Anxiety Disorders Quiz

TRUE / FALSE:  (Circle correct answer.)

1. One of the most common disorders is a panic attack?    T     or      F

2. The term agoraphobia literally means “fear of heights.”    T     or      F

3. Persistent fear of performance situations describes social phobia. T     or      F

4. Post-traumatic stress disorder was historically identified in soldiers. T     or      F

5. Acute stress disorder can last for six months to one year.    T     or      F

6. Generalized anxiety occurs more often in men than women. T     or      F

7. Compulsions are recurrent, intrusive thoughts, impulses, or images. T     or      F

8. A common theme in obsessive-compulsive disorder is contamination of germs. T     or      F

9. The anxiety disorders are the most common of all mental disorders. T     or      F

10. Individuals who have agoraphobia fear being “trapped” in a room full of people. T     or      F

11. Social phobias typically begin in adulthood.            T     or      F

12. Post-traumatic stress disorder follows a traumatic event with symptoms lasting two days to one month. T     or      F

13. Excessive anxiety that pertains to many areas of one’s life describes GAD. T     or      F

14. Obsessive-compulsive disorder appears to run in families. T     or      F

15. Individuals with agoraphobia can travel in a vehicle but have a paralyzing fear of flying in airplanes. T     or      F
Key: True/False
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1. T
2. F
3. T
4. T
5. F
6. F
7. F
8. T
9. T
10. T
11. T
12. F
13. T
14. T
15. F