

# 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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