

# Psych CE

## Neuroscience of Anxiety Disorders

**1. Which neurotransmitter is primarily responsible for inhibitory signaling and is often reduced in individuals with anxiety disorders?**

- A. Dopamine
- B. GABA
- C. Serotonin
- D. Acetylcholine

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**2. Which brain structure is most closely associated with the detection and processing of fear?**

- A. Hippocampus
- B. Thalamus
- C. Amygdala
- D. Prefrontal cortex

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**3. The hypothalamic-pituitary-adrenal (HPA) axis is involved in the regulation of which physiological response?**

- A. Pain tolerance
- B. Stress response
- C. Circadian rhythm
- D. Appetite control

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**4. Cognitive Behavioral Therapy (CBT) most directly aims to:**

- A. Uncover unconscious drives
- B. Enhance hypnotic suggestion
- C. Modify maladaptive thoughts and behaviors
- D. Activate mirror neurons

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**5. Which class of medications is most commonly used as a first-line treatment for anxiety disorders?**

- A. Antipsychotics
- B. SSRIs
- C. Beta blockers
- D. Mood stabilizers

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**6. Which brain region is primarily responsible for executive functioning and regulation of emotional responses?**

- A. Amygdala
- B. Brainstem
- C. Prefrontal cortex
- D. Basal ganglia

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**7. Which therapeutic approach emphasizes acceptance, mindfulness, and values-based action?**

- A. CBT
- B. ACT
- C. EMDR
- D. Psychoanalysis

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**8. Neuroplasticity refers to:**

- A. The fixed nature of brain connections
- B. The brain's ability to change and adapt
- C. Synapse elimination during sleep
- D. Hormonal activity in the brain

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**9. Which stress hormone is primarily released by the adrenal cortex during activation of the HPA axis?**

- A. Adrenaline
- B. Prolactin
- C. Oxytocin
- D. Cortisol

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**10. Discrimination and chronic stress have been shown to impact which brain region linked to fear and threat detection?**

- A. Cerebellum
- B. Thalamus
- C. Corpus callosum
- D. Amygdala

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**11. Cultural humility in psychological practice involves:**

- A. Openness and lifelong learning
- B. Avoiding cultural discussions
- C. Mastery of all cultural knowledge
- D. Universal treatment protocols

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**12. Which of the following is a key ethical principle in the APA Code of Ethics?**

- A. Beneficence and nonmaleficence
- B. Avoidance of client feedback
- C. Rigid adherence to tradition
- D. Cultural uniformity

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**13. DBT was originally developed to treat which mental health condition?**

- A. Schizophrenia
- B. Bipolar Disorder
- C. Generalized Anxiety Disorder
- D. Borderline Personality Disorder

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**14. Which imaging technique is most commonly used to observe brain function in anxiety research?**

- A. X-ray
- B. EEG
- C. fMRI
- D. CT scan

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**15. In ACT, 'cognitive defusion' refers to:**

- A. Separating thoughts from self
- B. Disputing irrational thoughts
- C. Forgetting past experiences
- D. Analyzing thought origins

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**16. Exposure therapy is especially effective for which type of anxiety disorder?**

- A. Panic disorder
- B. Social anxiety disorder
- C. Specific phobias
- D. Generalized anxiety disorder

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**17. Which neurotransmitter system is most closely linked with arousal and alertness during stress?**

- A. Serotonin
- B. Dopamine
- C. Norepinephrine
- D. Endorphins

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**18. The 'fight or flight' response is primarily regulated by which part of the nervous system?**

- A. Sympathetic nervous system
- B. Central nervous system
- C. Parasympathetic nervous system
- D. Somatic nervous system

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**19. Early childhood trauma can result in long-term changes in which stress-regulating system?**

- A. Cerebral cortex
- B. HPA axis
- C. Spinal cord
- D. Thyroid system

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**20. Which of the following interventions has been shown to influence neuroplasticity?**

- A. Therapy and pharmacology
- B. Only medication
- C. Sleep alone
- D. Caffeine intake

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**21. A key principle of trauma-informed care is:**

- A. Ignoring trauma histories
- B. Promoting safety and empowerment
- C. Assuming all clients have PTSD
- D. Challenging traumatic memories directly

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**22. Ethically, psychologists must seek cultural competence to fulfill which core professional responsibility?**

- A. Efficiency
- B. Marketing
- C. Uniformity
- D. Competence

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**23. Mindfulness-based practices affect anxiety by:**

- A. Increasing rumination
- B. Activating the parasympathetic nervous system
- C. Suppressing emotional response
- D. Enhancing cognitive fusion

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**24. Clients from collectivist cultures may express anxiety through:**

- A. Somatic symptoms
- B. Emotional withdrawal
- C. Cognitive distortions
- D. Hyperactivity

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**25. In the context of intersectionality, anxiety may be compounded by:**

- A. High intelligence
- B. Religious devotion
- C. Multiple marginalized identities
- D. Physical strength

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**26. Which approach integrates neuroscience with psychotherapy and medication for optimal outcomes?**

- A. Holistic medication
- B. Transdiagnostic therapy
- C. Genomic analysis
- D. Biopsychosocial model

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**27. The APA Code of Ethics mandates that psychologists must:**

- A. Practice only within boundaries of competence
- B. Diagnose quickly
- C. Prescribe medication
- D. Use their own personal values in treatment

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**28. What is a potential barrier to anxiety treatment in underserved populations?**

- A. Excess access
- B. Medication abundance
- C. Overdiagnosis
- D. Cultural stigma

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**29. Which hormone is part of the feedback loop that inhibits further HPA axis activation?**

- A. Cortisol
- B. Oxytocin
- C. Insulin
- D. Dopamine

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**30. The ability of therapy to physically alter brain networks is an example of:**

- A. Cognitive reappraisal
- B. Neuropathology
- C. Psychogenic paralysis
- D. Neuroplasticity

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