problem for American Indians and Alaska Natives living in _____ than for those living in most _____ areas.

- A: rural areas --- urban areas
- B: south areas --- plain areas
- C: urban areas --- rural areas
- D: urban areas --- suburban areas

25. May and Gossage (2001) found that in their sample (N = 1,436), drawn from four tribes in the Northern United States, drinking was _____ in individuals over the age of 50 (57.1 percent of men, and 43.8 percent of women drank) but _____ as among younger individuals

- A: not as common --- common
- B: common --- uncommon
- C: common --- common
- D: common --- not as common

26. Yu and Stiffman (2010) investigated the role of two known protective factors (i.e., positive family relationships and religious involvement) in relation to symptoms of illicit drug use disorders in American Indian and Alaska Native adolescents (N = 401). They found that

- A: the systematic positive family relationships mitigated the effects that having family members with SUDs, being the victim of violence, and having a negative school environment had in increasing the risk for developing SUD symptoms
- B: having a stronger religious affiliation mitigated the effect that peers engaging in prosocial activities (e.g., substance use, gang

membership, criminal activity) had on reducing the benefit of positive family relationships

- C: having a stronger religious affiliation mitigated the effect that peers engaging in deviant activities (e.g., substance use, gang membership, criminal activity) had on reducing the benefit of positive family relationships
- D: A and C

27. Whitbeck, Chen, Hoyt, and Adams (2004) found, in their sample of 452 American Indian parents and caretakers from tribes in the upper Midwest United States, that thinking more often about different types of _____ (e.g., loss of land, loss of language) was associated with increased rates of alcohol abuse (as defined by the DSM-III-R) among women, but not men

- A: historical loss
- B: All of the above
- C: cross cultural loss
- D: temporal loss

28.

have all been identified as protective factors for SUDs in American Indians and Alaska Natives

- A: stronger cultural identity
- B: stronger spiritual or religious beliefs (from either Christian or American Indian and Alaska Native spiritual practices),
- C: a greater connection with tradition and traditional practices
- D: All of the above

29. Kaufman et al. (2013) cautioned that economic factors alone (i.e., income, employment) do not capture the complexity of community differences in American Indian and Alaska Native cultures. The researchers analyzed rates of risk factors for depression among different communities (organized by census block groups) in the AI-SUPERPPF and found that

- A: economic differences only explained a small part of the variation in depression rates among different communities
- B: economic differences explained most of the variation in depression rates among different communities
- C: economic differences explained all of the variation in depression rates among different communities
- D: None of the above

30. Justice Department data from 1994 through 2010 indicated that American Indian and Alaska Native women were _____ likely than members of other major races/ethnic groups to be victims of rape or sexual assault, although small numbers of cases in each of those years mean that statistical significance cannot be attributed to those differences (Planty, Langton, Krebs, Berzofsky, & Smiley-McDonald, 2013).

- A: just as likely
- B: less
- C: more
- D: None of the above

31. Breiding, Chen, and Black (2014) reported findings from 9,970 women and 8,079 men interviewed in 2010 for the National Intimate Partner and Sexual Violence Survey. According to this survey,

- A: American Indian and Alaska Native women were significantly more likely to be victims of intimate partner violence than were White American women
- B: B and C
- C: American Indian and Alaska Native women were significantly as likely to be victims of intimate partner violence as were White American women
- D: American Indian and Alaska Native men and women were more likely to be victims of intimate partner violence than were men and women from other major racial/ethnic groups

32. Traditional ceremonies that focus on mourning and coping with grief, such as, may benefit communities that are coping with the lasting effects of historical trauma (Brave Heart & DeBruyn, 1995).

- A: the Crying of the Wolf and Releasing of the Spirits ceremonies
- B: the Wiping of the Tears and Releasing of the Demons ceremonies
- C: the Birth of the Moon and Releasing of the Spirits ceremonies
- D: the Wiping of the Tears and Releasing of the Spirits ceremonies

33. According to the reading, some research conducted with Vietnam veterans (Beals et al., 2002) also concluded that American Indians and Alaska Natives were more likely than members of some other racial groups to develop _____ as a result of trauma exposure.

