COURSES ARTICLE - THERAPYTOOLS.US

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1. Most people recover fully from even moderate stress reactions within 6 to ____ months.

   10
   14
   16
   NH

2. In fact, resilience is probably the least common observation after all disasters.

   True
   False

3. Once experienced a disaster distress, the majority described positive outcomes: they learned that they could handle crises effectively, and felt that they were better off for having met this type of challenge.

   True
   False

4. Posttraumatic growth is when:

   When a person better off for having met this type of challenge
   The personal growth made after the disaster
   Disaster may also bring a community closer together or reorient an individual to new priorities, goals or values
   Not Here

5. Which is not a Emotional Effects?

   shock
   terror
   disbelief
   Not Here
6. Which is not a Cognitive Effects?

difficulty feeling happy
impaired decision making ability
* impaired concentration
Not Here

7. What is not a Physical Effect?

fatigue
exhaustion
insomnia
Not Here

8. What is not a Interpersonal Effect?

increased relational conflict
decreased appetite
social withdrawal
Not Here

9. People aftermath of disaster may experience sense of excitement.

True
False

10. When a person experiences severe dissociation this may indicate the need for professional help.

True
False

11. All people are affected by a traumatic event for a similar period of time.

True
False

12. Posttraumatic Stress Disorder (PTSD) is a mental disorder resulting from exposure to an extreme, traumatic stressor.

True
False

13. Posttraumatic Stress Disorder criteria does not include:
Exposure to a traumatic stressor
Re-experiencing symptoms
Avoidance and numbing symptoms
Duration of at least 6 months

14. To be diagnosed with PTSD, the person must have been exposed to a traumatic event in which both of the following were present: (1) the person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or

True
False

15. According to DSM-IV, a ______________ must not only be threatening, but it must also induce a response involving intense fear, helplessness, or horror.

qualifying stressor
criteria
problem
Not Here

16. PTSD symptoms includes a persistent and distressing re-experiencing of the traumatic event in one or more ways.

True
False

17. An extreme example of re-experiencing of the traumatic event is:

memories,
dreams
flashbacks
Not Here

18. Another set of PTSD symptoms involves the numbing of general responsiveness and the persistent to reencounter the stimuli associated with the trauma.

True
False

19. Symptoms of increased arousal include difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, hyper-vigilant watchfulness, and an exaggerated startle response.

True
False

20. Individuals suffering from PTSD experience ______________ physiological activation.
21. PTSD symptoms may cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

True
False

22. For some trauma survivors, acute stress reactions are severe enough to meet DSM-IV criteria for Acute Stress Disorder (ASD).

True
False

23. To meet a diagnosis of ASD, symptoms must occur between _______________ after a traumatic experience.

1 days and 2 weeks,
3 days and 3 weeks
4 days and 6 weeks
Not Here

24. According to research _______ has a higher chance of developing develop Posttraumatic Stress Disorder.

natural disaster
plane crash
bombings
Not Here

25. The following types of exposure place survivors at high risk for a range of postdisaster problems: Exposure to mass destruction or death, Toxic contamination, Sudden or violent death of a loved one, Loss of home or community.

True
False

26. The rates of Acute Stress Disorder (as cited in Bryant, 2000) following traumatic incidents vary, with higher rates reported for natural events.

True
False

27. Poor social support after a trauma may increase the level of Posttraumatic Stress Disorder.
28. While exposure to a traumatic event may result in an increased vulnerability to subsequent traumas, several studies have also reported that exposure to trauma can have a stress inoculation effect and can strengthen an individual's protective factors.

True
False

29. Protective factors that may mitigate negative effects do not include:

- Lack of information about the nature and reasons for the event
- Social support
- Higher income and education
- Not Here

30. The effects of natural disasters seem no longer detectable in comparison to control populations after about two years, whereas several studies have shown that the effects of human-made events may be much more prolonged.

True
False

31. Although a discussion of loss usually focuses upon death, loss that results from postdisaster experience may thus not include (Cohen, 1998):

True
False

32. Although a discussion of loss usually focuses upon death, loss that results from postdisaster experience may thus not include (Cohen, 1998):

- Loss by death of loved one, family, or friend
- Poor concentration
- Property destruction
- Not Here

33. The acute distress phase usually settles in the early few weeks or months after the loss, but emotions and preoccupations may occur over the first year or years that follow.

True
False

34. Risk factors for complications of bereavement have been identified by a number of researchers. These do not include:
35. Risk factors for complications of bereavement have been identified by a number of researchers. These do not include:

- Strong independent traits
- Perceived lack of social support
- Other concurrent crises or stressors
- Not Here

36. Unexpected loss resulted in more pronounced psychiatric symptoms, especially anxiety, which was more difficult to resolve.

True
False