



Recovery from Depression: What Helps and Hinders

Course Worksheet

1. According to the CHIME framework, which of the following is not one of its five core dimensions of personal recovery?
 - A. Empowerment
 - B. Independence
 - C. Hope
 - D. Connectedness

2. The distinction between clinical recovery and personal recovery primarily emphasizes:
 - A. The client's self-defined growth and meaning versus symptom remission
 - B. Differences in pharmacological versus psychotherapeutic approaches
 - C. The superiority of quantitative research over qualitative research
 - D. The replacement of traditional treatment with peer support only

3. Which research method is designed to integrate first-person accounts and identify recurring themes in recovery experiences?
 - A. Double-blind experimental design
 - B. Randomized controlled trial
 - C. Thematic or qualitative meta-synthesis
 - D. Longitudinal cohort analysis

4. Gao et al. (2025) and Rippon (2024) highlight which psychological factor as essential to functional recovery from depression?
 - A. Catharsis
 - B. Self-efficacy
 - C. Transference
 - D. Defense mechanisms

5. Within recovery-oriented care, supportive relationships primarily enhance recovery by:
 - A. Strengthening hope, belonging, and therapeutic alliance
 - B. Minimizing the need for professional treatment
 - C. Reducing exposure to social contact

D. Encouraging dependency and emotional release

6. According to Fung et al. (2023), what internal barrier most undermines recovery from depression?

- A. Overmedication
- B. Inaccurate diagnosis
- C. Self-stigma and internalized shame
- D. Excessive optimism

7. In recovery-oriented systems, service-user disempowerment refers to:

- A. A temporary lapse in symptom improvement
- B. A normal stage of recovery
- C. Providers excluding clients from decision-making and defining success narrowly
- D. The client's unwillingness to comply with treatment

8. The therapist stance in recovery-oriented practice is best described as:

- A. Detached observer focused on objective symptom measures
- B. Directive authority setting fixed goals
- C. Instructor teaching coping skills in a manualized format only
- D. Collaborative facilitator emphasizing autonomy and shared decision-making

9. Cross-cultural findings by Kotera et al. (2023, 2024) indicate that:

- A. Language differences have little effect on recovery narratives
- B. Recovery concepts are identical across individualistic and collectivist cultures
- C. Western recovery models universally apply without adaptation
- D. Cultural context influences how recovery, shame, and connectedness are experienced

10. According to professional ethical codes (ACA, NASW, AAMFT, APA), recovery-oriented practice requires clinicians to:

- A. Focus on medication adherence as the primary measure of success
- B. Support client self-determination, autonomy, and informed participation
- C. Prioritize clinician-defined outcomes over client values
- D. Avoid discussing cultural or systemic factors in care