

Module 66 Practice Quiz

Multiple Choice

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

- _____ 1. Anxiety is considered disordered if it is
- persistent and distressing.
 - hard to control.
 - genetically influenced.
 - a biopsychosocial phenomenon.
 - paired with depressive episodes.
- _____ 2. A generalized anxiety disorder is characterized by
- offensive and unwanted thoughts that persistently preoccupy a person.
 - a continuous state of tension, apprehension, and autonomic nervous system arousal.
 - hyperactive, wildly optimistic states of emotion.
 - alternations between extreme hopelessness and unrealistic optimism.
 - a chronic lack of guilt feelings.
- _____ 3. Episodes of intense dread that last for several minutes and are accompanied by shortness of breath, trembling, dizziness, or heart palpitations are most characteristic of a(n)
- mania.
 - panic disorder.
 - obsessive-compulsive disorder.
 - generalized anxiety disorder.
 - dissociative disorder.
- _____ 4. An immediate and irrational anxiety response to the mere sight of blood is indicative of
- mania.
 - catatonia.
 - a specific phobia.
 - a dissociative disorder.
 - panic disorder.
- _____ 5. An incapacitating and highly distressing fear about being embarrassed in the presence of others is most characteristic of
- panic disorder.
 - social anxiety disorder.
 - antisocial personality disorder.
 - obsessive-compulsive disorder.
 - somatic symptom disorder.

- _____ 6. Anxiety about being in places or situations from which escape might be difficult is indicative of
- an obsessive-compulsive disorder.
 - a dysthymic disorder.
 - schizophrenia.
 - agoraphobia.
 - bipolar disorder.
- _____ 7. The disorder characterized by unwanted repetitive thoughts and actions is called a(n)
- bipolar disorder.
 - obsessive-compulsive disorder.
 - phobia.
 - panic disorder.
 - dissociative disorder.
- _____ 8. Compulsions are best described as
- persistent fears.
 - repetitive behaviors.
 - illusory sensations.
 - suicidal thoughts.
 - false beliefs.
- _____ 9. Obsessions are
- persistent, irrational fears of specific objects or situations.
 - hyperactive, wildly optimistic states of emotion.
 - false beliefs of persecution or grandeur.
 - periodic episodes of intense dread accompanied by frightening physical sensations.
 - offensive and unwanted thoughts that persistently preoccupy a person.
- _____ 10. The social withdrawal and haunting nightmares of battle-scarred war veterans best illustrate symptoms of
- DID.
 - ADHD.
 - OCD.
 - PTSD.
 - DSM.
- _____ 11. Some people are more vulnerable to PTSD because they have a sensitive _____, which floods the body with stress hormones.
- motor cortex
 - cerebellum
 - limbic system
 - frontal lobe
 - medulla

- _____ 12. Positive psychological changes that result from struggling with extremely challenging life crises demonstrate
- dissociation.
 - linkage analysis.
 - post-traumatic growth.
 - the medical model.
 - illness anxiety disorder .
- _____ 13. According to the _____ perspective, anxiety is sometimes produced by the submerged mental energy associated with repressed impulses.
- biological
 - learning
 - psychoanalytic
 - social-cognitive
 - medical
- _____ 14. Rats that received unpredictable electric shocks in a laboratory experiment subsequently became apprehensive when returned to that same laboratory setting. This best illustrates that anxiety disorders may result from
- stimulus generalization.
 - observational learning.
 - reinforcement.
 - classical conditioning.
 - post-traumatic growth.
- _____ 15. A person attacked by a fierce dog develops a fear of all dogs. This best illustrates
- a conversion disorder.
 - agoraphobia.
 - stimulus generalization.
 - linkage analysis.
 - somatic symptom disorder.
- _____ 16. Luke suffers from acrophobia, a fear of high places. Luke's therapist suggests that his reaction to heights is a generalization of the fear triggered by a childhood playground accident in which he fell off a sliding board. The therapist's suggestion reflects a _____ perspective.
- learning
 - psychoanalytic
 - cognitive
 - humanistic
 - biological

