

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

## “The Impact of Social Isolation on Suicide” (A361)

Archived Webcast Training

Original Broadcast Date: July 15, 2020

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT  
Continuing Education Credit (1.0 credit hour)

**DIRECTIONS: Complete this test after viewing the 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 (CE) on the last page. Please note: A passing score of 80% or above is required to receive CE. After finishing, sign as indicated on the second page and return both forms by e-mail to: **Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).**

**Please pay for the CE credit at the link below. If you have any questions, please contact Nancy Mundy.**

### QUIZ

1. The scope of suicide includes
  - a. 10<sup>th</sup> leading cause of death (44,965)
  - b. one death by suicide every 11.7 minutes
  - c. 9.3 million adults with thoughts of suicide
  - d. 2.7 million adults made suicide plans
  - e. 1.3 million adults attempted suicide
  - f. All the above
  
2. The desire to die by suicide and the ability to make an attempt is increased by:
  - a. feeling like a burden to others
  - b. feeling lonely and disconnected
  - c. overwhelming fears related to pain, injury, or death
  - d. All the above
  
3. Risk factors for suicide include
  - a. recent attempts
  - b. past attempts
  - c. recent discharge from inpatient unit
  - d. family history of suicide
  - e. All the above
  - f. A-C only
  
4. There are both internal and external protective factors for suicide.
  - a. True
  - b. False

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

5. Protective factors for internal suicide include
  - a. optimism and hopefulness
  - b. positive coping skills
  - c. fear of death
  - d. sense of responsibility
  - e. supportive community
  - f. All the above
  - g. A-D only
  
6. The following factors and COVID-19 led to suicides
  - a. national anxiety
  - b. spending too much time with family
  - c. barriers and decreased access to mental health treatment and community support
  - d. firearm sales
  - e. All the above
  - f. A, C, D only
  
7. Protective factors for suicide include
  - a. engagement in therapeutic relationships and treatment
  - b. presence of pets
  - c. engagement in work or school
  - d. All the above
  
8. Tele-Mental Health, as a way to increase access to mental health care, is a prevention opportunities.
  - a. True
  - b. False
  
9. Individuals who consider suicide can
  - a. experience stressors or loss leading to feelings of humiliation, shame or despair
  - b. have current or symptomatic psychiatric illness
  - c. have inadequate coping skills
  - d. have a history of trauma
  - e. be impulsive
  - f. All the above
  - g. A-D only
  
10. Increases in suicide rates are linked to
  - a. increased social isolation
  - b. disappointment and concern regarding both social and economic well-being
  - c. themes related to loss and lack of connection and support
  - d. All the above

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC HOSPITAL

## “The Impact of Social Isolation on Suicide” (A361)

Archived Webcast Training

Original Broadcast Date: July 15, 2020

### APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General CEUs, CADC, NBCC, Psychologists, and Social Work/LPC/LMFT (1.0 CREDIT HOUR)

**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 and email address below.
2. Sign the statement affirming your attendance at the session.
3. Pay online at the link below.
4. Return documents via e-mail to Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).

If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).

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

---

Signature

Date Completed

PLEASE PRINT CLEARLY:

---

Name

---

Email address

---

Phone #

**TYPE OF CREDIT: Please Indicate Your Certification Needs**

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> Social Work (LPC/LMFT/LCSW, LSW)

**PAYMENT**

**\$30 - Go to the following link: [www.upmc.com/pay/EduConsSvcs](http://www.upmc.com/pay/EduConsSvcs)**

**Course ID: A361**