

Anxiety Quiz: 100 Multiple-Choice Questions

1. What is anxiety?

- A. A bacterial infection
- B. A normal emotional response to stress or danger
- C. A bone disease
- D. A type of cancer

2. Which part of the body is commonly affected during anxiety?

- A. Nervous system
- B. Hair follicles
- C. Toenails
- D. Liver only

3. What is a common physical symptom of anxiety?

- A. Slow heartbeat
- B. Sweating
- C. Blue skin
- D. Loss of hearing

4. Which disorder is characterized by persistent and excessive worry?

- A. Asthma
- B. Generalized Anxiety Disorder
- C. Arthritis
- D. Diabetes

5. What does the "fight-or-flight" response prepare the body to do?

- A. Sleep deeply
- B. Digest food slowly
- C. React to danger
- D. Lower blood pressure

6. Which hormone is commonly released during anxiety?

- A. Insulin
- B. Cortisol
- C. Melatonin
- D. Estrogen

7. What is a panic attack?

- A. A mild headache
- B. Sudden intense fear with physical symptoms
- C. A skin infection
- D. A broken bone

8. Which symptom is common during a panic attack?

- A. Rapid heartbeat
- B. Hair growth
- C. Improved appetite
- D. Rash on the arms

9. What is social anxiety disorder?

- A. Fear of insects
- B. Fear of social situations and judgment
- C. Fear of water
- D. Fear of darkness

10. Which breathing technique may help reduce anxiety?

- A. Holding your breath
- B. Rapid breathing
- C. Deep breathing
- D. Shallow breathing

11. Which professional commonly treats anxiety disorders?

- A. Veterinarian
- B. Psychologist
- C. Architect

D. Electrician

12. What type of therapy is often used for anxiety?

- A. Radiation therapy
- B. Cognitive Behavioral Therapy
- C. Chemotherapy
- D. Physical therapy

13. Which lifestyle habit may help reduce anxiety?

- A. Lack of sleep
- B. Regular exercise
- C. Excess caffeine
- D. Skipping meals

14. Excessive caffeine may do what to anxiety?

- A. Cure it instantly
- B. Make symptoms worse
- C. Eliminate panic attacks permanently
- D. Improve sleep quality

15. What is a common emotional symptom of anxiety?

- A. Calmness
- B. Irritability
- C. Indifference
- D. Overconfidence

16. Which anxiety disorder involves fear of open or crowded spaces?

- A. Agoraphobia
- B. Dyslexia
- C. Insomnia
- D. Bronchitis

17. What is a phobia?

- A. A vitamin deficiency
- B. An irrational and intense fear
- C. A heart disease
- D. A dental problem

18. Which of the following may trigger anxiety?

- A. Stressful life events
- B. Balanced meals
- C. Adequate sleep
- D. Relaxation exercises

19. What is anticipatory anxiety?

- A. Anxiety after sleeping
- B. Anxiety about future events
- C. Anxiety from exercise
- D. Anxiety caused by food allergies

20. Which symptom may occur mentally during anxiety?

- A. Confusion
- B. Improved memory only
- C. Perfect concentration
- D. Increased hearing

21. What is mindfulness?

- A. Ignoring emotions
- B. Focusing awareness on the present moment
- C. Avoiding all stress
- D. Sleeping more than usual

22. Which sleep issue is commonly linked with anxiety?

- A. Narcolepsy only
- B. Insomnia
- C. Sleepwalking only

D. Snoring only

23. Which medication type is commonly prescribed for anxiety?

- A. Antibiotics
- B. Antidepressants
- C. Antifungals
- D. Antacids

24. What does SSRI stand for?

- A. Selective Serotonin Reuptake Inhibitor
- B. Serious Stress Reaction Indicator
- C. Social Stress Relief Injection
- D. Standard Sleep Recovery Index

25. Which habit may increase anxiety symptoms?

- A. Meditation
- B. Excessive alcohol use
- C. Regular sleep
- D. Healthy nutrition

