

Trauma and Stressor-Related Disorders - MCQs and Case-Based Questions

1. Which of the following terms was historically used to describe post-trauma responses?

- A) Acute stress disorder
- B) Generalized anxiety disorder
- C) Shell shock
- D) Obsessive-compulsive disorder

Answer: C) Shell shock

2. Which of the following is a characteristic symptom of Posttraumatic Stress Disorder (PTSD)?

- A) Hypersomnia
- B) Decreased startle response
- C) Re-experiencing the traumatic event
- D) Increased appetite

Answer: C) Re-experiencing the traumatic event

3. Which disorder is characterized by a maladaptive reaction to an identifiable stressor that occurs within 3 months and lasts no longer than 6 months?

- A) PTSD
- B) Acute Stress Disorder (ASD)
- C) Generalized Anxiety Disorder
- D) Adjustment Disorder

Answer: D) Adjustment Disorder

4. What is the main difference between PTSD and Acute Stress Disorder (ASD)?

- A) The severity of symptoms
- B) The type of trauma experienced
- C) The duration of symptoms
- D) The presence of flashbacks

Answer: C) The duration of symptoms

5. Which of the following treatment modalities is specifically aimed at helping individuals recognize and modify trauma-related thoughts and beliefs?

- A) Cognitive Therapy
- B) Electroconvulsive Therapy
- C) Medication Therapy
- D) Psychoanalysis

Answer: A) Cognitive Therapy

Case-Based Questions

1. Case 1:

John, a 35-year-old veteran, was involved in a serious car accident three months ago. Since the accident, he has been experiencing nightmares, flashbacks, and a general sense of detachment from his surroundings. He avoids driving and becomes extremely anxious whenever he hears loud noises. Based on these symptoms, what is the most likely diagnosis for John?

- A) Adjustment Disorder
- B) Acute Stress Disorder
- C) PTSD
- D) Generalized Anxiety Disorder

Answer: C) PTSD

2. Case 2:

Sarah, a 25-year-old woman, recently lost her job and has since been feeling depressed, anxious, and has had difficulty sleeping. These symptoms started two weeks after her job loss and have persisted for three months. What is the most likely diagnosis for Sarah?

- A) Major Depressive Disorder
- B) Adjustment Disorder with Mixed Anxiety and Depressed Mood
- C) PTSD
- D) Acute Stress Disorder

Answer: B) Adjustment Disorder with Mixed Anxiety and Depressed Mood

3. Case 3:

Mark, a 40-year-old man, witnessed a violent crime six months ago. He has since been experiencing intense flashbacks and severe anxiety. He started therapy two months ago but continues to struggle with these symptoms. Which treatment modality would be most appropriate for Mark?

A) Prolonged Exposure Therapy

B) Hypnosis

C) Group Therapy

D) Lifestyle Modifications

Answer: A) Prolonged Exposure Therapy