COURSES ARTICLE - THERAPYTOOLS.US

Print Test

1. Post-traumatic stress disorder (PTSD) is a debilitating condition that can develop following a terrifying or non terrifying event.
   
   True
   False

2. PTSD affects about ____ percent of adult Americans.

   1.5
   2
   3.5
   4.5

3. Every traumatized person gets full-blown PTSD, or experiences PTSD at all.

   True
   False

4. Bad dreams is a?

   Reactivity symptoms
   Arousal symptom
   Re-experiencing symptom
   Avoidance symptom

5. Arousal symptoms can make the person feel stressed and angry.

   True
   False

6. Distorted feelings like guilt or blame is a?

   Reactivity symptoms
Avoidance symptoms
Re-experiencing symptoms
Not Listed

7. Chronic pain can be caused by PTSD.

True
False

8. Which is not a symptom to check for?

Changes in emotional reactions
Overwhelming guilt or shame
Lack of interest in activities
Severe emotional distress
All Correct

9. The symptoms of teens to PTSD are the same as adults.

True
False

10. Which not a factor that increases risk of PTSD?

Childhood trauma
Getting hurt
Having little or no social support
Substance Abuse
All are risks

11. The main treatments for people with PTSD are medications.

True
False

12. The most studied medications for treating PTSD include?

anxiolytics
antidepressant
mood-stabilizers
cognitive enhancers

13. Therapy treatment for PTSD usually lasts 6 months.

True
False
14. Which is not a type of therapy used to treat PTSD?

- Dialectical Behavior Therapy
- EMDR
- Exposure therapy
- Prolonged Exposure

15. Therapy treatment should equip individuals with the skills to manage their symptoms and help them participate in activities that they enjoyed before developing PTSD.

True
False

16. Exposure therapy ..........

- Helps people make sense of the bad memories.
- Helps get more control over your thoughts.
- Helps people make sense of the bad memories.
- Helps people face and control their fear.

17. Family members can develop PTSD after a friend or family member experiences danger or harm.

True
False

18. Intrusive, distressing thoughts, images or dreams that recall the traumatic event, is a?

- long term goal
- short term goal
- behavioral definition
- strategy

19. Recall the traumatic event without becoming overtaken with negative emotions is a short term goal.

True
False

20. Short term goals or objectives can be _____________ to show evidence based treatment objectives

- clear
- in order
- easily modify
- set in stone