- A: GAD
- B: Psychosis
- C: Depression
- D: PTSD

34. Ehlers and Gizer (2013) reviewed research published prior to 2012 that has identified genes that increase risk for SUDs and related factors, such as craving and tolerance in American Indian and Alaska Native populations, but none of the factors thus identified are _____ to American Indians and Alaska Natives

- A: related
- B: unique
- C: iatrogenic
- D: none of the above

35. The higher rate of methamphetamine use among rural, but not urban, American Indian women found in Zahnd and Klein's (1997) study may also not be accurate in all areas, because Spear et al. (2007) found a _____ increase in the number of American Indian women entering SUD treatment in Los Angeles between 2000 and 2005 who reported methamphetamine as their primary drug

- A: large reduction
- B: nonsignificant
- C: steady
- D: large increase

36. The category of Alaska Natives includes four recognized tribal groups (Ogunwole, 2006):

- A: Alaskan Athabascan, Isai, Eskimo (Inupiat and Yuit), and Tlingit-Haida and many more independent communities
- B: Alaskan Athabascan, Aleut, Eskimo (Inupiat and Yuit), and Tlingit-Haida and many more independent communities
- C: Alaskan Isais, Aleut, Eskimo (Inupiat and Yuit), and Tlingit-Haida and many more independent communities
- D: none of the above

37. Being a victim of sexual abuse in childhood was associated with significantly higher HIV rates and riskier sexual behaviors for _____ who used illicit drugs (Cedar Project Partnership et al., 2008)

- A: First Nations people in Canada
- B: Alaskan Athabascan
- C: North plain Natives
- D: all of the above

38. Several studies have found that, compared with American Indian and Alaska Native men, American Indian and Alaska Native women are significantly more likely

- A: to experience major depression
- B: to experience PTSD
- C: to experience psychosis
- D: A and B

39. Among participants in the AI-SUPERPPF who reported currently abstaining or drinking less than they had in the past, the response most commonly provided when asked what helped them to cut down on or stop drinking was _____ responsibilities, which was cited by 18.2 percent of participants (Bezdek, Croy, & Spicer, 2004)

- A: work
- B: school
- C: casual
- D: childcare

40. Ethnographic interviews with American Indians who were homeless in the Tucson, AZ, and San Francisco, CA, areas found that most faced _____ homelessness and not chronic homelessness

- A: semi-annual
- B: episodic
- C: continuous
- D: bi-annual

41. Despite high rates of mental disorders and SUDs among American Indian and Alaska Native peoples, research evaluating particular treatment interventions for this population is _____ (Gone & Trimble, 2012; Villanueva, Tonigan, & Miller, 2007)

- A: advancing rapidly
- B: nonexistent
- C: outdated
- D: limited

42. Perceptions of _____, which may be greater in relation to mental disorders than SUDs, may affect the use of behavioral health services by American Indians and Alaska Natives (Grandbois, 2005; IHS, 2011).

- A: ingratitude
- B: ageism
- C: negativism
- D: prejudice

43. To improve treatment participation among American Indians and Alaska Natives, providers may consider making greater outreach to other

- A: healthcare providers and to traditional American Indian and Alaska Native healers
- B: healthcare providers and to non-traditional American Indian and Alaska Native healers
- C: healthcare providers and to traditional American Indian and Alaska Native healers
- D: A and C

44. Some research suggests that the factors associated with treatment dropout for American Indian and Alaska Native clients are _____ those of SUD treatment clients in general

- A: similar to
- B: Different from
- C: Exactly the same as
- D: Unrelated to

45. In an evaluation of the oft-used Short Michigan Alcohol Screening Test (SMAST), Robin et al. (2004) found that significantly _____ cutoff scores were required to demonstrate acceptable levels of specificity for men and women from Southwest and Northern Plains tribes

- A: higher
- B: lower
- C: different
- D: none of the above

46. Pollack and Shore (1980) found little _____ in MMPI scores among subgroups of American Indians and Alaska Natives (e.g., by age, gender, diagnosis) and also found that it was unable to distinguish certain diagnoses in that population (e.g., distinguishing nonpsychotic depression from schizophrenia).

- A: fidelity
- B: variation
- C: substance
- D: increases

47. As Wexler and Gone (2012) observed, the meaning of suicide may be different in American Indian and Alaska Native cultures from how it is perceived in mainstream American culture; suicide may be understood as a _____ rather than as a purely personal act

- A: "internal expression of collective pain"
- B: "restricted expression of collective pain"
- C: "public expression of intolerable pain"
- D: "public expression of collective pain"

48. Various other suicide prevention programs for American Indian and Alaska Native youth and adults have been developed and may be available for implementation. These include and the Zuni Life Skills Development program (LaFromboise & Howard- Pitney, 1995), which has been implemented with members of other American Indian and Alaska Native tribes as

