**QUESTION 1**

1. In the case of John, what would be his primary diagnosis?

|  |  |  |
| --- | --- | --- |
|  | A. | Panic Disorder |
|  | B. | Post Traumatic Stress Disorder |
|  | C. | Simple Phobia |
|  | D. | Generalized Anxiety Disorder |

**QUESTION 2**

1. John's feelings of out of body experiences and being in a dream like state is an example of:

|  |  |  |
| --- | --- | --- |
|  | A. | Derealization |
|  | B. | Discriminative Recall |
|  | C. | Displacement |
|  | D. | Depersonalization |

**QUESTION 3**

1. John's Therapist is recommending two different types of therapies. The first type of therapy involves systematic desensitization and challenging unwanted thought patterns. This type of therapy is called:

|  |  |  |
| --- | --- | --- |
|  | A. | Cognitive Behavioral Therapy |
|  | B. | Humanistic Therapy |
|  | C. | Implosion Therapy |
|  | D. | Psychoanalytic Therapy |

**QUESTION 4**

1. The second type of therapy that John will be receiving is characterized by aiding in and helping those with PTSD that cannot confront or tolerate exposure to their traumatic memories. This type of therapy is called:

|  |  |  |
| --- | --- | --- |
|  | A. | Reduction Therapy |
|  | B. | Aversive Therapy |
|  | C. | Stress- Inoculation Therapy |
|  | D. | Reality Therapy |

**QUESTION 5**

1. Of the therapies reccommended to John, which therapy should be presented first?

|  |  |  |
| --- | --- | --- |
|  | A. | Aversive Therapy |
|  | B. | Stress-Inoculation Therapy |
|  | C. | Psychoanalytic Therapy |
|  | D. | Implosive Therapy |

**QUESTION 6**

1. In the case of Mary, what type of anxiety disorder is Mary suffering from?

|  |  |  |
| --- | --- | --- |
|  | A. | Generalized Aniety Disorder |
|  | B. | PTSD |
|  | C. | Agoraphobia |
|  | D. | Phobic Disorder |

**QUESTION 7**

1. Mary will be taking one class of drugs that provide short term relief from anxiety. They are called:

|  |  |  |
| --- | --- | --- |
|  | A. | Benzodiazapenes |
|  | B. | Barbiturates |
|  | C. | Opioids |
|  | D. | Ritalin |

**QUESTION 8**

1. The second type of drugs that Mary will be taking works on the brain chemical serotin and help with anxiety symptoms.They are:

|  |  |  |
| --- | --- | --- |
|  | A. | Homeopathics |
|  | B. | SSRI's |
|  | C. | Barbiturates |
|  | D. | Stimulants |

**QUESTION 9**

1. One type of anxiety disorder that is characterized by an irrational fear of a specific thing is known as:

|  |  |  |
| --- | --- | --- |
|  | A. | Panic Disorder |
|  | B. | Agoraphobia |
|  | C. | PTSD |
|  | D. | A phobia |

**QUESTION 10**

1. When an individual has a sudden rush of fear, experiences difficulty breathing, sweats profusely and feels like they are going to faint. They are most likely experiencing:

|  |  |  |
| --- | --- | --- |
|  | A. | A psychotic episode |
|  | B. | A panic attack |
|  | C. | A delusional episode |
|  | D. | Grandiosity |