

Mental health and HIV: self-assessment quiz

Test your knowledge and understanding by completing this quiz. You could do this before reading the article and then return afterwards to see how much you have learnt.

Add the completed quiz to your professional portfolio as evidence of your learning and remember to record the number of CPD hours spent.

- The 'Time to Change Campaign' aims to address predominantly which one of the following issues?
 - Improving access to treatment for mental ill-health
 - Tackling stigma through changing attitudes towards mental health
 - Campaigning for the rights of those detained under The Mental Health Act
 - Raising the profile of the mental health needs of the elderly
- The 'Five Year Forward Plan' focuses on which of the following key points? (tick all that apply)
 - Improving mental health services for children
 - Physical and mental health services are seen as equally important
 - Mental health awareness in elderly care provider settings
 - Training and developing peer support services
 - Prioritising the tackling of mental health inequalities
- In relation to current trends which of the following statements are true? (tick all that apply)
 - There has been a 20% increase in self-harming in the last ten years
 - There has been a 50% increase in self-harming in the last ten years
 - 1 in 6 adults have a common mental disorder
 - Young males have emerged as a high-risk group
 - Men are more at risk of suicide
- Which of the following nutritional deficiencies have been shown to be associated with low mood? (tick all that apply)
 - Vitamin C
 - Omega-3 fatty acids
 - Caffeine
 - Vitamin B12
- The 'flight and fight' response: complete the following sentences.
The.....nervous system causes release of the 'stress hormone' from the.....glands as a result of perceived threat. This hormone causes an increase in theand.....rate as well as gastrointestinal effects such asand
- The abbreviation 'EMDR' stands for which one of the following?
 - Electro-magnetic depression readjustment
 - Electrical mood desensitisation and reprocessing
 - Eye movement disturbance reprogramming
 - Eye movement desensitisation and reprocessing
- List *three* potential health-related outcomes that may result in PLWH who are also experiencing depression?
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- Risks for HIV-associated dementia (HAD) include which of the following factors? (tick all that apply)
 - Younger age at diagnosis
 - Low BMI
 - Family history of dementia
 - Late HIV diagnosis
- Give *two* possible factors that may co-exist and make HIV-related cognitive impairment more difficult to diagnose?
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- BHIVA recommends which of the following in relation to screening for PLWH? (tick all that apply)
 - All PLWH should be screened for the presence of mental health problems within *6 months* of their diagnosis
 - All PLWH should be screened *annually* for mental health problems (after initial assessment)
 - PLWH should be screened for cognitive difficulties *immediately* on receiving an HIV diagnosis
 - PLWH should be screened for cognitive impairment within *3 months* of their diagnosis

Answers to the quiz can be found on page 53.