

“MEMORY AND ATTENTION ADAPTION TRAINING (MAAT)” (A337)

Videoconference Webcast

Original Broadcast Date: June 6, 2018

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

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Champion Commons Building, Third Floor
Pittsburgh, PA 15213**

Please answer the TRUE/FALSE or multiple choice questions

1. While the exact prevalence is unknown, research on cancer-related cognitive dysfunction (CRCD) estimates that:
 - A. 10% of cancer survivors have persistent cognitive problems after active treatment
 - B. Cognitive dysfunction is rare and is usually attributable to stress and emotional distress
 - C. About 50% of cancer survivors have persistent cognitive problems after cancer treatment
 - D. About 90% of cancer survivors have persistent cognitive problems after cancer treatment
2. CRCD is caused by:
 - A. Multiple factors including non-central nervous system cancer and inflammatory responses, chemotherapy, hormonal therapy and genetic vulnerability
 - B. Only chemotherapy agents
 - C. Only hormonal therapy agents such as tamoxifen
 - D. Causes and not know
3. Memory and Attention Adaptation Training (MAAT) is a _____ approach to CRCD.
 - A. Cognitive rehabilitation and repetitive practice
 - B. Mindfulness- meditation
 - C. Both A and B
 - D. Cognitive-behavioral therapy (CBT)

4. The 4 components of MAAT include:
 - A. Education about CRCD and re-attribution of CRCD symptoms, self-awareness, self-regulation and compensatory strategies
 - B. Education, Practice, Sleep Improvement and Exercise
 - C. Both A and B
 - D. None of the above
5. Which of the following are true:
 - A. The MAAT clinician is encouraged provide time for dialogue and assure the survivor understands, masters and applies a few, not all, compensatory memory and attention strategies.
 - B. The MAAT clinician should follow the MAAT clinician's manual but maintains flexibility to meet the concerns of the survivor and time or travel constraints she or he may have
 - C. The MAAT clinician under no circumstances should waiver from following the clinician's manual
 - D. All the above E. A and B only
6. The purpose of self-awareness (and self-monitoring) in MAAT is to:
 - A. Improve insight into the meaning of cancer survivors' lives
 - B. Identify specific environmental and internal antecedents to situations where survivor memory and attention failures may occur ("at risk situations").
 - C. Distract attention away from memory or attention failures
 - D. All the above
7. Survivors should learn and apply all compensatory strategies contained within MAAT? TRUE/FALSE
8. The diathesis-stress model on which MAAT is based suggests that:
 - A. CRCD-memory problems occur randomly or "out of the blue."
 - B. CRCD-memory problems and symptoms may be more prevalent at the end of the day.
 - C. Stress reactions are not significant in CRCD.
 - D. CRCD-memory problems are more likely to occur when the survivor is under greater perceived or actual performance demand)
9. In the MAAT Survivor Workbook, the intent of reviewing two tables listing common memory problems experienced by cancer survivors and healthy individuals is to:
 - A. Show survivors that they really don't have any more memory or attention problems than non-cancer survivors in order to cheer them up
 - B. To emphasize there are base rates of "normal forgetting"
 - C. To raise the thought-challenge that memory and attention problems can occur for many reasons which can include more controllable causes than cancer—such as inattentiveness, hunger, or tiredness
 - D. B and C

10. Self-regulation skills of progressive muscle relaxation/quick relaxation, activity scheduling and pacing, etc. are intended to cultivate optimal arousal for cognitive focus and encoding? TRUE/FALSE
11. CRCD cognitive impairments:
 - A. Tend to be progressive and worsen with age and time since active cancer treatment
 - B. Are often stress induced or related to fatigue
 - C. Are found in research to generally be mild to moderate and tend not to be progressive in most cases
 - D. All the above
12. The reason there is a “Maintenance Plan” at the end of MAAT is to:
 - A. Terminate and conclude MAAT treatment
 - B. Review all behavior and cognitive change and compensatory strategy mastery the survivor has made
 - C. Emphasize life, work, or social circumstances may change in the future that may require adopting and using some MAAT strategies that previously weren’t useful
 - D. A and B

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the “https://” text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T337-VC>

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General
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Social Work/LPC/LMFT (2.0 CREDIT HOURS)**

INSTRUCTIONS: In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address, and social security number clearly below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

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<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
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Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.