

Flex Therapist CEUs

Mindfulness Interventions in Physical Therapy

1. Which is a form of cognitive-behavioral therapy that combines mindfulness and behavior change strategies?

- A. Mindfulness-Based Stress Reduction
 - B. Acceptance and Commitment Therapy
 - C. Mindfulness-Based Cognitive Therapy
 - D. Cognitive Behavioral Therapy
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2. What effects can mindfulness practice have on the body?

- A. Decreased Heart Rate
 - B. Poor Emotional Regulation
 - C. Increased Systemic Inflammation
 - D. Increased Blood Pressure
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3. Which type of meditation involves systematically directing attention to different parts of the body, turning to sensations, and promoting relaxation?

- A. Breath Awareness Meditation
 - B. Body Scan Meditation
 - C. Guided Meditation
 - D. Mindfulness Meditation
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4. Which scenario might a physical therapist not implement mindfulness-based interventions?

- A. College Athlete with Performance Anxiety
 - B. Older Adult with Fear of Movement
 - C. A Young Adult with Four Years of Knee Pain
 - D. An Older Adult with Dementia Impacting Memory
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5. Which outcome measures a patient's perspective on how they value things like family, friendship, work, education, and spirituality on a ten-point scale?

- A. Values-Living Questionnaire
 - B. Five Facets of Mindfulness
 - C. Chronic Pain Acceptance Questionnaire
 - D. Philadelphia Mindfulness Scale
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6. Which is correct regarding statistical support for the benefits of Mindfulness in physical therapy?

- A. Statistically Significant Long-Term Benefits of Mindfulness**
 - B. Moderate Long-Term Benefit of Mindfulness**
 - C. Statistically Significant Short-Term Benefits of Mindfulness**
 - D. Little Short-Term Benefits of Mindfulness**
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7. Which of the following is not a mental health benefit of mindfulness practice?

- A. Improved Work Performance**
 - B. Improved Attention**
 - C. Stress Reduction**
 - D. Sleep Improvement**
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8. What action should a physical therapist take for a patient with chronic shoulder pain who exhibits fear of movement and symptoms of an anxiety disorder?

- A. Counsel the Patient with Cognitive Behavioral Therapy**
 - B. Treat the Patient with Physical Based Interventions Only to Avoid Fixation on Pain**
 - C. Refer the Patient to Mental Health Professional(s) and Treat in Physical Therapy**
 - D. Don't Treat this Patient**
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9. What time period do the origins of mindfulness trace back to?

- A. 11th Century**
 - B. Fourth Century BC**
 - C. First Century CE**
 - D. Tenth Century BC**
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10. Which mindfulness-based intervention involves observing thoughts, emotions, and sensations from a detached and objective perspective?

- A. Interoception**
 - B. Reperceiving**
 - C. Nonjudgment**
 - D. Decentering**
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