

Dr. Sonya Lott, PhD. | Pandemic Related Loss and the Incidence of Prolonged Grief Disorder: Are We Prepared? (1 CE hour)

Quiz Questions:

1. Which of the following pandemic related factors is thought to explain self-disenfranchised grief?
 - a. Guilt about not having been able to be with a loved one when they were dying.
 - b. Not being able to hold funeral services with mourners present.
 - c. Increases in depression and anxiety that deplete an individual's emotional resources to grieve.
 - d. The lack of physical touch.

2. The _____ theory of grief states in coping with loss important to oscillate between loss orientation and restoration orientation.
 - a. Rando's Six "R" Process of Mourning
 - b. Five Stages of Grief
 - c. Worden's Four Tasks of Mourning
 - d. Dual Processing Model

3. Which of the following is NOT a criticism of the Five Stages of Grief model?
 - a. The concepts of the theory are too complex.
 - b. It doesn't address how individuals adapt to loss.
 - c. The theory is not empirically supported.
 - d. The expectation that a grieving individual should go through all five "stages" is harmful.

4. A primary symptom of prolonged grief is _____.
 - a. Vivid and disturbing dreams of the deceased that occur most every night for more than one week.
 - b. Repetitive memories of a loved who died at least one month ago.
 - c. Emotional numbness after the death of a loved that lasts more than 30 days.
 - d. An intense yearning for a loved one who died more than 12 months ago and that is present nearly every day for at least the last month.

5. Which of the following is NOT a derailer of the grief process?
 - a. Self-blame.
 - b. Counterfactual thinking.
 - c. Seeking the support of others.
 - d. Unresolved anger and bitterness.

6. One of the differences between major depression and grief is _____.
 - a. unlike during a major depressive episode, individuals in grief individuals are typically inconsolable.

- b. self-esteem usually remains intact with major depression.
- c. in major depression sadness tends to ebb and flow while with grief, sadness is contact.
- d. the predominant affect in grief is a sense of emptiness and loss, while major depression is characterized by a pervasive depressed mood and difficulty experiencing joy.