

Post-Test Questions

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

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

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

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

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

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

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

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.
 - a. Psychiatrist
 - b. Psychologist
 - c. Primary care doctor
 - d. Licensed professional counselor
 - e. All of the above

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

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