Understanding the Impact of Trauma

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

2) 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

3) 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

4) 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

5) Which is a term that involves psychologically "leaving one's body"?
   a) Dissociation
   b) Depersonalization
   c) Divestiture
   d) Derealization
6) 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

7) 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

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

9) 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

10) 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