



Anxiety Disorders



1- An anxiety disorder is:

- An emotional state identified by panic attacks.
- An emotional condition classified by excessive checking.
- Disordered thinking.
- An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear.**

2- Specific phobias are defined as:

- Excessive worry bouts triggered by a specific object or situation.
- An abnormal sensitivity to light.
- An excessive, unreasonable, persistent fear triggered by a specific object or situation.**
- A persistent fear of social situations

3- Some of the defining features of Social phobia are described in DSM-IV-TR as:

- Individuals with social phobia experience concerns about embarrassment and are afraid that others will judge them to be anxious, weak, “crazy”, or stupid.
- They may fear public speaking because of concern that others will notice their trembling hands or voice.
- They may experience extreme anxiety when conversing with others because of fear they will appear inarticulate.
- All of the above.**

4- Which of the following physical symptoms are associated with Panic attacks:

- Heart palpitations.
- Perspiring.
- Hyperventilating.
- All of the above.**

5- panic disorder anxiety sensitivity refers to:

- Anxiety may lead to depression.
- That the fears of anxiety symptoms that are based on beliefs that such symptoms have harmful consequences.**
- Anxiety symptoms may predict self harm.
- Feeling anxious always leads to negative events

6- In Obsessive Compulsive Disorder (OCD) compulsions are generally thought to be which of the following:

- a. Repetitive or ritualized behaviour patterns that the individual feels driven to perform in order to prevent some negative outcome happening.
- b. Repetitive thoughts about harming or distressing others.
- c. Overwhelming desires to behave in an inappropriate fashion.
- d. Ritualised worrying about negative outcome of events.

7- Panic disorder is where:

- a. There is a fear of panicking in enclosed spaces.
- b. There are recurrent and unexpected panic attacks.
- c. An individual experiences a singular panic attack.
- d. There is excessive anxiety and worry about many different aspects of life.

GAD stands for:

- a. Genetic anxiety disease.
- b. Generally anxious diagnosis.
- c. Global anxiety disorder.
- d. Generalised anxiety disorder.

8- Which compulsive behaviour might stem from an obsession with OCD :

- a. Repeatedly washing hands.
- b. Regular rearrangement of furniture in the house to ensure it is all in 'exactly the right place'.
- c. Checking the body for signs of sexual arousal.
- d. Excessive praying.

The symptoms of post-traumatic stress disorder (PTSD) include:

Reliving a traumatic event.

Increased arousal.

9- What anxiety disorder is defined as an "irrational fear" :

- a. Panic Disorder
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. Post-Traumatic Stress Disorder

10- Frank checks light switches, water facets, the stove, and locks doors at least three times before going to bed. This scenario describes which of the following anxiety disorders :

- a. Panic Disorder
- b. Phobia
- c. **Obsessive Compulsive Disorder (OCD)**
- d. Post-Traumatic Stress Disorder
- e. Generalized Anxiety Disorder

11- what anxiety disorder is defined as a "state of extreme fear that cannot be controlled":

- a. **Panic Disorder**
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. Post-Traumatic Stress Disorder

12- Sally avoids shopping in large malls for fear of the possibility of being unable to escape in the event of an accident. This describes:

- a. Panic Disorder
- b. **Phobia**
- c. Obsessive Compulsive Disorder (OCD)
- d. Post-Traumatic Stress Disorder

13- What anxiety disorder is developed in response to an unexpected emotional or physical trauma that could not be controlled :

- a. Panic Disorder
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. **Post-Traumatic Stress Disorder**

14- Bill is a World War II veteran and is awoken every night by nightmares of events that occur when he was fighting overseas. This describes:

- a. Panic Disorder
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. **Post-Traumatic Stress Disorder**
- e. Generalized Anxiety Disorder

15- What anxiety disorder consists of two parts: repetitive thought, urge, or emotions, and a, repetitive act that may appear purposeful:

- a. Phobia
- b. **Obsessive Compulsive Disorder (OCD)**
- c. Post-Traumatic Stress Disorder
- d. Generalized Anxiety Disorder

16- Jason experiences restlessness, fatigue, feeling on edge, and frightens very easily with everyday stressors in his life. This describes which anxiety disorder :

- a. Panic Disorder
- b. Obsessive Compulsive Disorder (OCD)
- c. Post-Traumatic Stress Disorder
- d. **Generalized Anxiety Disorder**

17- Frieda is about to write her LPN Liscencing exam and starts sweating profusely, experiences chest pain, increased pulse, nausea, and disorientation. What anxiety disorder is Frieda suffering from?

