Understanding the Impact of Trauma

1) Recent research suggests that trauma survivors need to express emotions associated with trauma and talk about the trauma.
   a) True
   b) False

2) Which is NOT a delayed cognitive reaction to trauma?
   a) Intrusive memories
   b) Reactivation of previous traumatic events
   c) Difficulty concentrating
   d) Self-blame

3) Which common response to trauma is a biological process whereby emotions are detached from thoughts, behaviors, and memories?
   a) Emotional dysregulation
   b) Splitting
   c) Somatization
   d) Numbing

4) Which common response to trauma involves a focus on bodily symptoms or dysfunctions to express emotional distress?
   a) Emotional dysregulation
   b) Splitting
   c) Somatization
   d) Numbing

5) Which is a biological alterations highly associated with PTSD?
   a) Changes in limbic system functioning
   b) Hypothalamic–pituitary–adrenal axis activity changes with variable cortisol levels
   c) Neurotransmitter-related dysregulation of arousal and endogenous opioid systems
   d) All the above

6) Which is a cognitive or thought-process changes that can occur in response to traumatic stress that involves demonstrating inaccurate rationalizations, idealizations, or justifications of the perpetrator’s behavior, particularly if the perpetrator is or was a caregiver?
   a) Filtering
   b) Idealization
   c) Overgeneralization
   d) Polarized thinking
7) Which is NOT one of the three main cognitive patterns that trauma can alter?
   Thoughts about
   a) Fate
   b) Self
   c) The world
   d) The future

8) A _____ is a stimulus that sets off a memory of a trauma or a specific portion of a traumatic experience?
   a) Spark
   b) Flashback
   c) Trigger
   d) Poke

9) Which is a term that involves psychologically "leaving one's body"?
   a) Dissociation
   b) Depersonalization
   c) Divestiture
   d) Derealization

10) In the first 2 months after September 11, 2001, more than _____ of New Yorker residents who smoked cigarettes, drank alcohol, or used marijuana (about 265,000 people) increased their consumption.
   a) 1/8
   b) 1/5
   c) 1/4
   d) 1/3

11) Mletzko et al. (2008) found that the neuropeptide _____ - important for social affiliation and support, attachment, trust, and management of stress and anxiety was markedly decreased in the cerebrospinal fluid of women who had been exposed to childhood maltreatment, particularly those who had experienced emotional abuse.
    a) Acetylcholine
    b) Epinephrine
    c) Oxytocin
    d) Enkephalin

12) Combat Stress Reaction is not a formal diagnosis, and it is not included in the DSM-5.
    a) True
    b) False
13) ASD resolves _____ days to _____ weeks after an event.
   a) 2, 4
   b) 5, 6
   c) 7, 8
   d) 10, 10

14) Which is not one of the DSM-5 symptom clusters for PTSD?
   a) Intrusion symptoms
   b) Reenactment symptoms
   c) Negative alterations in cognitions and mood
   d) Marked alterations in arousal and reactivity

15) Symptoms of PTSD usually begin within _____ months of a trauma in adulthood.
   a) 1 day
   b) 1 week
   c) 1 month
   d) 3 months

16) Many trauma-related symptoms from other cultures do not fit the DSM-5 criteria.
   a) True
   b) False

17) When individuals experience multiple traumas, prolonged and repeated trauma during childhood, their reactions to trauma have unique characteristics. This unique constellation of reactions is called ______ traumatic stress
   a) Chronic
   b) Complex
   c) Recurrent
   d) Primary

18) Which is the most common co-occurring disorder in people who have experienced trauma and are diagnosed with PTSD?
   a) MDD
   b) OCD
   c) Somatization disorders
   d) Generalized anxiety disorder