Anxiety Module 1

Epidemiology, diagnosis and spectrum of illness

CPD QUESTIONNAIRE

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1. Anxiety is a health problem only when it leads to:

- ☐ **A** Undue, significant distress
- ☐ **B** Interferes with normal everyday functioning
- ☐ **C** A and B

2. Which statement is false? Anxiety disorders:

- ☐ **A** Are equally prevalent among men and women
- ☐ **B** Present with a variety of physical symptoms that are often unsuccessfully treated
- ☐ **C** Tend to be chronic, with symptoms fluctuating in severity

3. The prevalence of anxiety disorders in a 12-month period is:

- ☐ **A** 14%
- ☐ **B** 21%

4. The prevalence of anxiety disorders measured over a lifetime is:

- ☐ **A** 14%
- ☐ **B** 21%

5. Which statement is false?

- ☐ **A** Specific anxiety disorders vary in prevalence
- ☐ **B** OCD occurs at an annual prevalence of 6.4%
- ☐ **C** Panic disorder is gender neutral
- ☐ **D** B and C

6. From *DSM-5*, which of the following are now classified as trauma and stressor-related disorders?

- ☐ **A** ASD
- ☐ **B** PTSD
- ☐ **C** OCD
- ☐ **D** Separation anxiety
- ☐ **E** A and B
- ☐ **F** B and D

7. GAD is characterised by:

- ☐ **A** Excessive, inappropriate, persistent worrying about a specific circumstance
- ☐ **B** Physical and psychological symptoms
- ☐ **C** A and B

8. GAD occurs frequently with depression, panic disorder, OCD and health anxiety.

- ☐ **A** True
- ☐ **B** False

9. Of patients with panic disorder, how many develop agoraphobia?

- ☐ **A** One-quarter
- ☐ **B** One-third
- ☐ **C** Two-thirds

10. Which statement is true?

- ☐ **A** The patient with social anxiety disorder may present with substance abuse
- ☐ **B** The patient with a specific phobia is prone to panic attacks, lasting around 30-45 minutes
- ☐ **C** A and B

11. Which statement is true? Separation anxiety disorder is:

- ☐ **A** Characterised by fears of separation from an attachment figure
- ☐ **B** Characterised by fears of potential harm to an attachment figure
- ☐ **C** Experienced by children and adults
- ☐ **D** All the above
- ☐ **E** A and B

12. Hyperarousal symptoms of disturbed sleep, hypervigilance and an over-exaggerated startle response are associated with:

- ☐ **A** PTSD
- ☐ **B** Separation anxiety disorder
- ☐ **C** GAD with agoraphobia
- ☐ **D** A and B

13. What percentage of the population suffers from OCD?

- ☐ **A** 0.1%
- ☐ **B** 1%
- ☐ **C** 4%

14. Illness anxiety disorder is most common among patients with chronic disease.

- ☐ **A** True
- ☐ **B** False

15. In patients presenting with moderate or severe depression, diagnosis of an anxiety disorder is likely when which predominant symptoms are present?

- ☐ **A** History of trauma and flashbacks
- ☐ **B** Obsessions with or without compulsions
- ☐ **C** Uncontrollable worry about several circumstances
- ☐ **D** Intermittent panic or anxiety attacks and avoidance behaviours
- ☐ **E** All the above
- ☐ **F** A, B and C

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