

CPSP Mental Health Screening Questionnaires Post-Test

Please circle the correct answer(s).

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

1. Ignoring mental health can contribute to chronic physical illnesses and a lower quality of life.
 - a.** True
 - b.** False

2. The PHQ-9 primarily assesses symptoms of:
 - a.** Depression
 - b.** Anxiety
 - c.** Mania
 - d.** Postpartum psychosis

3. Approximately 1 in 5 women experience a mental health condition during or after pregnancy:
 - a.** True
 - b.** False

4. When left untreated, mental health conditions can affect bonding, infant development, and even birth outcomes
 - a.** True
 - b.** False

5. All the following statements are true about screening questionnaires, *except*:
 - a.** They are brief
 - b.** Can diagnose
 - c.** Can be self-administered
 - d.** Focus on one or a few conditions

6. When using the PHQ-9, you must alert a provider if the score is above:
 - a.** 10
 - b.** 5
 - c.** 15
 - d.** 20

7. According to CPSP guidelines, the PHQ-9 should be completed
 - a.** At every visit
 - b.** Once each trimester
 - c.** Whenever the patient requests it
 - d.** Never

8. The GAD-7 is designed to assess symptoms of:
 - a. Depression
 - b. Anxiety
 - c. Mania
 - d. Postpartum psychosis
9. The PHQ-9 and GAD-7 both evaluate symptoms experienced over the past 2 weeks
 - a. True
 - b. False
10. Screening questionnaires are used for all the following *except*:
 - a. Making referrals
 - b. Diagnosing conditions
 - c. Identifying concerns that need further assessment
 - d. Notifying the provider

**Please submit your completed test to LA County CPSP:
Email: cpsp@ph.lacounty.gov**

**THIS SECTION TO BE COMPLETED
BY LA COUNTY CPSP STAFF**

Score: ____ / 10 = ____ %

Passing: ☐ YES ☐ NO

Follow-up call completed: ☐ YES