



Social Media's Impact on Mental Health and the Complicated Relationship for People with Diabetes

By Quinn Nystrom, M.S.

Credit: One (1) Continuing Education Credit Awarded

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

1. What was the recent U.S. Surgeon General's Advisory in regards to?
 - a) Dangers of cigarette smoking
 - b) Social media disinformation
 - c) Social media and youth mental health
 - d) Positive impact on social media

2. A study on college-aged youth found that limiting social media use to _____ minutes daily would improve depression severity?
 - a) 15 minutes
 - b) 30 minutes
 - c) 45 minutes
 - d) 60 minutes

3. Adolescents who spend more than _____ hours per day on social media face double the risk of experiencing poor mental health outcomes?
 - a) 1
 - b) 2
 - c) 3
 - d) 4

4. One study states that if a teen uses social media _____ times per day, it would predict poor mental health and well-being?
 - a) 3
 - b) 5
 - c) 7
 - d) 9

5. A study conducted with teens found that greater social media use predicted poor sleep, online harassment, poor body image, low self-esteem, and high depressive symptom scores for which gender?

- a) boys
- b) girls
- c) no difference
- d) non-conclusive

6. People with diabetes make an additional _____ decisions a day?

- a) 50
- b) 150
- c) 200
- d) 300

7. Less than ____ percent of people with diabetes and private health insurance used their DSME benefit within the first year after diagnosis.

- a) 50
- b) 35
- c) 14
- d) 7

8. What is the estimated percentage of those living with a chronic illness who do not take their medication as prescribed?

- a) 50
- b) 35
- c) 14
- d) 7

9. What percent of the diabetes population lives with type 2 diabetes?

- a) 25
- b) 50
- c) 75
- d) 95

10. The required daily treatment for someone with type 1 diabetes to maintain healthy blood sugars?

- a) Insulin
- b) Oral medication
- c) Diet
- d) Exercise