

POLLS FOR INSTRUCTOR-LED COURSE COMPONENT

Correct answers are highlighted in [blue text](#).

Session 1

Depression and Anxiety Poll

Question One:

Pick an evidence based psychological therapy used in the treatment of depression and anxiety

(multiple choice)

Answers to pick from

St John's Wort

[Cognitive behaviour therapy](#)

Electroconvulsive therapy (ECT)

Motivational Interviewing

[Cognitive behaviour therapy](#) is a treatment provided for both depression and anxiety. If participants select 'electroconvulsive therapy' or 'St John's wort' explain that these are used for depression only.

Question Two:

Antidepressant medication can be helpful in the treatment of both depression and anxiety

[True](#)

False

Question Three:

Depression can be a side effect of certain medications

[True](#)

False

Question Four:

The median age of onset for anxiety disorders is 15

[True](#)

False

Question Five:

The symptoms of a panic attack resemble the symptoms of a heart attack

True

False

Question Six:

Which of the following lists 3 warning signs of suicide

(multiple choice)

Answers to pick from

- Feeling a bit down, sleeping more than usual, eating too much chocolate
- Having an extra glass of wine at dinner, irritability, feeling anxious
- [Verbalising wanting to kill themselves, hopelessness, dramatic change in mood](#)
- Worrying thoughts, headaches, withdrawing from friends

[Refer to p. 121 in the MHFA Manual for other important warning signs.](#)

SESSION TWO

Psychosis poll

Question One:

Which of the following are types of psychotic illnesses? (You can pick more than one answer)

(multiple choice)

[Drug Induced psychosis](#)

Social Anxiety disorder

[Schizophrenia](#)

[Schizoaffective disorder](#)

Question Two:

Delusions are fixed false beliefs

True

False

Question Three:

During a severe psychotic state, a person can experience delusions and hallucinations that cause them distress

True

False

BLENDING ONLINE MHFA WORKPLACE ANSWER SHEET FOR INTERACTIVE POLLS



Question Four:

If someone is experiencing delusions you should tell them they are experiencing irrational thoughts and need to think more logically and rationally about things

- True
- False

Question Five:

An MHFAider should communicate clearly, concisely and be prepared to repeat themselves when using ALGEE to help someone who appears to be experiencing psychosis

- True
- False