



SFBLF — Mental Health & Diabetes in Youth eLearning Course

Completion Certificate — Qualifying Quiz

If you would like to receive a Completion Certificate for this Course, please provide the following data and respond to all Quiz questions. At the end, click on the 'Submit' button. Your response will be forwarded automatically to SFBLF for scoring. A score of 75% or more is required for the Certificate to be awarded. Quiz questions are related to each Module of the Course.

It is recommended you complete all 5 Modules before attempting to answer the questions.

Contact and Certificate Data

First name or initial	Second name or initial	Surname	Credentials (e.g., RN, MD, PhD)
Email address			
Town/City	Province/State/Territory	Country	
Organization Affiliation [e.g., St. Hilda's Hospital or Diabetes Educators Association]			

MOD A: Setting the Context — QUIZ Questions:

A1. In which year was the first insulin injection given to a patient suffering from Type 1 diabetes?

- 1920
- 1921
- 1922
- 1923

A2. Which of the following is not considered to be a 'common' form of diabetes?

- Gestational
- Maturity Onset Diabetes of the Young (MODY)
- Type 2

A3. The number of adults (age 20 -79) estimated to be living with diabetes worldwide at the end of 2015 is:

- 382 million
- 415 million
- 640 million

A4. Which of the following types of diabetes is an auto-immune disease?

- Type 2
- Gestational
- Type 1
- None of the above

- A5. Which of the following is most representative of the probable number of people living with diabetes who are not aware of their condition?
- 10%
 - 30%
 - 40%
 - 70%
- A6. In which demographic would you expect to find higher diabetes prevalence rates?
- Urban
 - Rural
- A7. Which of the following is most representative of the estimated % of the global health expenditure due to diabetes and its complications?
- 5%
 - 12%
 - 20%
- A8. Which of the following statements is true?
- Symptoms of Type 2 diabetes are always evident at time of diagnosis
 - Symptoms of Type 2 diabetes usually develop rapidly
 - Hyperglycemia is the term used to describe a well above 'normal' blood glucose concentration
 - None of the above

MOD B: DIABETES IN YOUTH — QUIZ QUESTIONS:

- B1. Which of the following is most indicative of the number of Type 2 cases in youth that are accompanied by an over-weight or obesity condition?
- 25% – 35%
 - 40% – 60%
 - 70% – 80%
 - 85% – 95%
- B2. Attempts to compare surveillance data for youth living with diabetes are confounded by which of the following parameters?
- Age ranges used
 - Availability of gender distinctions
 - Absence of ethnicity data
 - All of the above
- B3. Which one of the following ethnic groups might be expected to have a lower prevalence of diabetes than the others?
- Aboriginal
 - First Nations, Inuit and Metis
 - White Caucasian
 - Maori
- B4. Which of the following statements regarding medical complications arising for youth living with diabetes is NOT true?
- Always develop very quickly
 - Somewhat dependent on length of time diabetes has been present
 - Can be accelerated by poor management of blood glucose levels

- B5. Which of the following statements regarding relative risk of developing Type 2 diabetes-related complications is true?
- Youth with Type 2 diabetes may have a higher risk for developing complications than do adults with diabetes
 - Youth with Type 2 diabetes have a much higher risk of developing early diabetes associated complications than those with Type 1
 - Type 2 diabetes in youth can be more severe than Type 1 diabetes in youth
 - All of the above
- B6. Which of the following is most representative of the number of cases of Type 2 diabetes that could be prevented or at least delayed?
- 10%
 - 30%
 - 40%
 - 70%
- B7. There are several different types of tests used in the diagnosis of diabetes. Which of the following does NOT measure blood glucose level at 'a point in time'?
- Fasting Blood Glucose test
 - Random Blood Glucose test
 - HbA1c (A1c)
 - Oral Glucose Tolerance test
- B8. Being diagnosed with diabetes requires adjustments, the acquisition of new knowledge, changes in family routines, new approaches to diet and constant vigilance...all of which can combine to create stress and various psychological problems. The time to adapt is highly variable but which of the following is most representative of the likely elapsed time based on reported studies?
- 6 months
 - Up to a year
 - Several years

MOD C: MENTAL ILLNESS IN YOUTH — QUIZ QUESTIONS:

- C1. Which of the following best describes the number of types of mental illness included in the International Classification of Diseases?
- Less than 300
 - More than 400
 - 200 to 325
- C2. A number of misconceptions exist in the general population regarding the nature of mental illness. Which of the following statements about mental illness is true?
- Affects only selected ages, income levels and cultures
 - Is a life sentence
 - People with mental illness are more violent and dangerous
 - None of the above
- C3. Severe mental illness can occur before one reaches the mid-twenties. Which of the following is most representative of the % of cases occurring in that timeframe?
- 75%
 - 90%
 - 40%
 - 25%

C4. Surveillance data for youth with a mental disorder is generally easier to find than data for youth living with diabetes but comparisons can be confounded by which of the following factors?

