

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
-

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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