** 1. Free-floating anxiety is characteristic of what anxiety disorder?
A. panic disorder  
B. generalized anxiety disorder  
C. obsessive-compulsive disorder  
D. all anxiety disorders have this symptom

** 2. Anticipatory anxiety leading to secondary agoraphobia is likely to occur in:
A. panic disorder  
B. phobic disorder  
C. OCD  
D. no anxiety disorder has this symptom

** 3. Shortness of breath, clammy sweat, and dizziness and faintness so severe that the person may think she's having a heart attack is characteristic of:
A. phobic anxiety  
B. obsessions  
C. panic attacks  
D. none of the above

** 4. When brain activity during panic attacks is examined by PET scans, what area of the brain is unusually active?
A. thalamus  
B. hypothalamus  
C. temporal pole  
D. parietal association cortex

** 5. PET scanning studies of people with panic disorder find decreased numbers of receptors for which neurotransmitter?
A. acetylcholine  
B. glutamate  
C. serotonin  
D. dopamine

** 6. True or False. Some investigators believe that the compulsive behaviors seen in obsessive-compulsive disorder (OCD) are forms of species-typical behaviors—such as grooming, cleaning, and attention to sources of potential danger—that are released from normal control mechanisms by a brain dysfunction.

** 7. OCD can occur after brain damage caused by various means, such as birth trauma, encephalitis, or head trauma. In particular, symptoms of OCD appear to be associated with damage or dysfunction of:
A. the basal ganglia  
B. the cingulate gyrus  
C. the prefrontal cortex  
D. all of the above

** 8. True or False. OCD has been successfully treated with psychosurgery (surgery on the brain in an attempt to treat psychological problems).

** 9. Functional imaging studies suggest the involvement of what brain area(s) in anxiety disorders?
A. amygdala  
B. prefrontal cortex  
C. cingulate cortex  
D. all of the above

** 10. Traditional anxiolytic (anxiety-relieving or tranquilizing) drugs all activate the GABA-A receptor in the brain. These drugs include which of the following?
A. benzodiazepines  
B. barbiturates  
C. monoamine oxidase inhibitors (MAOIs)  
D. both A and B, but not C, are correct

** 11. When pregnant cats were given diazepam (Valium), and then the kittens were examined after they were born, what did the kittens look like behaviorally?
A. they were calm and easily handled  
B. they were anxious and fearful  
C. they were very aggressive  
D. none of the above is correct

** 12. It appears that benzodiazepines like Valium need to reach only one specific location in the brain in order to have their anxiolytic effect. What area is it?
A. hippocampus  
B. amygdala  
C. subgenual anterior cingulate gyrus  
D. periaqueductal gray in the mesencephalon
** 13. Which of the following drugs acts at the GABA-A receptor?
A. diazepam  
B. propofol  
C. ether  
D. all of the above

** 14. Buspirone, discovered to be an effective antianxiety agent in the 1980s, is anxiolytic but not sedating or ataxigenic. Therefore, it cannot be producing it's anxiolytic effect at:
A. serotonin receptors  
B. GABA-A receptors  
C. receptors in the amygdala  
D. dopamine receptors

** 15. Today the drugs of choice for treating anxiety disorders are:
A. benzodiazepines such as Valium  
B. NMDA antagonists such as PCP  
C. SSRIs such as Prozac and Zoloft  
D. dopamine receptor blockers such as clozapine

** 16. Anxiety disorders are often comorbid with what other psychological disorder?
A. autism  
B. bulimia  
C. schizophrenia  
D. depression

** 17. Which of the following is true of social anxiety disorder?
A. there is probably a genetic predisposition  
B. it is equally common in men and women  
C. it is associated with cold, authoritarian fathers, and overprotective mothers  
D. all of the above are correct

** 18. PET scanning studies of obsessive-compulsive disorder show increased glucose utilization in what area of the brain?
A. caudate nucleus  
B. cingulate gyrus  
C. orbitofrontal cortex  
D. all of the above are correct

** 19. True or False. People of European descent and individuals from developed countries experience generalized anxiety disorder more frequently than those of non-European descent or from developing countries.

** 20. The most successful form of psychotherapy for anxiety disorders has been:
A. psychoanalysis  
B. humanistic therapy  
C. cognitive-behavioral therapy  
D. rational emotive therapy