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Scenario 1:

A 25-year-old military veteran experiences flashbacks, insomnia, and anxiety six months after returning from deployment. He avoids conversations about his experiences and feels emotionally numb.

Question:

What is the most likely diagnosis?

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

Answer: B) Posttraumatic Stress Disorder

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Scenario 2:

A 40-year-old woman, after surviving a natural disaster, exhibits symptoms of depression and anxiety that began two weeks post-event and resolved within a month.

Question:

What is the most appropriate diagnosis?

- A) Acute Stress Disorder
- B) Posttraumatic Stress Disorder
- C) Adjustment Disorder with Depressed Mood
- D) Generalized Anxiety Disorder

Answer: A) Acute Stress Disorder

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Scenario 3:

A teenager has been displaying truancy and vandalism after his parents' recent divorce. These behaviors started about two months ago.

Question:

Which diagnosis fits this scenario?

- A) Adjustment Disorder with Disturbance of Conduct
- B) Posttraumatic Stress Disorder

- C) Oppositional Defiant Disorder
- D) Acute Stress Disorder

Answer: A) Adjustment Disorder with Disturbance of Conduct

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Scenario 4:

A 28-year-old man avoids driving and has intense fear when recalling a recent car accident, experiencing this for over four months. He also has frequent nightmares.

Question:

What would be the most fitting diagnosis?

- A) Acute Stress Disorder
- B) Posttraumatic Stress Disorder
- C) Adjustment Disorder
- D) Panic Disorder

Answer: B) Posttraumatic Stress Disorder

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Scenario 5:

A 35-year-old woman exhibits mixed anxiety and depressive symptoms after a job loss. Symptoms started two months ago and include worry and hopelessness.

Question:

What is the most likely diagnosis?

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

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

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Scenario 6:

Following a physical assault, a 30-year-old man experiences hypervigilance, flashbacks, and emotional numbness for over six months.

Question:

What is the most appropriate diagnosis?

- A) Acute Stress Disorder
- B) Posttraumatic Stress Disorder
- C) Panic Disorder
- D) Adjustment Disorder

Answer: B) Posttraumatic Stress Disorder

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Scenario 7:

A 22-year-old college student struggles with anxiety and a lack of focus following a breakup. This began three months ago and is affecting her academic performance.

Question:

Which diagnosis is most appropriate?

- A) Adjustment Disorder with Anxiety
- B) Posttraumatic Stress Disorder
- C) Acute Stress Disorder
- D) Major Depressive Disorder

Answer: A) Adjustment Disorder with Anxiety

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Scenario 8:

A 45-year-old man feels survivor's guilt and depression after a workplace accident where a colleague died. Symptoms have persisted for over a year.

Question:

What is the most likely diagnosis?

- A) Posttraumatic Stress Disorder
- B) Adjustment Disorder with Depressed Mood
- C) Acute Stress Disorder
- D) Major Depressive Disorder

Answer: A) Posttraumatic Stress Disorder

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Scenario 9:

After witnessing a violent crime, a 50-year-old woman has difficulty sleeping, feels detached from

reality, and experiences anxiety for three weeks.

Question:

What is the most fitting diagnosis?

- A) Acute Stress Disorder
- B) Posttraumatic Stress Disorder
- C) Adjustment Disorder
- D) Panic Disorder

Answer: A) Acute Stress Disorder

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Scenario 10:

A 29-year-old person shows anxiety and depression after losing a close friend, with symptoms lasting for four months.

Question:

Which diagnosis best fits this scenario?

- A) Major Depressive Disorder
- B) Adjustment Disorder with Depressed Mood
- C) Acute Stress Disorder
- D) Posttraumatic Stress Disorder

Answer: B) Adjustment Disorder with Depressed Mood

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