

**Which of the following is NOT a common symptom of Generalized Anxiety .1
?Disorder (GAD)**

- A. Excessive worry
- B. Muscle tension
- C. Sudden panic attacks
- D. Difficulty concentrating

Answer: C

:Panic disorder is characterized by .2

- A. Chronic low-level worry without triggers
- B. Recurrent sudden attacks of intense fear, peaking within minutes
- C. Fear of social judgment only
- D. Irrational fear of specific objects like spiders

Answer: B

:Social Anxiety Disorder is best described as .3

- A. Fear of heights and flying
- B. Excessive fear of social situations, fear of embarrassment or scrutiny
- C. Obsessive hand washing
- D. Fear of contamination

Answer: B

?Which of the following is an example of a psychosomatic illness .4

- A. Hypertension influenced by chronic stress
- B. Common cold
- C. Broken bone

D. Appendicitis

Answer: A

:Activation of the HPA Axis during stress leads to .5

- A. Decrease in cortisol and adrenaline
- B. Release of cortisol and adrenaline to increase glucose and alertness
- C. Immediate muscle relaxation
- D. Decrease in heart rate

Answer: B

?Which statement about the Autonomic Nervous System (ANS) is correct .6

- A. The parasympathetic nervous system increases heart rate
- "B. The sympathetic nervous system is "Rest-and-Digest
- C. Anxiety often causes overactivation of the sympathetic nervous system
- D. ANS has no role in anxiety symptoms

Answer: C

?An imbalance of which neurotransmitter is linked to panic attacks .7

- A. Dopamine
- B. Serotonin
- C. GABA
- D. Acetylcholine

Answer: C

?Which of the following is considered "good stress" (eustress) .8

- A. Chronic work overload causing fatigue
- B. Preparing for an important presentation that motivates you
- C. Financial struggles leading to insomnia
- D. Unresolved personal conflicts

Answer: B

:Negative perception of stress has been linked to .9

- A. Improved immunity
- B. Decreased risk of heart disease
- C. Increased risk of premature death and cardiovascular problems
- D. Enhanced energy and focus

Answer: C

:Early identification of anxiety and stress in patients can .10

- A. Prevent escalation of disorders
- B. Improve treatment outcomes
- C. Reduce healthcare costs
- D. All of the above

Answer: D

**Which of the following is an effect of chronic stress on the cardiovascular .11
?system**

- A. Hypotension and decreased arterial stiffness
- B. Hypertension, inflammation, and arterial stiffness

- C. Improved heart function
- D. Reduced cortisol levels

Answer: B

:Cultural factors influence anxiety by .12

- A. Changing the physiological symptoms
- B. Determining how patients express and seek help
- C. Altering neurotransmitter levels
- D. Preventing all forms of stress

Answer: B

?Which of the following is NOT typically a physical symptom of anxiety .13

- A. Restlessness
- B. Muscle tension
- C. Increased appetite without stress
- D. Sleep disturbances

Answer: C

Which statement best describes the difference between eustress and .14

?distress

- A. Eustress is chronic and harmful, distress is short-term and motivating
- B. Eustress empowers and improves performance, distress debilitates and harms health
- C. Both are equally harmful
- D. Eustress only occurs in social situations

Answer: B

:OCD is characterized by .15

- A. Sudden panic attacks
- B. Chronic worry about multiple things
- C. Intrusive unwanted thoughts and repetitive behaviors
- D. Fear of social judgment

Answer: C

Additional MCQs

Keller et al. (2012) study found that individuals who perceive stress as .1

:harmful have

- A. Reduced risk of cardiovascular disease
- B. 43% increased risk of premature death
- C. Improved coping abilities
- D. No change in health outcomes

Answer: B

According to The Lancet (2013) study, people with high stress who view it .2

:positively

- A. Have more cardiovascular events
- B. Experience the same risk as those with negative perceptions
- C. Have fewer cardiovascular events
- D. Cannot change the impact of stress

Answer: C

:Reframing stress as a challenge rather than a threat can .3

- A. Increase cortisol levels
- B. Reduce harmful effects of stress and protect heart health
- C. Eliminate stress entirely
- D. Have no effect on physical health

Answer: B

**Which factor explains lower reported anxiety rates in collectivist cultures .4
?(e.g., Arabic culture)**

- A. Strong social support systems
- B. Lack of stressors in daily life
- C. Genetic immunity to anxiety
- D. Universal access to therapy

Answer: A

**Chronic stress and negative stress perception contribute to which of the .5
?following heart-related problems**

- A. Reduced arterial stiffness
- B. Hypertension, inflammation, and arterial stiffness
- C. Decreased cortisol production
- D. Improved cardiovascular function

Answer: B

1. Which healthcare professional is primarily responsible for coordinating care and ruling out organic causes in patients with anxiety and psychosomatic symptoms?

- A. Psychologist
- B. Primary Care Physician
- C. Neurologist
- D. Social Worker

Answer: B – Primary Care Physician

2. Cognitive Behavioral Therapy (CBT) is typically provided by which professional?

- A. Psychiatrist
- B. Nutritionist
- C. Psychologist
- D. Physical Therapist

Answer: C – Psychologist

3. For a patient with TMJ and bruxism related to stress, the most appropriate intervention is:

- A. Nightguards and stress-reduction techniques
- B. Antidepressants
- C. Low-FODMAP diet
- D. Ergonomic modifications

Answer: A – Nightguards and stress-reduction techniques

4. Which specialist helps rule out neurological causes for chronic fatigue syndrome or tension-type headaches?

- A. Gastroenterologist

- B. Neurologist
- C. Occupational Therapist
- D. Social Worker

Answer: B – Neurologist

5. Which of the following is a role of social workers in anxiety management?

- A. Prescribe anti-anxiety medication
- B. Teach pacing strategies
- C. Connect patients to community resources
- D. Provide CBT

Answer: C – Connect patients to community resources

6. Start with which type of intervention when managing anxiety and psychosomatic illnesses?

- A. Pharmacological interventions
- B. Non-pharmacological interventions
- C. Surgery
- D. Strict diet only

Answer: B – Non-pharmacological interventions

7. Which diet is recommended by nutritionists for patients with IBS?

- A. High-fat diet
- B. Low-FODMAP diet
- C. High-protein diet
- D. Ketogenic diet

Answer: B – Low-FODMAP diet

8. On the Self-Assessment Anxiety Scale, a score of 16 indicates:

- A. Mild anxiety
- B. Moderate anxiety
- C. Severe anxiety
- D. No anxiety

Answer: C – Severe anxiety (seek clinical evaluation)

9. Which of the following is NOT typically part of therapists' interventions for chronic pain or fatigue?

- A. Pacing strategies
- B. Gentle exercise routines
- C. Prescribing anti-anxiety medication
- D. Ergonomic modifications

Answer: C – Prescribing anti-anxiety medication

10. Combination therapy in anxiety management refers to:

- A. Using multiple medications only
- B. Combining non-pharmacological and pharmacological approaches
- C. Using dietary interventions alone
- D. Using surgery plus medications

Answer: B – Combining non-pharmacological and pharmacological approaches