**Mental Health: Anxiety Disorders**

**5xMC, 5xT/F, 5xFG**

**Multiple Choice**

The Fight and Flight response is primarily designed to:

Prepare the body to flee or attack

Increase hunger so you have more energy

Increase your sense of hearing so that you can hear someone approaching

The signs and symptoms of anxiety disorders maybe categorised as:

physical

psychological

cognitive

behavioural

all of the other answers

If an individual experiences a consistent lack of sleep, poor appetite and isolates themselves:

this could indicate an anxiety disorder

it is unlikely to indicate an anxiety disorder

cognitive behavioural therapy is urgently required

Identifying the signs and symptoms of a person’s anxiety is:

vital for ensuring person centred care delivery

unlikely to affect care delivery

irrelevant to supporting an individual’s needs

An older person may experience a level of anxiety:

when first moving into a care home

after suffering a fall or ill health

when living with a cognitive impairment

all of the other answers

**True/False**

Symptoms of anxiety disorders can be debilitating for the person. True

It can be difficult for someone to recognise when their anxiety has escalated to problem levels. TRUE

You should encourage individuals to avoid situations that make them feel anxious rather than seeking support. FALSE

Anxiety disorders can have a genetic component but are also triggered by life experiences. TRUE

An individual living with anxiety and not receiving the correct support may feel vulnerable and isolated. TRUE

Individuals must learn to live with their anxiety as there are no effective treatments. FALSE

**Fill the Gap**

Anxiety is %% response to situations where there is a degree of risk.

a natural

an unusual

an unhelpful

The ‘main’ biological basis of anxiety in the brain involves a chemical substance called %% .

GABA

Serotonin

Dopamine

When the %% is activated during anxiety, the person will experience an increase in heart rate, sweating and excessive breathing.

autonomic nervous system

integumentary system

digestive system

Individuals with %% may feel like they are being judged, watched, and laughed at.

a social anxiety disorder

post-traumatic stress disorder

generalised anxiety disorder (gad)

An extreme panic attack can be mistaken for a %% due to the similarity in physical symptoms.

heart attack

stroke

concussion