Exercise 2 – ARTIP Training

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| **Istanbul Protocol Mental Health Basic**   Ten questions on key aspects of mental health in the IP |

Αρχή φόρμας



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| **Question: 1** | | | |
| **Why is the mental health (psychological) assessment important**  This execrises covers key points of mental health | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Mental health problems can interfere with memory and reporting, leading to incomplete narrative, difficulties to follow the interview or contradictions |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Psychological trauma can be part of the evidence |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | All survivors are crazy because of what they experienced |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Immediate intervention and support might be needed, such as in case of suicidality |  |
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| **Question: 2** | | | |
| **Irritability and concentration difficulties can indicate..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Posttraumatic Stress Disorder |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Brain Trauma |  |
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| **Question: 3** | | | |
| **Post Traumatic Stress Disorder is...** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | the only relevant and characteristic sequel to [torture](http://www.hrweb.org/legal/cat.html) |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | one of the common reactive disorders resulting from torture |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | only indicator of psychological trauma |  |
| **Question Score: 0/1** | | | |

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| **Question: 4** | | | |
| **Common psychological sequels after torture include..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Posttraumatic stress disorder |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Schizophrenia |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Depression |  |
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| **Question: 5** | | | |
| **Posttraumatic Stress Disorder Symptoms include..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Strong memories coming up (flash backs) |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Nightmares |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Hallucinations |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Increased irritability and startle response |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Avoidance of situations reminding of [torture](http://www.hrweb.org/legal/cat.html) |  |
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| **Question: 6** | | | |
| **Emotional sequels can include...** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Shame feelings |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Guilt feelings |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Loss of self confidence |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Loss of a feeling of meaning in life |  |

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| **Question: 7** | | | |
| **Culture..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | plays no role in psychological sequels, all sequels can arise in all cultures |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | influences disorders observed, interaction and presentation of symptoms |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | can shape specific reactions ("idioms of distress") |  |
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| **Question: 8** | | | |
| **If a client does not suffer from PTSD...** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | he has not been tortured |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | he might have recovered from PTSD |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | he has been tortured but did not develop PTSD |  |
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| **Question: 9** | | | |
| **Symptoms of depression after torture can include..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Sadness and depressed mood |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Hallucinations |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Lack of energy |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Diarrhoea |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | Difficulties with concentration |  |
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| **Question: 10** | | | |
| **Post Traumatic Stress Disorder..** | | | |
| **Choice** |  | **Answer** |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | can be diagnosed only by Magnetic Resonance Imaging (MRI) |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | can in most cases be diagnosed through the interview by an experienced health care professional |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | can only be diagnosed by a Psychiatrist |  |
| http://etraining.istanbulprotocol.info/template/artip/img/checkbox_off.png |  | qzestionnaires are available to help with a diagnosis |  |
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