26. What is health anxiety?

- A. Fear of exercise
- B. Excessive worry about having a serious illness
- C. Fear of hospitals only
- D. Fear of medication

27. Which activity can help calm anxiety?

- A. Progressive muscle relaxation
- B. Constant worrying
- C. Sleep deprivation
- D. Overworking

28. What is a common cognitive symptom of anxiety?

- A. Racing thoughts
- B. Better memory
- C. Slower reflexes only
- D. Improved vision

29. Which age group can experience anxiety disorders?

- A. Adults only
- B. Teenagers only
- C. Older adults only
- D. People of all ages

30. Which of the following is NOT a typical anxiety symptom?

- A. Trembling
- B. Rapid breathing
- C. Sudden height increase
- D. Restlessness

31. What is performance anxiety?

- A. Fear related to performing tasks in front of others
- B. Fear of sleeping
- C. Fear of eating
- D. Fear of weather

32. Which relaxation activity may help anxiety?

- A. Yoga
- B. Excessive screen time
- C. Skipping exercise
- D. Constant multitasking

33. What is separation anxiety?

- A. Fear of insects
- B. Excessive fear of being away from attachment figures
- C. Fear of heights
- D. Fear of music

34. Which symptom may occur in severe anxiety?

- A. Chest tightness
- B. Improved balance only
- C. Increased appetite only
- D. Hair thickening

35. What is avoidance behavior?

- A. Facing fears directly
- B. Staying away from feared situations
- C. Improving communication
- D. Increased exercise

36. Which nutrient deficiency may contribute to anxiety symptoms?

- A. Vitamin D deficiency
- B. Water only
- C. Oxygen only
- D. Fiber only

37. Which statement about anxiety is true?

- A. Anxiety is always harmful
- B. Mild anxiety can sometimes improve performance
- C. Anxiety affects only adults
- D. Anxiety cannot be treated

38. Which brain chemical is associated with anxiety regulation?

- A. Serotonin
- B. Chlorine
- C. Iron only
- D. Calcium only

39. What is generalized anxiety disorder often abbreviated as?

- A. GAD

- B. OCD
- C. PTSD
- D. ADHD

40. Which strategy may help manage anxious thoughts?

- A. Cognitive restructuring
- B. Ignoring all problems
- C. Avoiding sleep
- D. Excessive isolation

41. Which symptom is emotional rather than physical?

- A. Fear
- B. Sweating
- C. Trembling
- D. Rapid heartbeat

42. What is the purpose of exposure therapy?

- A. Increase avoidance
- B. Gradually face feared situations safely
- C. Prevent all emotions
- D. Eliminate memories

43. Which factor can contribute to anxiety disorders?

- A. Genetics
- B. Trauma
- C. Stress
- D. All of the above

44. What is obsessive-compulsive disorder characterized by?

- A. Broken bones
- B. Intrusive thoughts and repetitive behaviors
- C. Skin infections
- D. Vision problems

45. Which breathing pattern may worsen anxiety?

- A. Slow breathing
- B. Hyperventilation
- C. Deep breathing
- D. Rhythmic breathing

46. What is a grounding technique?

- A. A gardening method
- B. A strategy to reconnect with the present moment
- C. A sleep medication
- D. A type of surgery

47. Which statement about anxiety treatment is true?

- A. Treatment never works
- B. Many people improve with treatment
- C. Anxiety cannot be managed
- D. Medication is the only option

48. Which activity may worsen anxiety before bedtime?

- A. Reading calmly
- B. Consuming caffeine late at night
- C. Deep breathing
- D. Relaxation exercises

49. What is the role of support systems in anxiety management?

- A. They are unimportant
- B. They can provide emotional encouragement
- C. They worsen all symptoms
- D. They replace professional treatment entirely

50. Which symptom may mimic a heart attack during panic?

- A. Chest pain
- B. Sneezing

- C. Rash
- D. Tooth pain

51. What is test anxiety?

- A. Fear related to examinations
- B. Fear of swimming
- C. Fear of driving
- D. Fear of heights

