## **Psych CE**

## **Neuroscience of Anxiety Disorders**

1. Which neurotransmitter is primarily resp	onsible for inhibitor	y signaling and :	is often reduce	d in
individuals with anxiety disorders?				

- A. Dopamine
- B. GABA
- C. Serotonin
- D. Acetylcholine
- 2. Which brain structure is most closely associated with the detection and processing of fear?
- A. Hippocampus
- B. Thalamus
- C. Amygdala
- D. Prefrontal cortex
- 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
- 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
- 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

6. Which brain region is primarily responsible for executive functioning and regulation of emotional responses?
A. Amygdala
B. Brainstem
C. Prefrontal cortex

- 7. Which therapeutic approach emphasizes acceptance, mindfulness, and values-based action?
- A. CBT
- B. ACT
- C. EMDR
- D. Psychoanalysis

D. Basal ganglia

- 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
- 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
- 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
- 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

#### 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

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

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

## 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

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

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

## 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

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

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

### 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

#### 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

## 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

## 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

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

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

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

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

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

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

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

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

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

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

#### 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

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

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

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

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

## 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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