

OMB # 0925-XXXX

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MENTAL HEALTH KNOWLEDGE CHECK

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Knowledge check questions: Mental Health

1. Which of the following features of depressive disorders are NOT more common in men compared to women?
 - a. Irritability
 - b. Apathy**
 - c. Aggression
 - d. Anger

The correct answer is B. Irritability, aggression, and anger are more common in men, while apathy is more common in women.

2. Depression is a known risk factor for which of the following?
 - a. Coronary artery disease
 - b. Heart attack
 - c. Stroke
 - d. All of the above**

The correct answer is D. Depression is a known risk factor for all of these conditions.

3. Evidence suggests that women who experience postpartum or perimenopausal depression are vulnerable to the absolute levels of sex hormones.
- a. True
 - b. False**

The correct answer is B. Women who experience postpartum or perimenopausal depression are vulnerable to the changes in sex hormone levels, not the absolute level.

4. Genetic origins of autism spectrum disorder include which of the following? Select all that apply.
- a. Heritable mutations from either parent
 - b. More genetic mutations found in girls compared to boys diagnosed with autism
 - c. De novo mutations in genes important to neuronal development
 - d. De novo mutations in genes widely important to expression of other genes

All answers are correct

5. The Diagnostic and Presentation Bias Theory of autism spectrum disorder suggests that girls are underdiagnosed with autism spectrum disorder because:
- a. They are better able to mimic social behavior than boys, which may influence diagnostic bias of clinicians.**
 - b. ASD criteria are based on female-typical behaviors, leading to missed diagnosis in girls.
 - c. Girls show more repetitive behavior (e.g., extreme systematizing) than boys, but this behavior is often not interpreted as ASD symptomology
 - d. Clinicians more quickly conclude a girl has ASD than a boy

The correct answer is A. Girls are better able to mimic social behavior than boys, which may influence diagnostic bias of clinicians. Statements B, C, and D are incorrect: ASD criteria are based on male-typical behaviors, boys show more repetitive behavior (e.g., extreme systematizing) than girls, and clinicians more quickly diagnose ASD in boys.

6. Depression has a female predominance, with a female:male ratio of _____ during _____.
- 2:1; Early childhood
 - 4:1; Early childhood
 - 2:1; Adolescence and adulthood**
 - 4:1; Adolescence and adulthood

The answer is C. Depression has a 2:1 female:male ratio from adolescence through the fifth decade of life.

7. Studies of hormonal treatments for depression have shown what effects?
- Administration of estrogen and progesterone/progestin in postmenopausal women has been shown to increase the density of serotonin receptors.
 - Estradiol has been found to be effective at preventing clinically significant depressive symptoms among participants in the early menopausal transition.
 - Serotonin receptors may be affected by estrogen and progesterone.
 - All of the above**
 - A & B

The correct answer is D. All of the statements are correct.

8. Evidence for the Extreme Male Brain Theory includes which of the following?
- Brain volumes in males with autism are shifted towards normative females
 - Testosterone and other steroids are elevated in the amniotic fluid of fetal males that go on to develop autism compared to those not receiving the diagnosis.**
 - Males with XXY chromosomes demonstrate hypogonadism and a nearly 10-fold increase in autism prevalence
 - All of the above

The correct answer is B. Testosterone and other steroids are elevated in the amniotic fluid of fetal males that go on to develop autism compared to normative controls, providing evidence *for*

the Extreme Male Brain Theory. Statements A & C are evidence *against* the Extreme Male Brain Theory.

9. An animal model has been developed that uses _____ to prompt resident rodents to attack female intruders.
- a. **Male odorants**
 - b. Female odorants
 - c. Saccharine odorants
 - d. Sodium odorants

The correct answer is A. Male odorants have been used to prompt resident rodents to attack female intruders. Repeated attack elicits depressive-like symptoms in female rodents.

10. Which of the following parental factors have been shown to increase risk of autism?
- a. Paternal autism
 - b. **Maternal autism**
 - c. Young paternal age
 - d. Multiparity

The correct answer is B. Maternal autism, along with maternal autoimmune disorders and allergies, have been shown to increase risk of autism.