

Mindful Continuing Education

Anxiety Disorders Update

1. Signs and symptoms of social anxiety disorder include each of the following EXCEPT:

- A. Blushing, sweating, trembling, or feeling a rapid heart rate or nausea when having to perform or be around others
 - B. Being self-conscious, embarrassed, and awkward around others and afraid that others will judge
 - C. Having a difficult time speaking to others, even when the desire to speak is present
 - D. Constantly seeking approval and reassurance when around others
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Medication

2. Medications used to treat social anxiety disorders include anti-anxiety medications, antidepressants, and beta-blockers, with antidepressants being the preferred medication for performance anxiety.

- A. True
 - B. False
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Generalized Anxiety Disorder (GAD)

3. Which of the following is an accurate statement about GAD?

- A. GAD develops slowly, often starting during the teen years or young adulthood, and both children and adults with GAD may experience physical symptoms that make it hard to function
 - B. Adults with GAD are often highly nervous about everyday circumstances, such as job security, health, the well-being of their children, and general responsibilities
 - C. Researchers have found that several parts of the brain, as well as biological processes, play a key role in fear and anxiety, thus likely contributing to symptoms of GAD
 - D. All of the above
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Medications

4. While benzodiazepines can be used to manage severe forms of GAD, they can cause tolerance and dependence if used continuously, and are therefore generally prescribed for short periods of time.

- A. True
 - B. False
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Obsessive-Compulsive Disorder

5. In addition to obsessions and compulsions, some individuals with OCD may experience motor or vocal tics such as brief, repetitive movements or repeated throat clearing, sniffing, or grunting.

- A. True
 - B. False
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Panic Disorders:

6. Rational-emotive therapy is especially useful as a first-line treatment for panic disorder to teach different ways of thinking, behaving, and reacting to the feelings that come on with a panic attack.

- A. True
 - B. False
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Post-Traumatic Stress Disorder (PTSD)

7. To be diagnosed with PTSD, an adult must have which of the following for at least 1 month:

- A. At least one arousal and reactivity symptom
 - B. At least one re-experiencing symptom
 - C. At least one cognition and mood symptoms
 - D. At least two avoidance symptoms
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Why Do Some People Develop PTSD and Other People Do Not

8. Resilience factors that may reduce the risk of PTSD include seeking out support from other people, finding a support group after a traumatic event. learning to feel good about one's own actions in the face of danger, and being able to act and respond effectively despite feeling fear.

- A. True
 - B. False
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