- A: the American Indian Survival Skills Development program (LaFromboise & Lewis, 2008)
- B: the American Indian Life Skills Development program (LaFromboise & Lewis, 2008)
- C: SAFETY
- D: Dialectical Behavior Therapy for Adolescents (DBT-A)

49. American Indian and Alaska Native models of health also place greater importance on _____, rather than competition and fulfilling individual goals (Duran, 2006; Garrett, 1999)

- A: family
- B: community
- C: social harmony and harmony with nature
- D: All of the above

50. Research conducted with a general population sample (i.e., not individuals with diagnosed disorders) of American Indians from the northern Midwest found that respondents preferred more informal to more formalized behavioral health services and preferred services delivered _____ (Walls et al., 2006)

- A: on outpatient settings to those delivered elsewhere
- B: on their reservations to those delivered elsewhere
- C: on inpatient settings to those delivered elsewhere
- D: All of the above

51. LaFromboise (1992) had 43 American Indian and Alaska Native students evaluate three different types of responses to a client seeking behavioral health assistance: these responses expressed (1) affinity with the client, usually by disclosing personal information; (2) asking for clarification; or (3) helpful advice or suggestions for client behavior or actions. Which one/s is true?

- A: the Student raters tended to find helpful statements clear, direct, and concrete.
- B: the Student raters tended to find helpful statements dominant, mistrusting, or hostile.
- C: on the other hand, affinity and clarification responses were most often rated as agreeable and nurturing.
- D: B and C

52. Jackson, Schmutzer, Wenzel, and Tyler (2006) authors suggested that CBT interventions for American Indians and Alaska Natives be modified so that; that; that; that treatment incorporate family and community when possible; and that.

- A: the degree to which clients are encouraged to label thoughts and feelings in an abstract manner is limited
- B: linear cause-and-effect relationships between thoughts and feelings be deemphasized
- C: clinicians can be more flexible regarding the length and frequency of sessions
- D: the focus on personal autonomy in behavior change be reduced
- E: All of the above

53. For many American Indians and Alaska Natives, family is not limited to the nuclear family and may include a large network of relatives and family friends (Paniagua, 1998). For this, among other reasons, _____, an approach that makes use of family as well as friends and other community members, appears to be promising for American Indian and Alaska Native clients.

- A: Community Therapy
- B: Extended Family Therapy
- C: Network Therapy
- D: None of the above

54. American Indians and Alaska Natives with anxiety disorders or depression are _____ to be prescribed psychoactive medications as are White Americans and are more likely to receive them than members of other ethnic/racial groups (Carragher et al., 2010; Givens et al., 2007; Hunt et al., 2013).

- A: more likely
- B: about as likely
- C: less likely
- D: much less likely

55. Some other research mostly conducted with American Indian and Alaska Native youth suggested that involvement in traditional cultural practices can reduce _____ (Chandler & Lalonde, 2008; Howard et al., 1996; Yoder, Whitbeck, Hoyt, & LaFromboise, 2006), as can a stronger commitment to cultural spirituality (Garrouette et al., 2003).

- A: psychosis
- B: suicide risk
- C: homicide risk
- D: binge eating

56. _____ information is available on the use of traditional healing to address mental disorders, but some anecdotal studies have suggested that it can be effective

- A: much
- B: little
- C: a lot of
- D: none of the above

57. The AI-SUPERPPF found that substantial numbers of American Indians sought help from traditional healers for mental disorders and SUDs, with a _____ use of such healers among participants from the Southwest sample than from the Northern Plains sample (Beals, Novins, et al., 2005, Beals et al., 2006).

- A: lower
- B: greater
- C: similar
- D: none of the above

58. Research with Alaska Natives in recovery found that _____ group participation was more common than participation in a formal SUD treatment program, but many individuals who were in recovery participated in neither (Mohatt et al., 2008)

- A: coping skills
- B: DBT
- C: CBT
- D: 12-Step

59. Gilder, Lau, Corey, and Ehlers (2008) assessed a nonclinical sample of 580 American Indians and Alaska Natives from eight contiguous reservations in California using the SSAGA and found that 254 met criteria for a lifetime diagnosis of alcohol dependence. However, in _____ percent of those cases, the alcohol dependence was in remission at the time of the assessment.

- A: 59
- B: 49
- C: 69
- D: 39

60. In 2015, approximately 70.2 percent of American Indians and Alaska Natives had Internet access at some location (less than the percentage of White Americans or Asian Americans but more than that of African Americans or Latinos), but only _____ percent access at home (the smallest percentage of any major racial/ethnic groups; DOC, NTIA, & ESA, 2016)

- A: 49.99
- B: 45
- C: 59.9
- D: 23