

CME Questions:

1. What is the primary mechanism by which Black people have worse mental health outcomes?
 - a. Higher prevalence of most mental illnesses
 - b. Black people do not experience mental illness because they are resilient
 - c. Black people tend to delay treatment seeking and may present when symptoms are more severe or chronic
 - d. Black people naturally have worse mental health outcomes because of their race

Answer: c

2. What is an effective and at times definitive treatment for treatment resistant depression that is less often available to underserved populations?
 - a. Sertraline
 - b. Escitalopram
 - c. Paroxetine
 - d. Electroconvulsive therapy

Answer: d

3. What is the difference between cultural competency and cultural humility?
 - a. There is no difference between these two terms
 - b. Cultural competency often includes a perception of mastery, whereas cultural humility often includes the notion of lifelong learning
 - c. Cultural competency has a more important role in improving health equity, whereas cultural humility has a less important role
 - d. Cultural competency is an academic endeavor, whereas cultural humility is a community endeavor

Answer: b

4. Majority of Black immigrants living in the United States have their origins in what area?
 - a. African and Caribbean countries
 - b. Asia and African countries
 - c. South American countries
 - d. European countries

Answer: a

5. Which of the following is a mechanism by which discrimination affects health status?
 - a. Discrimination is a social experience that does not have any biological impact on the body
 - b. Discrimination only affects people who allow it to affect them

- c. Black people who attain resilience are not affected by discrimination
- d. Perceived lifetime discrimination was associated with attenuated endothelial recovery from acute mental stress

Answer: d

6. In what way can depression stigma affect older Black adults?
- a. As Black adults get older, they are less likely to experience depression or depression stigma
 - b. Older Black adults with depression are less likely to feel comfortable seeking mental health services
 - c. Age is protective against depression and depression stigma for Black adults and other minorities
 - d. Depression stigma is dependent on ethnicity only

Answer: b

7. What form of stigma may have a higher prevalence among older Black adults with depression?
- a. Anticipated stigma
 - b. Universal stigma
 - c. Internalized stigma
 - d. Stigma is not present among Black adults in general

Answer: c

8. Which of the following factors is known to reduce implicit bias among medical professionals?
- a. Positive emotion
 - b. Taking a cultural competency course right before every hospital shift
 - c. Neutral emotion
 - d. Asking all Black patients if they are housing insecure at every visit

Answer: a

9. What is the difference in suicide rates among Black children and white children (ages 5-11)?
- a. There are no ethnic/racial differences in suicide rates among children

- b. Suicide rates among Black children has been shown to be higher than among white children.
- c. Black children experience hardships throughout childhood so they are more resilient and do not experience suicidal thoughts
- d. Black children have easy access to mental health resources, therefore have lower suicide rates

Answer: b

10. What is the difference in prevalence of depression between Black and white people?
- a. Black people have a higher prevalence of depression compared to white people
 - b. Black people do not experience depression
 - c. Black people have a lower prevalence of depression compared to white people
 - d. Black people have the same prevalence of depression compared to white people

Answer: c