

# Care CEUs

## Introduction to Cultural Competence

**1. A health disparity is a particular type of health difference closely linked with social, economic, and environmental disadvantage.**

- A. True
  - B. False
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**2. Which of the following may determine an individual's culture?**

- A. Socialization patterns
  - B. A common pattern or style of communication
  - C. Patterns of dress
  - D. All of the above
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**3. Which of the following statements is most accurate?**

- A. Race is a social construct that describes people with shared physical characteristics
  - B. Race is genetic construct that describes people with shared physical characteristics
  - C. Race does not describe people with shared physical characteristics
  - D. Racial labels always have a clear meaning in other parts of the world
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**4. Ethnicity does not differ from race.**

- A. True
  - B. False
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**5. Which of the following statements is most accurate?**

- A. Cultural identities are static
  - B. Cultural identities are not static
  - C. Cultural identity is always consistent among people who identify with the same culture
  - D. An individual cannot hold two or more cultural identities simultaneously
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**6. Speaking the same language means that individuals share the same culture.**

- A. True
  - B. False
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**7. Which of the following factors should be considered when distinguishing cultural communication patterns?**

- A. Direct versus indirect communication
  - B. Appropriate personal space
  - C. Use of silence
  - D. All of the above
- 

**8. Gender roles are largely cultural constructs.**

- A. True
  - B. False
- 

**9. When interviewing recent immigrants to the United States, the APA recommends covering which of the following topics?**

- A. Number of generations in the United States
  - B. Fluency in English
  - C. Level of education
  - D. All of the above
- 

**10. Which of the following statements is most accurate?**

- A. Acculturation is the process whereby an individual from one cultural rejects elements of another cultural group
  - B. Assimilation is never an outcome of acculturation
  - C. Assimilation involves the complete adoption of new cultural ways of life from a new culture
  - D. Enculturation always refers to the process of rejecting native cultural ways
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**11. An individual from Spain immigrates to the United States. After a few years, the individual becomes comfortable with both the American culture and the more traditional Spanish culture. What level of acculturation has the aforementioned individual reached?**

- A. A traditional orientation
  - B. A bicultural orientation
  - C. A marginal orientation
  - D. None of the above
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**12. Which of the following factors can contribute to substance use among more acculturated patients?**

- A. Changes in traditional gender roles
- B. Employment outside of the home
- C. Adopting mainstream American cultural values

D. All of the above

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**13. Cultural concepts of distress can refer to mental disorders that only present in a specific cultural group or locality.**

- A. True
  - B. False
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**14. Cultural groups may determine which of the following factors regarding health, illness and healing?**

- A. Who is able to diagnosis
  - B. Who is able to treat an illness
  - C. Beliefs about the causes of illness
  - D. All of the above
- 

**15. Which of the following statements is most accurate?**

- A. Religion and spirituality are the same
  - B. Spirituality is typically organized
  - C. Spirituality can refer to an individual?s search for meaning
  - D. Spirituality never plays a role in recovery from mental illness and/or substance abuse
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