

**“MEN’S MENTAL HEALTH: NAVIGATING DEPRESSION OVER A MAN’S LIFETIME” (A331)**

Videoconference Webcast

Original Broadcast Date: December 13, 2017

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:

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

**TRUE/FALSE – Please indicate whether the statement below is true or false.**

1. Men tend to be diagnosed with internalizing conditions (e.g., depression, anxiety) more often than do women with similar presenting symptoms. TRUE/FALSE
2. Diagnostic criteria in the Diagnostic and Statistical Manual (DSM), 5<sup>th</sup> edition, are more specific to the experience of depression in men than in women. TRUE/FALSE
3. The diagnosis of major depressive disorder by the DSM requires the presence of pervasive depression of mood or anhedonia along with four other depressive features over the course of two weeks. TRUE/FALSE
4. Classical epidemiological studies of mental illness suggest an equal prevalence of major depression in women as men. TRUE/FASE
5. The prevalence of depression is higher in divorced or widowed men as compared to single (i.e., never married) or married men. TRUE/FALSE
6. By 2020, the World Health Organization predicts that major depression will reflect the second greatest cause of global illness. TRUE/FALSE
7. As compared to women, men are less likely to disclose symptoms of depression to others or use the word “depression” to describe mood changes, anhedonia, or neurovegetative symptoms. TRUE/FALSE
8. As compared to women, men are more likely to perceive the expression of depression as a “feminine” trait. TRUE/FASE
9. Alexithymia refers to a condition of excessive focus on articulating one’s own emotional state. TRUE/FALSE

10. In the group setting, men tend to respond more favorably to a focus on emotional experiences as opposed to cognitive or action-focused experiences.  
TRUE/FALSE
11. Male gender role strain refers to the self-assessment of inadequacy in the realm of traditional masculine norms, or a lack of connectedness to other men.  
TRUE/FALSE
12. As compared to mothers, fathers who experience postnatal depression tend to report onset of symptoms at a later stage of infancy. TRUE/FALSE

**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/T331a>**

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR  
General CEUs, CADC, NBCC, Psychologists, and  
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:

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date Completed**

**PLEASE PRINT CLEARLY:**

\_\_\_\_\_  
**Social Security Number (last five digits only)**

\_\_\_\_\_  
**Mailing Address**

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**City**

\_\_\_\_\_  
**State**

\_\_\_\_\_  
**Zip Code**

\_\_\_\_\_  
**Phone #**

\_\_\_\_\_  
**Email address**

**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"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

**PAYMENT ENCLOSED:**

\$30

Check # \_\_\_\_\_ (Check payable to OERP/WPIC)

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](mailto:mundynl@upmc.edu) or 412-204-9090.