

Psych CE

Integrating Mindfulness and Acceptance-Based Approaches in the Treatment of Anxiety Disorders

1. According to the DSM-5, what distinguishes anxiety disorders from normal anxiety?

- A. Anxiety disorders always involve panic attacks.
- B. Anxiety disorders are more intense and persistent, interfering with daily functioning.
- C. Anxiety disorders do not have a biological basis.
- D. Anxiety disorders are only diagnosed in childhood.

2. Which anxiety disorder is characterized by excessive worry about multiple life domains for at least six months?

- A. Panic Disorder
- B. Social Anxiety Disorder
- C. Generalized Anxiety Disorder
- D. Agoraphobia

3. In Social Anxiety Disorder, individuals primarily fear:

- A. Having unexpected panic attacks
- B. Being judged or scrutinized in social situations
- C. Leaving their home alone
- D. Losing control over compulsive behaviors

4. Panic Disorder is best described as:

- A. A persistent fear of specific objects or situations
- B. A pattern of excessive and uncontrollable worry
- C. An intense fear of separation from attachment figures
- D. Recurrent, unexpected panic attacks with ongoing concern about future attacks

5. Which of the following is NOT considered a first-line pharmacological treatment for anxiety disorders?

- A. Selective serotonin reuptake inhibitors (SSRIs)
- B. Serotonin-norepinephrine reuptake inhibitors (SNRIs)
- C. Benzodiazepines as a long-term treatment
- D. Cognitive-behavioral therapy (CBT)

6. What is the primary goal of mindfulness-based interventions (MBIs)?

- A. Eliminating negative thoughts
- B. Suppressing anxiety-related emotions
- C. Avoiding stressful situations altogether
- D. Cultivating present-moment awareness and acceptance

7. Which of the following therapies is NOT categorized as a mindfulness or acceptance-based approach?

- A. Acceptance and Commitment Therapy (ACT)
- B. Mindfulness-Based Cognitive Therapy (MBCT)
- C. Exposure Therapy
- D. Dialectical Behavior Therapy (DBT)

8. The concept of 'cognitive fusion' in Acceptance and Commitment Therapy (ACT) refers to:

- A. Over-identifying with one's thoughts as absolute truths
- B. Repeatedly avoiding anxiety-provoking situations
- C. The inability to control intrusive thoughts
- D. The process of replacing negative thoughts with positive ones

9. A key distinction between traditional cognitive-behavioral therapy (CBT) and mindfulness-based therapies is that mindfulness approaches:

- A. Focus more on changing negative thoughts
- B. Encourage accepting thoughts rather than challenging them
- C. Prioritize avoidance of distressing situations
- D. Have no empirical support for treating anxiety

10. In ACT, 'values-based action' refers to:

- A. Seeking immediate relief from negative emotions
- B. Avoiding distressing emotions to reduce anxiety
- C. Taking steps toward meaningful life goals despite discomfort
- D. Eliminating uncertainty from life decisions

11. Which of the following is an example of a mindfulness exercise commonly used in therapy?

- A. Progressive Muscle Relaxation
- B. Mindful Breathing
- C. Systematic Desensitization
- D. Flooding

12. The 'Leaves on a Stream' exercise in ACT helps clients:

- A. Avoid distressing thoughts
- B. Reframe intrusive thoughts into positive ones
- C. Observe thoughts as passing mental events rather than absolute truths
- D. Distract themselves from anxiety

13. Which of the following is true regarding self-compassion?

- A. It is a form of self-indulgence that reinforces negative behaviors.
- B. It is primarily beneficial for individuals without anxiety disorders.
- C. It requires eliminating all self-critical thoughts.
- D. It involves treating oneself with kindness and understanding in times of distress.

14. Trauma-sensitive mindfulness practices emphasize:

- A. Encouraging all clients to meditate for at least 30 minutes daily
- B. Using rigid mindfulness structures to reduce distress
- C. Providing flexible, client-centered mindfulness adaptations
- D. Avoiding mindfulness altogether for trauma survivors

15. Which of the following is a major concern when integrating mindfulness-based interventions into therapy?

- A. That mindfulness does not work for anxiety disorders
- B. That it may increase distress in trauma survivors if not properly adapted
- C. That it has no evidence supporting its effectiveness
- D. That it conflicts with all other therapeutic approaches

16. One advantage of digital mindfulness interventions is that they:

- A. Can be easily scaled for broader accessibility
- B. Always outperform therapist-led mindfulness interventions
- C. Are universally suitable for all clients, including those with trauma
- D. Require no user engagement for effectiveness

17. Virtual reality (VR) mindfulness has been shown to be particularly helpful for:

- A. Clients who prefer digital over in-person therapy
- B. Individuals with severe anxiety or PTSD who struggle with traditional mindfulness
- C. Those who do not require structured mindfulness practices
- D. People seeking entertainment rather than therapeutic intervention

18. Which of the following is an ethical concern regarding mindfulness-based therapy?

- A. Mindfulness has no scientific backing in clinical psychology.
- B. Clinicians do not need any training to integrate mindfulness into therapy.
- C. Some mindfulness exercises may inadvertently increase distress in trauma survivors.
- D. Mindfulness-based therapy does not require informed consent.

19. Research on mindfulness-based interventions (MBIs) suggests that they:

- A. Are effective for anxiety but should be adapted for cultural and individual needs
- B. Are only beneficial in reducing depression, not anxiety
- C. Have been completely replaced by pharmacological treatments
- D. Work best when combined with long-term benzodiazepine use

20. The APA Ethical Principles emphasize that clinicians using mindfulness in therapy should:

- A. Apply mindfulness-based interventions without additional training
- B. Only use mindfulness in structured 8-week programs
- C. Avoid discussing mindfulness with clients due to ethical concerns
- D. Ensure informed consent and maintain competence in mindfulness-based practices

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