

:Chronic activation of the HPA axis can lead to elevated levels of cortisol, which may contribute to

الخيارات المتاحة:

Hypertension and immune suppression 2

Weight loss 1

Improved memory 4

Increased muscle mass 3

أحسننت!
إجابة صحيحة

إجابتك:
Hypertension and immune suppression

?Which anxiety disorder is characterized by excessive worry about everyday life events without a specific trigger

الخيارات المتاحة:

Generalized Anxiety Disorder (GAD) 2

Panic Disorder 1

Specific Phobia 4

Social Anxiety Disorder 3

أحسن!
إجابة صحيحة

إجابتك:
Generalized Anxiety Disorder (GAD)

?Which lifestyle modification is LEAST likely to help reduce anxiety symptoms

الخيارات المتاحة:

Consuming large amounts of caffeine 2

Regular aerobic exercise 1

Eating a balanced diet 4

Practicing good sleep hygiene 3

أحسن!
إجابة صحيحة

إجابتك:
Consuming large amounts of caffeine

?Which neurotransmitter imbalance is commonly associated with anxiety and depression

الخيارات المتاحة:

Acetylcholine 2

GABA 1

Histamine 4

Glutamate 3

أحسن!
إجابة صحيحة

إجابتك:
GABA

:Interdisciplinary collaboration in treating psychosomatic disorders ensures that

الخيارات المتاحة:

All relevant aspects of the patient's condition are addressed holistically 2

Only one specialist manages all aspects of care 1

Treatment focuses solely on medication 4

Patients receive conflicting advice from different providers 3

أحسن!
إجابة صحيحة

إجابتك:
All relevant aspects of the patient's condition are addressed holistically

?A patient with chronic anxiety is prescribed a benzodiazepine. What is a potential risk of long-term use

الخيارات المتاحة:

Dependence and withdrawal symptoms

2

Weight loss

1

Lowered blood pressure

4

Improved cognitive function

3

أحسن!

إجابة صحيحة

إجابتك:

Dependence and withdrawal symptoms

?The hypothalamic-pituitary-adrenal (HPA) axis regulates the release of which hormone during stress

الخيارات المتاحة:

Cortisol 2

Dopamine 1

Insulin 4

Serotonin 3

أحسنت!
إجابة صحيحة

إجابتك:
Cortisol

:Chronic Fatigue Syndrome (CFS) is characterized by

الخيارات المتاحة:

1 Persistent energy after exercise

3 High fever and chills

2 Extreme fatigue not relieved by rest

4 Rapid weight gain

إجابتك:

Extreme fatigue not relieved by rest

أحسننت!

إجابة صحيحة

:Obsessive-Compulsive Disorder (OCD) is characterized by

الخيارات المتاحة:

1 Excessive worry about health

3 Intrusive thoughts and repetitive behaviors

2 Recurrent panic attacks

4 Fear of social interactions

إجابتك:

Intrusive thoughts and repetitive behaviors

أحسن!

إجابة صحيحة

?The gut-brain axis refers to the interaction between the central nervous system and which system

الخيارات المتاحة:

Respiratory System 2

Cardiovascular System 1

Musculoskeletal System 4

Digestive System 3

أحسن!
إجابة صحيحة

إجابتك:
Digestive System

?Which class of medications is commonly prescribed for anxiety and depression

الخيارات المتاحة:

Antipsychotics 2

Antibiotics 1

Diuretics 4

Selective Serotonin Reuptake Inhibitors (SSRIs) 3

أحسنت!
إجابة صحيحة

إجابتك:
Selective Serotonin Reuptake Inhibitors (SSRIs)

?Which healthcare professional is most likely to address the psychological aspects of a psychosomatic disorder

الخيارات المتاحة:

Psychologist 2

Dentist 1

Orthopedic Surgeon 4

Cardiologist 3

أحسن!
إجابة صحيحة

إجابتك:
Psychologist

:A key ethical consideration when treating patients with anxiety and psychosomatic disorders is

الخيارات المتاحة:

Avoiding stigmatization and validating patient experiences 2

Prioritizing cost over care 1

Ignoring cultural differences in illness perception 4

Focusing exclusively on pharmacological treatments 3

أحسن!
إجابة صحيحة

إجابتك:
Avoiding stigmatization and validating patient experiences

A patient experiences sudden episodes of intense fear accompanied by physical symptoms such as palpitations and sweating. What is this condition called

