



Posttest

Diabetes Burnout: What is It, What Contributes to It, and How Do We Best Treat It?

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. Diabetes burnout is a state of what?
 - a. Mental exhaustion
 - b. Physical exhaustion
 - c. Emotional exhaustion
 - d. Mental, Physical & Emotion exhaustion
2. How many questions are included in the Diabetes Distress Scale?
 - a. 10 questions
 - b. 13 questions
 - c. 17 questions
 - d. 25 questions
3. What are the four areas of scoring for the Diabetes Distress Scale?
 - a. Emotional burden, physician-related distress, regimen-related stress & interpersonal distress
 - b. Emotional burden, physical exhaustion, physician-related distress & family distress
 - c. Emotional burden, physician-related distress, financial distress & family distress
 - d. Regimen-related stress, interpersonal distress, physical distress & physician-related distress
4. What percent of people with diabetes will experience diabetes distress in their lifetime?
 - a. 15-30%
 - b. 33-50%
 - c. 45-55%
 - d. 52-65%
5. What percent of mental health conditions and cases of severe psychological distress go undetected among people with diabetes?
 - a. 15%
 - b. 35%
 - c. 45%
 - d. 55%
6. People with type 1 diabetes are at a higher risk for what?
 - a. Other autoimmune diseases
 - b. Gestational diabetes
 - c. Chicken pox
 - d. Alcohol abuse

7. Rate of depression for people with diabetes?
 - a. No difference
 - b. 2 times
 - c. 3 times
 - d. 4 times
8. In women with type 1 diabetes, they are more at risk for what eating disorder?
 - a. Bulimia
 - b. Anorexia
 - c. Bing-eating disorder
 - d. Orthorexia
9. How many people with diabetes, who struggle with mental health diagnosis, get the proper diagnosis and treatment?
 - a. $\frac{1}{4}$
 - b. $\frac{1}{5}$
 - c. $\frac{1}{3}$
 - d. $\frac{2}{3}$
10. How do we best treat someone who is experiencing diabetes burnout?
 - a. Cognitive behavioral therapy
 - b. Dialectical behavioral therapy
 - c. Family therapy
 - d. CBT, DBT, Medication & Family Therapy