- a. **Panic Disorder**
- b. Obsessive Compulsive Disorder (OCD)
- c. Post-Traumatic Stress Disorder
- d. Generalized Anxiety Disorder

18- Phobias are examples of:

- a. dissociative disorders.
- b. depressive disorders.
- c. personality disorders.
- d. **anxiety disorders.**

19- In order to complete his degree studies, Jacob has to make a presentation to his fellow students. He is so afraid of public scrutiny that he would rather not graduate than give the presentation. Jacob could best be characterised as having :

- a. **a social phobia.**
- b. agoraphobia.
- c. a specific phobia.
- d. generalised anxiety disorder.

20- Michelle experiences anxiety that is independent of any particular situation. She worries excessively about school, money and her family. She always feels tense. Michelle could best be characterised as having _____ disorder.

- a. panic
- b. generalised anxiety
- c. obsessive compulsive
- d. somatoform

21- Rachel was at the grocery store when she suddenly felt an intense feeling of anxiety come over her. She experienced an increase in heart rate, broke out into a cold sweat, and everything felt unreal. Rachel probably experienced

- a. generalised anxiety disorder.
- b. a heart attack.
- c. a panic attack.
- d. a social phobia

22- _____ are repetitive behaviours individuals feel they must perform in response to _____.

- a. Obsessions; compulsions
- b. Compulsions; obsessions
- c. Obsessions; anxiety
- d. Compulsions; delusions

23- Josh was a soldier in the Falklands war. He witnessed terrible atrocities done to his comrades. A few years later he experienced anxiety and 'flashbacks' of the war. Josh probably suffered from

- a. posttraumatic stress disorder.
- b. generalised anxiety disorder.
- c. agoraphobia.
- d. panic disorder.

24- An anxiety disorder in which the person has recurrent, intrusive thoughts and recurrent urges to perform ritualistic actions is known as:

- a. phobias
- b. panic disorder
- c. generalized anxiety disorder
- d. obsessive-compulsive disorder

Answer: D

25- an anxiety disorder marked by sudden, unexpected attacks of overwhelming anxiety, often associated with the fear of dying or "losing one's mind," is known as:

- a. phobias
 - b. panic disorder**
 - c. generalized anxiety disorder
 - d. obsessive-compulsive disorder
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Social phobia

The individual may have extreme concern and fears any situation where social embarrassment may happen.

Examples (eating or speaking in public place, fear of using public toilets, fear of writing in the presence of others, saying things in front of people, answering a question, etc.)

Exposure to the phobia situation usually produces feelings of anxiety, sweating, tachycardia and dyspnea).

There are 5 subtypes of the most common specific phobias:

- Animal type (fear of animal or insect),
 - Natural-environment type (object/situation that occur in the natural environment such as height, storms, water),
 - Blood-injection-injury type (seeing blood, having injection, having any invasive medical procedure),
 - Situational type (fear of specific situation such as elevators, flight, driving, transportation)
 - Other type (all other irrational fears such as fear of contracting a serious illness)
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For the past two months, Danielle has been feeling very sad. She has lost interest in activities she once found enjoyable, has been sleeping a lot and has lost weight. Danielle is probably experiencing

- a) generalised anxiety disorder.
- b) a somatoform disorder.
- c) **major depression.**
- d) posttraumatic stress disorder.

Cara's moods swing from a severe high with quick speech and extreme euphoria, to a severe low with depression and feelings of worthlessness. Cara is probably suffering from

- a) learned helplessness.
- b) major depression.
- c) **bipolar disorder.**
- d) schizophrenia.

Delusions, hallucinations and disordered speech are

- a) negative symptoms of schizophrenia.
- b) usually present in those with bipolar disorder.
- c) neutral symptoms of schizophrenia.
- d) **positive symptoms of schizophrenia.**