

# Mood Distress Quiz

- 1. Which approaches are most appropriate for distressed mood?**  
(Choose two answers that best apply)
  - a. Assume it's depression
  - b. Treat with medication
  - c. Try to find out why the person is upset
  - d. Ask the person or the family what they need
- 2. When developing a care plan, it is best to only try one new intervention at a time.**  
True or False?
- 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
  - c. Has diabetes
  - 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.**  
True or False?
- 5. To know if an intervention is working, look for:** (choose the best answer)
  - a. better sleep
  - b. less anger and resistance to care
  - c. more participation in activities
  - d. less calling out (repetitive vocalization)
  - e. all the above
- 6. Common contributors to mood distress include:** (choose four answers that best apply)
  - a. pain
  - b. activities the person enjoys
  - c. medication side effects
  - d. sleep interruptions
  - 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
  - b. Report and document observations e.g., using a behaviour map
  - c. Conduct interdisciplinary assessment
  - d. Identify and implement interventions



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8. **Which of the following are objective descriptions of behaviours?** (Choose two that best apply)
- a. Manipulative
  - b. Asks both staff and a friend to bring in personal belongings
  - c. States “I’m scared” or “I feel anxious”
  - d. Demanding and needy
  - e. Sundowning
9. **The times to consider a consult are:** (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 have 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

