Post-traumatic and Acute Stress Disorders: The Latest Assessment and Treatment Strategies

Questions from chapter 1

1) In the past, psychiatric symptoms of PTSD were described by all the following diagnoses EXCEPT
   a) nostalgia
   b) combat fatigue
   c) war neurosis
   d) traumatic fugue

2) What percent of patients with lifetime PTSD are unlikely to recover?
   a) 20%
   b) 40%
   c) 60%
   d) 80%

Questions from chapter 2

3) The DSM-IV-TR criteria for PTSD includes all EXCEPT
   a) the traumatic event is persistently reexperienced
   b) persistent avoidance of stimuli associated with the trauma
   c) persistent symptoms of increased arousal
   d) symptoms must last at least two days and a maximum of four weeks

4) The inability to remember emotionally charged events for psychological rather than neurological reasons is known as
   a) psychic numbing
   b) psychogenic amnesia
   c) generalized anxiety disorder
   d) hyper-reactive psychophysiological state

5) All of the following are pre-traumatic risk factors for PTSD except
   a) gender
   b) age
   c) education
   d) race

6) Approximately what percent of individuals who have ever had PTSD had at least one other affective, anxiety, or chemical use/dependency disorder?
   a) 75%
   b) 80%
   c) 85%
   d) 90%

7) Generalized Anxiety Disorder is more likely that PTSD if there is the presence of
   a) irritability
   b) hypervigilance
   c) muscle tension
   d) exaggerated startle response
Questions from chapter 3

8) Common reasons for delaying PTSD treatment include all EXCEPT
   a) there is a psychiatric emergency
   b) there is a serious alcohol or drug abuse/dependence
   c) the trauma is well-encapsulated
   d) a workplace crisis demands immediate attention

9) Treatments that address comorbid drug/alcohol abuse/dependence and PTSD simultaneously are preferable to addressing each problem separately.
   a) True
   b) False

10) The inability to sustain the continuity and coherence in one's cognitive processes is known as
    a) cognitive derailment
    b) tangentiality
    c) ADHD
    d) fragmented thoughts

11) Which is a stress-related syndrome observed among Salvadoran women?
    a) conturbar
    b) maternidad
    c) calor
    d) comprobacion

12) A clinician who experiences strong emotions in response to hearing a client's story of trauma is experiencing
    a) transference
    b) countertransference
    c) vicarious traumatization
    d) emotional melding

Questions from chapter 4

13) Specific benefits of psychoeducation include all EXCEPT
    a) repression
    b) normalization
    c) correcting misunderstandings
    d) clinician credibility

14) Cognitive Behavioral techniques used in PTSD treatment include all EXCEPT
    a) prolonged exposure therapy
    b) stress inoculation training
    c) biofeedback and relaxation training
    d) working through

15) Interapy is an internet approach.
    a) True
    b) False
16) Which is the most proven treatment for PTSD to date?  
   a) psychoeducation  
   b) peer counseling  
   c) cognitive behavior therapy  
   d) psychodynamic psychotherapy

17) Proponents of EMDR believe that brain function is reprogrammed through  
   a) working through  
   b) saccadic eye movements  
   c) the therapist's stereotypic behavior  
   d) psychic balance

18) Which type of group therapy would be most likely to use Exposure Therapy?  
   a) cognitive behavioral focus group therapy  
   b) psychodynamic focus group therapy  
   c) supportive group therapy  
   d) EMDR group therapy

19) Which is NOT a psychosocial rehabilitation technique recommended for clients with severe and chronic PTSD?  
   a) supported housing services  
   b) family support  
   c) flooding therapy  
   d) social skills training

Questions from chapter 5

20) Which hormone activates the general adaptation syndrome?  
   a) NE  
   b) LC/NE  
   c) CHF  
   d) ACTH

21) Neurons communicate by releasing neurotransmitters into the  
   a) neutral zone  
   b) synaptic cleft  
   c) circle of willis  
   d) corpus callosum

22) Which drug class used in treating PTSD has a risk of hypertensive crisis and requires patients to follow a strict dietary regimen?  
   a) TCA's  
   b) SSRI's  
   c) MAOI's  
   d) anticonvulsants

23) Benzodiazepines are  
   a) anxiolytics  
   b) antidepressants  
   c) antipsychotics  
   d) anticonvulsants
Questions from chapter 6

24) The major difference between ASD and PTSD is the greater emphasis in ASD placed on symptoms of
   a) delusions
   b) dissociation
   c) physiological reactions
   d) anxiety

25) An alteration in the perception or experience of the external world so that it seems strange or unreal
   describes
   a) derealization
   b) depersonalization
   c) dissociation
   d) delusion

Questions from Appendix A

26) Which domestic violence assessment tool has been standardized on a multi-ethnic sample of women?
   a) CTS
   b) WSHQ
   c) ABI
   d) SES

27) Which diagnostic instrument has a separate module for each Axis I disorder?
   a) CES
   b) WWSS
   c) SCID
   d) HTQ

28) Which psychometric instrument has specific subscales (PK & PS) for PTSD?
   a) MCMI
   b) WAIS
   c) MMPI
   d) Rorschach

Questions from Appendix B

29) The My Worst Experience Survey is a brief interview which can be administered by laypeople.
   a) True
   b) False

30) Which is a 78-item measure with 4 subscales: PTSD, Social Relations, Abuse Attributions and Eroticism?
   a) TESI
   b) TSCC
   c) CITES
   d) WJC