- Age ranges studied
- Types of mental disorders included
- Gender anomalies
- All of the above

C5. Of the following statements, which is not correct?

- Anxiety and eating disorders are often comorbid with diabetes in youth
- Substance mis-use such as alcohol, smoking and designer drugs are health-risk factors that appear frequently in association with mental illness
- Depression and diabetes stress are the same thing
- Comorbid mental disorders and diabetes increases the difficulty of achieving disease self-management capability for a youth

C6. There are 3 levels of preventative intervention to help protect youth from the onset of mental disorders before treatment is required; universal, selective and indicated. Which of the following is an example of selective intervention?

- Substance abuse program within a school
- Program to develop social and coping skills
- Support group for children exposed to violence
- Treatment of a diagnosed mental disorder

C7. Which of the following is most representative of the number of cases of childhood mental disorders that can be treated successfully by getting help early?

- 15%
- 30%
- 70%
- 85%

C8. The gap between the need for treatment of mental disorders and its provision is large all over the world. In low income countries 75% to 85% of the people with severe mental disorders receive no treatment. What is the comparable range for high-income countries?

- Less than 10%
- 15% – 25%
- 35% – 50%
- 60% – 70%

MOD D: DIABETES & MENTAL ILLNESS TOGETHER IN YOUTH - QUIZ QUESTIONS:

D1. Which of the following is an incorrect statement about the bi-directional effect of obesity??

- Can lead to Type 1 diabetes
- Can lead to Type 2 diabetes
- Can lead to mental disorders for Type 2 youth

D2. A mental disorder does not affect the risk of developing Type 2 diabetes.

- True
- False

D3. Living with Type 1 or Type 2 diabetes can lead to mental disorders.

- True
- False

- D4. Some medications used to treat mental illness can affect diabetes management. Which of the following is an incorrect statement of the impact?
- Lead to rapid weight gain
 - Change glucose and lipid metabolism
 - Improve glycemic control
- D5. Which of the following statements is not correct?
- Anxiety and eating disorders are often comorbid with diabetes
 - Diabetes stress and depression are the same thing
 - Dizziness could be a sign of a low blood glucose level
 - Persistent agitation could be a sign of high blood glucose level
- D6. Which of the following are potential reactions by a youth suffering from Diabetes Stress?
- 'Forget' or avoid taking insulin or meds
 - Revert to unhealthy eating habits
 - Become self-destructive
 - All of the above
- D7. When selecting a practical 'focus of care' for a youth living with comorbid diabetes and a mental health disorder, which of the following would NOT apply?
- Regular screening for complications
 - Surveillance
 - Disease-specific treatment
- D8. Which of the following statements are correct?
- Existing best practices guidelines for youth living with mental disorders and diabetes require careful interpretation in context.
 - More cross-trained (diabetes and mental disorders) health care providers are required.
 - A developmental stage approach is essential when planning for delivery of care for a youth living with diabetes and a comorbid mental disorder
 - All of the above

MOD E: PREPARING YOUTH AND THEIR FAMILY FOR TRANSITION - QUIZ QUESTIONS:

- E1. 'Transition' and 'transfer' are synonymous.
- True
 - False
- E2. 'Transition success' means the responsibility for provision of health care has been transferred from the pediatric to adult health care system.
- True
 - False
- E3. Transition for youth living with a mental disorder is easier than for those living with diabetes.
- True
 - False
- E4. Transition continuity for youth is a well established reality for both types of diabetes and for mental disorders.
- True
 - False

E5. Which of the following is required in support of youth facing 'transition'?

All

Improved access to mental health care providers

More attention from health care policy makers

Improved information transfer processes

More evidence-based research

E6. Which of the following is not an accurate statement?

Disease self-management for mental disorders is a relatively 'new' idea

Comorbidities can affect motivation and reduce learning capability

Shared management and age-appropriate approaches are secondary transition planning considerations

All of the above

E7. Which of the following factors has the potential to require 'transfer delay' from the pediatric to adult health care system?

Age at diagnosis

Comorbid diabetes and mental disorder

Treatment progress

All of the above

E8. Which of the following are essential safeguards to help ensure transition continuity?

Scheduled post-transfer status reviews

Early introduction of the youth to the adult health care provider

'Reach-back' contact data for the youth

All of the above

CONFIRMATION *

I confirm that the personal information given in this form is true, complete and accurate.*

Please re-type your full name. *

Date *