52. Which type of exercise may help reduce anxiety?

- A. Walking
- B. Running
- C. Swimming
- D. All of the above

53. Which of the following may help prevent anxiety flare-ups?

- A. Consistent sleep schedule
- B. Chronic stress
- C. Sleep deprivation
- D. Skipping meals

54. What is catastrophic thinking?

- A. Realistic planning
- B. Assuming the worst possible outcome
- C. Positive thinking
- D. Forgetfulness

55. Which anxiety disorder may develop after trauma?

- A. PTSD
- B. Asthma
- C. Bronchitis
- D. Osteoporosis

56. Which symptom may indicate severe anxiety?

- A. Difficulty concentrating
- B. Increased calmness
- C. Better sleep only
- D. Slower heartbeat only

57. What is emotional regulation?

- A. Managing emotional responses effectively
- B. Ignoring all emotions
- C. Preventing happiness
- D. Avoiding relationships

58. Which environment may increase anxiety for some people?

- A. Highly stressful workplaces
- B. Calm natural settings
- C. Quiet meditation rooms
- D. Supportive homes

59. Which technique involves slowly inhaling and exhaling?

- A. Controlled breathing
- B. Hyperventilation
- C. Breath-holding contests
- D. Sprinting

60. Which condition commonly occurs alongside anxiety?

- A. Depression
- B. Broken arm
- C. Nearsightedness
- D. Appendicitis

61. Which food habit may help anxiety management?

- A. Balanced nutrition
- B. Skipping breakfast
- C. Excess sugar intake

D. Starvation dieting

62. What is rumination?

- A. Repetitive negative thinking
- B. Positive affirmations only
- C. Deep sleep
- D. Improved memory

63. Which coping strategy can reduce anxiety?

- A. Journaling
- B. Avoiding all emotions
- C. Overworking constantly
- D. Chronic isolation

64. What is the main goal of anxiety treatment?

- A. Eliminate all emotions
- B. Reduce symptoms and improve functioning
- C. Prevent social interaction entirely
- D. Increase stress levels

65. Which symptom is associated with social anxiety?

- A. Fear of embarrassment
- B. Increased confidence only
- C. Lack of concern about judgment
- D. Improved public speaking automatically

66. Which practice combines meditation and movement?

- A. Yoga
- B. Sprint racing
- C. Weightlifting only
- D. Watching television

67. Which body system is activated during anxiety?

- A. Sympathetic nervous system
- B. Digestive system only
- C. Skeletal system only
- D. Immune system only

Explanation: The sympathetic nervous system activates the body's stress response.

68. Which statement about children and anxiety is true?

- A. Children cannot experience anxiety disorders
- B. Anxiety can affect children and adolescents
- C. Only older adults experience anxiety
- D. Anxiety starts only after age 40

69. Which symptom may occur during chronic anxiety?

- A. Muscle tension
- B. Bone fractures
- C. Hair loss only
- D. Improved stamina only

70. What is resilience?

- A. Inability to cope with stress
- B. Ability to recover from challenges
- C. Avoidance of all difficulties
- D. Lack of emotions

71. Which activity may improve anxiety symptoms over time?

- A. Meditation
- B. Sleep deprivation
- C. Excessive worrying
- D. Chronic overworking

72. Which factor may worsen anxiety symptoms?

- A. Lack of sleep

- B. Adequate hydration
- C. Relaxation techniques
- D. Social support

73. What is a trigger in anxiety?

- A. Something that increases anxiety symptoms
- B. A type of vitamin
- C. A sleep phase
- D. A muscle injury

74. Which statement about anxiety medications is true?

- A. They work instantly for everyone
- B. They should be used under medical supervision
- C. They are unnecessary in all cases
- D. They cure anxiety permanently

75. What is emotional support?

- A. Encouragement and understanding from others
- B. Ignoring emotions
- C. Financial investment only
- D. Competitive criticism