- _____ 17. A rape victim may experience a panic attack when she sees anyone wearing a coat that resembles the one worn by her attacker. This reaction best illustrates the process of
- observational learning.
 - reinforcement.
 - stimulus generalization.
 - linkage analysis.
 - generalized anxiety.
- _____ 18. As Jordan watches, his brother receives an electric shock from touching the frayed toaster cord. Jordan is now intensely afraid of toasters. This best illustrates that fear can be learned through
- stimulus generalization.
 - observational learning.
 - linkage analysis.
 - reinforcement.
 - classical conditioning.
- _____ 19. We can more easily extinguish a fear of driving a car than a fear of holding snakes. This is best explained from a _____ perspective.
- learning
 - biological
 - psychoanalytic
 - humanistic
 - positive psychology
- _____ 20. Research on anxiety disorders indicates that
- some people are more genetically predisposed than others to develop anxiety disorders.
 - obsessive-compulsive disorders are more common than phobias.
 - people, but not animals, may acquire fear through observational learning.
 - phobic reactions to cats are much more common than to dogs.
 - authoritative parenting styles are likely to lead to increased anxiety in children.

Module 66 Practice Quiz Answer Section

MULTIPLE CHOICE

1. ANS: A PTS: 1 DIF: Easy OBJ: Unit XII | 66-1
TOP: What are the different anxiety disorders? SKL: Factual/Definitional
2. ANS: B PTS: 1 DIF: Easy OBJ: Unit XII | 66-1
TOP: Generalized anxiety disorder SKL: Factual/Definitional
3. ANS: B PTS: 1 DIF: Medium OBJ: Unit XII | 66-1
TOP: Panic disorder SKL: Factual/Definitional
4. ANS: C PTS: 1 DIF: Easy OBJ: Unit XII | 66-1
TOP: Phobias SKL: Factual/Definitional
5. ANS: B PTS: 1 DIF: Medium OBJ: Unit XII | 66-1
TOP: Phobias SKL: Factual/Definitional
6. ANS: D PTS: 1 DIF: Medium OBJ: Unit XII | 66-1
TOP: Phobias SKL: Factual/Definitional
7. ANS: B PTS: 1 DIF: Easy OBJ: Unit XII | 66-2
TOP: Obsessive-compulsive disorder SKL: Factual/Definitional
8. ANS: B PTS: 1 DIF: Easy OBJ: Unit XII | 66-2
TOP: Obsessive-compulsive disorder SKL: Factual/Definitional
9. ANS: E PTS: 1 DIF: Easy OBJ: Unit XII | 66-2
TOP: Obsessive-compulsive disorder SKL: Factual/Definitional
10. ANS: D PTS: 1 DIF: Medium OBJ: Unit XII | 66-3
TOP: Post-traumatic stress disorder SKL: Factual/Definitional
11. ANS: C PTS: 1 DIF: Difficult OBJ: Unit XII | 66-3
TOP: Post-traumatic stress disorder SKL: Factual/Definitional
12. ANS: C PTS: 1 DIF: Easy OBJ: Unit XII | 66-3
TOP: Post-traumatic stress disorder SKL: Factual/Definitional
13. ANS: C PTS: 1 DIF: Easy OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Factual/Definitional
14. ANS: D PTS: 1 DIF: Medium OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Factual/Definitional
15. ANS: C PTS: 1 DIF: Easy OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Factual/Definitional
16. ANS: A PTS: 1 DIF: Medium OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Conceptual/Application
17. ANS: C PTS: 1 DIF: Medium OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Conceptual/Application
18. ANS: B PTS: 1 DIF: Difficult OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Conceptual/Application
19. ANS: B PTS: 1 DIF: Medium OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Conceptual/Application
20. ANS: A PTS: 1 DIF: Easy OBJ: Unit XII | 66-4
TOP: Understanding anxiety disorders, OCD, and PTSD SKL: Factual/Definitional