

## Lesson 2 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. Common symptoms of declining mental health can include: (select all that apply)
  - a) Occasional sadness or disappointment
  - b) Change in appetite and weight gain
  - c) Fatigue and difficulty concentrating
  - d) All of the above
  
2. Individuals with arthritis and depression experience worse pain, disability, and greater difficulty taking care of themselves.  
**True      False**
  
3. Self-assessment tools can be helpful to:
  - a) Identify symptoms of worsening mental health
  - b) Help you better understand why you feel the way you feel
  - c) Identify when your mood is improving
  - d) Facilitate conversations with health care providers
  - e) All of the above
  
4. If a person with arthritis is worried about their mental health or has elevated scores on a self-assessment test, they should reach out to the family doctor.  
**True      False**

## Answer Key

You can check your answers here.

Each question is worth one point.

**Record your score by filling out the box on the bottom right.**

1. b) change in appetite and weight...
2. True
3. e) All of the above
4. True

Score  
/4