76. Which symptom may be mistaken for a medical emergency?

- A. Panic attack symptoms
- B. Mild hunger
- C. Sneezing
- D. Dry skin

77. Which habit may help regulate stress hormones?

- A. Regular exercise
- B. Chronic inactivity
- C. Excessive caffeine use
- D. Staying awake all night

78. Which statement is true about anxiety and breathing?

- A. Slow breathing may reduce anxiety
- B. Rapid breathing always helps
- C. Breathing has no effect on anxiety
- D. Breath-holding cures anxiety

79. What is situational anxiety?

- A. Anxiety tied to specific situations
- B. Anxiety from sunlight
- C. Anxiety caused only by illness
- D. Anxiety that never changes

80. Which symptom is common in generalized anxiety disorder?

- A. Persistent worrying
- B. Sudden blindness
- C. Broken bones
- D. Hair discoloration

81. Which activity may support mental wellness?

- A. Spending time in nature
- B. Constant stress exposure
- C. Sleep deprivation
- D. Excessive multitasking

82. Which thought pattern is common in anxiety?

- A. Overestimating danger
- B. Balanced thinking only
- C. Complete emotional detachment
- D. Lack of concern

83. Which symptom may occur during social anxiety?

- A. Blushing
- B. Increased hunger only

- C. Improved confidence only
- D. Hair growth

84. Which coping tool may help organize anxious thoughts?

- A. To-do lists
- B. Ignoring responsibilities
- C. Sleep deprivation
- D. Isolation

85. What is self-care?

- A. Actions that support physical and mental health
- B. Avoiding responsibilities forever
- C. Ignoring emotions completely
- D. Constant work without rest

86. Which type of thinking may increase anxiety?

- A. Black-and-white thinking
- B. Flexible thinking
- C. Realistic problem-solving
- D. Calm reflection

87. Which symptom may accompany anxiety-related stress?

- A. Headaches
- B. Broken fingers
- C. Tooth growth
- D. Vision correction

88. Which healthy habit supports emotional balance?

- A. Consistent sleep
- B. Chronic sleep loss
- C. Excess alcohol consumption
- D. Constant worry

89. Which statement about anxiety is accurate?

- A. Anxiety is a sign of weakness
- B. Anxiety disorders are medical conditions
- C. Anxiety always disappears without treatment
- D. Anxiety affects only shy people

90. Which professional may prescribe anxiety medication?

- A. Psychiatrist
- B. Mechanic
- C. Chef
- D. Accountant

91. Which strategy may help during a panic attack?

- A. Slow breathing and grounding
- B. Panicking more intensely
- C. Running endlessly
- D. Avoiding all support

92. Which symptom may occur when anxiety becomes chronic?

- A. Fatigue
- B. Increased energy at all times
- C. Instant memory improvement
- D. Faster hair growth

93. Which behavior may maintain anxiety long-term?

- A. Avoidance
- B. Healthy coping skills
- C. Therapy participation
- D. Exercise

94. Which relaxation practice focuses on breathing and awareness?

- A. Meditation
- B. Overworking
- C. Multitasking constantly

D. Excessive caffeine intake

95. Which symptom can anxiety affect?

- A. Digestion
- B. Heart rate
- C. Sleep
- D. All of the above

96. Which statement about therapy is true?

- A. Therapy can teach coping strategies
- B. Therapy never helps anxiety
- C. Therapy is only for children
- D. Therapy worsens all symptoms

97. Which technique encourages focusing on sensory experiences?

- A. Grounding
- B. Catastrophizing
- C. Rumination
- D. Avoidance

98. Which factor may protect against anxiety?

- A. Strong social connections
- B. Chronic isolation
- C. Sleep deprivation
- D. Constant stress

99. Which statement best describes anxiety disorders?

- A. They are uncommon and untreatable
- B. They are common and manageable conditions
- C. They affect only children
- D. They are contagious illnesses

100. What is an important first step if anxiety severely interferes with daily life?

- A. Ignore symptoms completely
- B. Seek professional help
- C. Stop all activities permanently
- D. Isolate from others