

Mood Distress Quiz Answers

1. Which approaches are most appropriate for distressed mood? (Choose two that best apply)
a. Try to find out why the person is upset; and d. Ask the person/family what they need.
2. When developing a care plan, it is best to only try one new intervention at a time.
False. Implementing a range of interventions from the interdisciplinary team supports the person to cope and provides relief. Interventions are more than medications and include supportive strategies such as a warm blanket, music, and gardening.
3. Feelings of loneliness can occur if a person: (choose three answers that best apply)
a. Has trouble hearing or seeing; b. Is physically isolated e.g., quarantine; and d. Speaks a language that others in the environment do not speak
4. Social interactions during meals are distracting and decrease intake of food and fluids.
False. Mealtime interactions reduce loneliness and anxiety and improve quality of life.
5. To know if an intervention is working, look for: (choose the best answer)
e. All the above. Each member of the interdisciplinary team that trialed an intervention should conduct a reassessment to support safety and determine if it was effective at reducing distress.
6. Common contributors to mood distress include: (choose four answers that best apply)
a. Pain; c. Medication side effects; d. Sleep interruptions; and e. Frustration with unit routines.
7. The first step to address mood distress is: (choose the best answer)
a. Recognize a change or persistent problem.
8. Which of the following are objective descriptions of behaviours? (Choose two that best apply)
b. Asks both staff and a friend to bring in personal belongings; and c. States “I’m scared” or “I feel anxious”
9. The times to consider a consult are for: (choose the best answer)
a) Chronic illness, needing a specialist
b) Urgent issues or safety risks, including suicidal thoughts
c) When you have tried a range of interventions and not been successful in decreasing distress
d) All the above
10. Factors to consider when putting mood interventions into place: (Choose the best answer)
a. Consider when to reassess to see if things are getting better
b. Monitor for changes frequently e.g., check in during the shift
c. Use standardized assessment tools to measure improvements (e.g., behaviour map, Cornell Screen for Depression in Dementia)
d. Learn from what works, and what doesn’t work – and make adjustments
e. All the above