الخيارات المتاحة:

Post-Traumatic Stress Disorder (PTSD) 2

Obsessive-Compulsive Disorder (OCD) 1

Agoraphobia 4

Panic Disorder 3

أحسن!
إجابة صحيحة

إجابتك:
Panic Disorder

:Mindfulness-Based Stress Reduction (MBSR) is particularly effective for managing

الخيارات المتاحة:

Chronic pain and anxiety 2

Broken bones 1

Vision impairment 4

Infectious diseases 3

أحسننت!
إجابة صحيحة

إجابتك:
Chronic pain and anxiety

?Which of the following is NOT a goal of interdisciplinary collaboration in managing psychosomatic disorders

الخيارات المتاحة:

Reducing unnecessary testing and treatments 2

Improving patient outcomes through coordinated care 1

Addressing both physical and psychological aspects of the condition 4

Promoting competition among healthcare providers 3

أحسن!
إجابة صحيحة

إجابتك:
Promoting competition among healthcare providers

:Temporomandibular Joint Disorder (TMJ) is often exacerbated by

الخيارات المتاحة:

Frequent smiling 2

Teeth grinding (bruxism) 1

Eating soft foods 4

Drinking cold beverages 3

أحسن!
إجابة صحيحة

إجابتك:
Teeth grinding (bruxism)

:A patient has an intense fear of flying, which causes them to avoid airplanes at all costs. This is an example of

الخيارات المتاحة:

Social Anxiety Disorder 2

Panic Disorder 1

Generalized Anxiety Disorder (GAD) 4

Specific Phobia 3

أحسنتم!
إجابة صحيحة

إجابتك:
Specific Phobia

:The biopsychosocial model explains psychosomatic disorders as resulting from

الخيارات المتاحة:

Psychological and social factors only 2

Biological factors only 1

Environmental toxins 4

The interaction of biological, psychological, and social factors 3

أحسنت!
إجابة صحيحة

إجابتك:
The interaction of biological, psychological, and social factors

:When treating patients with medically unexplained symptoms, it is important to

الخيارات المتاحة:

2 Validate their symptoms and explore both physical and psychological causes

1 Dismiss their concerns as purely psychological

4 Prescribe strong medications immediately

3 Avoid discussing mental health entirely

أحسن!
إجابة صحيحة

إجابتك:
Validate their symptoms and explore both physical and psychological causes

?Which system is primarily responsible for the "fight-or-flight" response during stress

الخيارات المتاحة:

Sympathetic Nervous System 2

Parasympathetic Nervous System 1

Enteric Nervous System 4

Central Nervous System 3

أحسن!
إجابة صحيحة

إجابتك:
Sympathetic Nervous System

?Which of the following is NOT a common relaxation technique used to manage anxiety

الخيارات المتاحة:

Deep Breathing Exercises 2

Progressive Muscle Relaxation (PMR) 1

Skydiving 4

Cognitive Behavioral Therapy (CBT) 3

أحسن!
إجابة صحيحة

إجابتك:
Skydiving

:Tension-type headaches are often caused by

الخيارات المتاحة:

Muscle tension and stress 2

Bacterial infections 1

Vitamin deficiencies 4

Neurological damage 3

أحسنتم!
إجابة صحيحة

إجابتك:
Muscle tension and stress

Which disorder is often triggered or worsened by psychological stress and involves abdominal pain and altered bowel habits

الخيارات المتاحة:

Irritable Bowel Syndrome (IBS) 2

Ulcerative Colitis 1

Appendicitis 4

Crohn's Disease 3

أحسنتم!
إجابة صحيحة

إجابتك:
Irritable Bowel Syndrome (IBS)

Which anxiety disorder involves an irrational fear of social situations due to fear of embarrassment or judgment?

الخيارات المتاحة:

Social Anxiety Disorder 2

Separation Anxiety Disorder 1

Generalized Anxiety Disorder (GAD) 4

Specific Phobia 3

أحسن!
إجابة صحيحة

إجابتك:
Social Anxiety Disorder