



## Depression During Challenging Times Quiz

Name: \_\_\_\_\_

**Member's** last four digits of SS # \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Date completed: \_\_\_\_\_

(Please circle one answer)

- 1) According to the National Institute of Mental Health, 7% of Americans or an estimated 20 million Americans experience clinical depression.  
**True False**
- 2) An overwhelming sadness felt almost daily, lasting at least two weeks or more is a sign that it is a disorder.  
**True False**
- 3) Which of the following is NOT considered clinical depression?  
**A. Major Depressive Disorder**  
**B. Postpartum Depression**  
**C. Adjustment Disorder**
- 4) Which two types of psychotherapy were named in the video?  
**A. Dialectical Behavioral Therapy & Psychoanalysis**  
**B. Cognitive Behavioral Therapy & Internal Family Systems**  
**C. Hypnotherapy & Art Therapy**
- 5) The right medication for your depression will, unfortunately, lower your creativity.  
**True False**

After watching the video, answer the questions above and submit your completed quiz to TeamstersCare via [wellness@teamsterscare.com](mailto:wellness@teamsterscare.com) or fax to 617-241-8168.