Test Anxiety

1. All of the following are techniques for treating anxiety except

a.) Cognitive-behavioral therapy

b.) Relaxation training

c.) Systematic desensitization

d.) Warnings about consequences

2. Overgeneralization is an example of

a.) A therapist who works with too many different populations

b.) Cognitive distortion

c.) Too many administrators and not enough direct care

d.) Exposure and response prevention

3. Exposure and response prevention is a technique best suited for

a.) Social phobia

b.) Generalized anxiety disorder

c.) Obsessive-compulsive disorder

d.) Depression

4. Cognitive-Behavioral therapy is

a.) Widely accepted and empirically supported for treating anxiety.

b.) A method involving awareness of our thoughts and their role in our emotions.

c.) A way to teach thinking errors and smarter, healthier replacement thoughts.

d.) All of the above.

5. Relaxation Training can be done with

a.) music and guided imagery

b.) yoga

c.) progressive muscle relaxation

d.) All of the above

6. Fatigue, irritability, restlessness, and muscle tension are symptoms of

a.) panic attacks

b.) generalized anxiety disorder

c.) OCD

d.) PTSD

7. Anxiety is to some degree

a.) maladaptive

b.) useful

c.) a normal part of human experience

d.) b and c

8. An obstacle to treating a child suffering from excessive anxiety is

a.) parents

b.) learned avoidance that is reinforcing

c.) medications

d.) a and c

9. 1-5 scales

a.) Teach gradations and range of emotion.

b.) Can be used to develop earlier awareness that an emotional response is occurring.

c.) Can help prevent escalation through awareness and coping strategies.

d.) All of the above.

10. Children who have difficulty with anxiety are often

a.) tired

b.) overly active

c.) unaware of their physical sensations of anxiety

d.) All of the above.

11. How can we teach children to use self-talk to solve problems and mediate emotional responses?

a.) Model self-talk strategies

b.) Role play

c.) Play games or read books designed for this purpose

d.) Any of the above