

Essential Assessment

Mental Health: Anxiety Disorders

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

Part A

Select if the statement is TRUE or FALSE.

1. Symptoms of anxiety disorders can be debilitating for the person.
True False
2. You should encourage individuals to avoid situations that make them feel anxious rather than seeking support.
True False
3. Individuals must learn to live with their anxiety as there are no effective treatments.
True False
4. Anxiety disorders can have a genetic component but are also triggered by life experiences.
True False
5. An individual living with anxiety and not receiving the correct support may feel vulnerable and isolated.
True False

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Part B

Select the *MOST CORRECT* answer from the options below each question.

1. The Fight and Flight response is primarily designed to:
 - A. increase your sense of hearing so that you can hear someone approaching
 - B. prepare the body to flee or attack
 - C. increase hunger so you have more energy

2. The signs and symptoms of anxiety disorders maybe categorised as:
 - A. physical
 - B. psychological
 - C. cognitive
 - D. behavioural
 - E. all of the other answers

3. If an individual experiences a consistent lack of sleep, poor appetite and isolates themselves:
 - A. it is unlikely to indicate an anxiety disorder
 - B. this could indicate an anxiety disorder
 - C. cognitive behavioural therapy is urgently required

4. Identifying the signs and symptoms of a person's anxiety is:
 - A. vital for ensuring person centred care delivery
 - B. unlikely to affect care delivery
 - C. irrelevant to supporting an individual's needs

5. An older person may experience a level of anxiety:
 - A. when first moving into a care home
 - B. after suffering a fall or ill health
 - C. when living with a cognitive impairment
 - D. all the other answers

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Part C

Select the **MOST CORRECT** word or phrase to complete the sentence.

1. Anxiety is response to situations where there is a degree of risk.
 - A. a natural
 - B. an unusual
 - C. an unhelpful

2. The 'main' biological basis of anxiety in the brain involves a chemical substance called
 - A. dopamine
 - B. serotonin
 - C. GABA

3. When the is activated during anxiety, the person will experience an increase in heart rate, sweating and excessive breathing.
 - A. autonomic nervous system
 - B. integumentary system
 - C. digestive system

4. Individuals with may feel like they are being judged, watched, and laughed at.
 - A. post-traumatic stress disorder
 - B. a social anxiety disorder
 - C. generalised anxiety disorder (gad)

5. An extreme panic attack can be mistaken for a due to the similarity in physical symptoms.
 - A. stroke
 - B. concussion
 - C. heart attack

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