

Crawford County Medical Reserve Corp (CCMRC)

Psychological First Aid (PFA)- Exam

Instructions: Print this exam. Read the "Psychological First Aid" lesson, answering all questions. Get this original exam to the CCMRC Coordinator.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. List two (2) types of individuals who would benefit from PFA.

1. \_\_\_\_\_

2. \_\_\_\_\_

2. Who would deliver PFA? \_\_\_\_\_

\_\_\_\_\_

3. Of the following objectives of PFA, which would you not want to do when helping individuals?

a. Establish a human connection

b. Calm and orient overwhelmed survivors

c. Help survivors express immediate needs and concerns

d. Advise survivors that they can work out there stress on their own

4. You should pay attention to your own emotional and physical reactions.

a. True

b. False

5. When helping others with PFA we may be avoided by the affected person(s).

a. True

b. False

6. List Three (3) reactions that may indicate the need for mental health help.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

7. When delivering PFA, we should offer assistance but not be intrusive or disruptive.

a. True

b. False

8. Remember the goal of Psychological First Aid is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Match the reaction to the appropriate type.

\_\_\_\_\_ Cognitive

\_\_\_\_\_ Emotional

\_\_\_\_\_ Behavioral

\_\_\_\_\_ Physical

A. Isolating oneself from or having  
increased conflict with others

B. Weight gain/loss, fatigue/insomnia

C. Feeling numb, withdrawn, empty

D. Difficulty concentrating or remembering