

Post-Test Questions and Answers

1. Research shows that persons in the general population are more likely to suffer from an anxiety disorder than any other mental health disorder in any one-year period.
 - a. True
 - b. False

A. The National Comorbidity Survey Replication (NCS-R) looked at a national sample of 10,000 people in the U.S. and found that *anxiety disorders* are the most common group of mental health disorders. This data show that 19%, or almost 1 in 5, people will experience an anxiety disorder in any one-year period. And this survey shows that 31%, so almost 1 in 3, people will experience an anxiety disorder in their lifetime.

2. The GAD-7 was designed to screen for generalized anxiety disorder. It has also been studied and proven to be valid for screening for:
 - a. Panic disorder
 - b. Panic disorder and Social anxiety disorder
 - c. Depression and bipolar disorder
 - d. Social anxiety disorder and hoarding disorder
 - e. Bipolar disorder

B. Even though the GAD-7 was designed to screen for generalized anxiety disorder, it also proved to have good sensitivity and specificity for panic disorder, social anxiety disorder, and post-traumatic stress disorder.

3. When giving someone the GAD-2 or GAD-7, you ask them to answer the questions based on:
 - a. The past week of their life
 - b. The past 2 weeks of their life
 - c. The past month of their life
 - d. The past 3 months of their life
 - e. None of these

B. The GAD-2 and GAD-7 both ask your client to recall the past 2 weeks and answer how often they have been bothered by the problems that are listed.

4. Which of the following is **NOT** a symptom of generalized anxiety disorder?
 - a. Irritability
 - b. Difficulty sleeping
 - c. Slurred speech
 - d. Poor concentration
 - e. Feeling restless or on edge

C. As defined by the Diagnostics and Statistical Manual 5 (DSM-5), all of the symptoms listed are symptoms of Generalized Anxiety Disorder except slurred speech. If your client is experiencing slurred speech, it's more likely to be due to another health issue and should be evaluated.

5. What GAD-7 score indicates that your client should be referred for further assessment of anxiety?
- 5 (mild symptoms)
 - 10 or higher (moderate to severe symptoms)
 - 15 or higher (severe symptoms)
 - All scores greater than 0
 - None of these

B. GAD7 total scores range from the lowest score of 0 to the highest score of 21. Scores of 5, 10, and 15 represent cut-points for mild, moderate, and severe anxiety. A score of 10 or more is the recommended cut-point when screening for an anxiety disorder and will alert the screener that further evaluation is required.

6. Anxiety and depression are closely related conditions.
- True
 - False

A. Anxiety and depressive disorders often occur as comorbid illnesses and have many symptoms in common. Fifty percent of people who have a diagnosis of major depression also meet criteria for anxiety. While they are considered different disorders, they have similar etiology or underlying causes.

7. The GAD-7 is a well-studied tool that is used for providing definitive diagnoses of generalized anxiety disorder.
- True
 - False

B. The GAD-7 or the GAD-2 are not *diagnostic* instruments. They are screening tools that look at how much someone is experiencing anxiety symptoms over the past two weeks. A person's answers to these questions give you a good sense as to whether they may be experiencing an anxiety disorder. Further assessment by a healthcare or mental health professional is needed for clinical diagnosis.

8. If you have a client who screens positive for Generalized Anxiety Disorder, which of the following professionals can help with further assessment and next steps toward treatment? Select all that apply.
- Psychiatrist
 - Psychologist

- c. Primary care doctor
- d. Licensed professional counselor
- e. All of the above

E. All of these professionals are appropriate for helping with further assessment of a potential anxiety disorder. A psychiatrist and primary care doctor are both physicians, who can prescribe medication if needed. They may provide some brief talk therapy as well. A psychologist and licensed professional counselor are mental health professionals who can provide assessment and longer term talk therapy. These professionals may refer to each other to provide different aspects of a person's mental health care.

9. The Patient Health Questionnaire 4 (PHQ-4) is a screening tool for which conditions?
- a. Depression and Generalized Anxiety Disorder
 - b. Generalized Anxiety Disorder and Hoarding Disorder
 - c. Depression and Bipolar Disorder
 - d. Both a and b
 - e. A, b, and c
- A.** The PHQ-4 is made up of the PHQ-2 and GAD-2, which screen for depression and generalized anxiety disorder, respectively. None of these tools address Hoarding Disorder or Bipolar Disorder.
10. If your client scores positive on the PHQ-4, what is your next step?
- a. Refer the client for immediate treatment with a mental health professional
 - b. Educate the client about depression and/or anxiety
 - c. Administer the remaining questions that make up the PHQ-9 and/or GAD-7 to finish the screening process
 - d. Take the client to the hospital
 - e. None of these

C. The PHQ-4 will help determine if your client requires the full screening tool for depression, generalized anxiety disorder, or both. If your client screens positive on the full screening tool(s), then you can take steps toward seeking further assessment or treatment help. Taking a client to the hospital would not be appropriate unless you learn that that client is experiencing a mental health emergency, such as feeling suicidal or violent toward others.