

# Psychological First Aid: Responding To A Pandemic Influenza: Pre - Post Test

The goal in providing Psychological First Aid (PFA) is to provide an environment of safety, calm and comfort, connectedness, and empowerment.	T F	T F
PFA involves helping people meet basic emotional and physical needs such as: obtaining medical care, and practicing adaptive behaviors.	T F	T F
Large-scale community education regarding common stress reactions is a Psychological First Aid strategy.	T F	T F
Psychological First Aid should only be used by a mental health professional.	T F	T F
Resilience can be increased by preparedness planning and training.	T F	T F
The psychological and social consequences of a pandemic include fear and worry, complicated grief, varying adherence to public health directives, and resilience.	T F	T F
Psychosocial issues in a pandemic include not only public concerns about safety, but also economic, supply, and social factors.	T F	T F
Educating the public on how to access support in a creative way if social distancing is in effect is a Psychological First Aid strategy.	T F	T F
Responders do not experience any greater stress reactions than the general public during a pandemic.	T F	T F
Optimistic people are likely to experience greater stress reactions to a mass trauma incident.	T F	T F
Compassion Fatigue is the result of direct exposure to a traumatic incident.	T F	T F
Psychological First Aid is a comprehensive psychological and social support strategy that can increase resilience.	T F	T F

