Anxiety Disorders

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. Although anxiety disorders have different symptoms, all symptoms cluster around excessive, irrational fear and dread.
   A. True   B. False

2. All of the following are accurate statements about panic disorder EXCEPT:
   A. Panic disorders are characterized by sudden attacks of terror, usually accompanied by a pounding heart, sweatiness,weakness, faintness, or dizziness

   C. Panic attacks can occur at any time, and an attack usually peaks within 20 minutes, but some symptoms may last much longer

   B. A fear of one's own unexplained physical symptoms is an actual symptom, and when having panic attacks people may believe they are having heart attacks or losing their minds

   D. Panic disorder affects about 6 million American adults and is twice as common in women as men.

3. People with obsessive-compulsive disorder (OCD) have persistent, upsetting thoughts (obsessions) and use rituals (compulsions) to control the anxiety these thoughts produce. Even though performing these rituals may interfere with daily life, those with OCD do so because they find the repetition pleasurable and comforting.
   A. True   B. False

4. Post-traumatic stress disorder (PTSD) develops after a terrifying ordeal that involved physical harm or the threat of physical harm and includes which of the following characteristics:
   A. The person who develops PTSD is always the one who was directly harmed

   C. PTSD affects about 10.7 million American adults, but it can occur at any age, including childhood.

   B. Symptoms usually begin within 6 months of the incident and they must last more than 2 months to be considered PTSD

   D. PTSD is often accompanied by depression and substance abuse, and medication and psychotherapy can be effective in treating its symptoms.

5. Social phobia affects about _____ American adults, and women are _____ to develop the disorder.
   A. 10 million; more likely than men
   B. 15 million; equally likely as men
   C. 20 million; less likely than men
   D. None of the above

6. Specific phobias do not usually appear until adulthood and by that time their causes are usually well understood.
   A. True   B. False

7. Which of the following is an accurate statement about generalized anxiety disorder (GAD)?
   A. People with GAD can't seem to get rid of their concerns even though they usually realize that their anxiety is more intense than the situation warrants

   C. GAD is diagnosed when a person worries excessively about a variety of everyday problems for at least one year

   B. The disorder develops quickly and can begin at any point in the life cycle, although the greatest risk is with older adults

   D. GAD affects about 8.8 million American adults, including twice as many men as women

8. Before treatment of an anxiety disorder begins, a doctor must conduct a careful diagnostic evaluation to determine whether a person's symptoms are caused by the anxiety disorder or a physical problem.
   A. True   B. False

9. Which of the following is an example of a selective serotonin reuptake inhibitor, (SSRI), which is an antidepressant used to treat panic disorder, OCD, PTSD, and social phobia?
   A. Imipramine (Tofranil)
   B. Phenelzine (Nardil)
   C. Lorazepam (Ativan)
   D. Escitalopram (Lexapro)

10. All of the following are accurate statements about the treatment of anxiety disorders EXCEPT:
    A. Cognitive-behavioral therapy is helpful because the cognitive part helps change the thinking patterns that support the fears, and the behavioral part helps people change the way they react to anxiety-provoking situations
    B. People with anxiety disorders may benefit from joining a self-help or support group and sharing their problems and achievements with others
    C. While beta-blockers have been used to treat OCD and PTSD, they have not yet been used to successfully treat social phobias.
    D. By learning more about how the brain creates fear and anxiety, scientists may be able to devise better treatments for anxiety disorders