

CHAPTER-4 | Psychological Disorders

QUIZ
PART-03

1. Which disorder involves persistent and excessive worry about various aspects of life?
A. Panic Disorder
B. Generalized Anxiety Disorder
C. Phobia
D. PTSD (B)

Explanation: Generalized Anxiety Disorder (GAD) is marked by chronic, excessive, and unrealistic worry about everyday life situations.

2. Sudden episodes of intense fear with physical symptoms like palpitations are characteristic of:
A. Panic Disorder
B. Agoraphobia
C. PTSD
D. Social Anxiety Disorder (A)

Explanation: Panic Disorder is defined by recurring panic attacks involving sudden and severe physical and psychological symptoms.

3. Irrational and intense fears of specific objects or situations are known as:
A. Phobias
B. Compulsions
C. Obsessions
D. Trauma disorders (A)

Explanation: Phobias are a type of anxiety disorder where fears are excessive, irrational, and disproportionate to the actual threat.

4. Fear of entering unfamiliar or open places is called:
A. Compulsion
B. Social Phobia
C. Agoraphobia
D. None of the above (C)

Explanation: Agoraphobia is the fear of being in unfamiliar or open environments where escape might be difficult.

5. Which disorder is marked by distress when separated from attachment figures?
A. Panic Disorder
B. Generalized Anxiety Disorder
C. Separation Anxiety Disorder
D. Adjustment Disorder (C)

Explanation: Separation Anxiety Disorder occurs when individuals experience extreme anxiety due to separation from close attachment figures.

6. Which condition involves repetitive, intrusive thoughts that cause anxiety?
A. Compulsions
B. Obsessions
C. Phobias
D. PTSD (B)

Explanation: Obsessions are unwanted, recurring thoughts or urges that trigger distress.

7. Which behavior is an example of compulsions in OCD?
A. Nightmares
B. Hoarding
C. Repetitive hand washing
D. Flashbacks (C)

Explanation: Compulsions are repetitive actions, such as constant hand washing or checking, performed to reduce anxiety.

8. Which disorder includes hoarding, trichotillomania, and excoriation disorder?
A. Trauma-related disorders
B. Anxiety disorders
C. Obsessive-Compulsive and Related Disorders
D. Adjustment disorders (C)

Explanation: OCD-related disorders extend beyond obsessions and compulsions to include conditions like hoarding and hair-pulling.

9. Re-experiencing trauma through flashbacks and nightmares is a symptom of:
A. Social Phobia
B. Acute Stress Disorder
C. PTSD
D. Panic Disorder (C)

Explanation: Post-Traumatic Stress Disorder (PTSD) involves reliving traumatic experiences through flashbacks, nightmares, and intrusive memories.

10. Which disorder arises after exposure to a major stressor but lasts for a short period?
A. Acute Stress Disorder
B. PTSD
C. Adjustment Disorder
D. Generalized Anxiety Disorder (A)

Explanation: Acute Stress Disorder occurs immediately after a traumatic event but typically lasts less than a month, unlike PTSD.