

Anxiety Quiz: 100 Multiple-Choice Questions with Answers

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

Answer: B. A normal emotional response to stress or danger

Explanation: Anxiety is the body's natural response to stress, uncertainty, or perceived threats. It can help people stay alert and focused, but excessive anxiety may interfere with daily life.

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

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

Answer: A. Nervous system

Explanation: Anxiety strongly affects the nervous system, activating the "fight-or-flight" response, which can increase heart rate, breathing, and alertness.

3. What is a common physical symptom of anxiety?

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

Answer: B. Sweating

Explanation: Anxiety often triggers physical symptoms such as sweating, trembling, rapid heartbeat, and muscle tension because the body releases stress hormones.

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

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

Answer: B. Generalized Anxiety Disorder

Explanation: Generalized Anxiety Disorder (GAD) involves chronic, excessive worry about everyday situations for at least six months.

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

Answer: C. React to danger

Explanation: The fight-or-flight response prepares the body to confront or escape perceived threats by increasing alertness, heart rate, and energy.

6. Which hormone is commonly released during anxiety?

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

Answer: B. Cortisol

Explanation: Cortisol is a stress hormone released during anxiety. It helps the body respond to stress but can cause health problems if levels remain high.

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

Answer: B. Sudden intense fear with physical symptoms

Explanation: Panic attacks involve sudden episodes of overwhelming fear accompanied by symptoms such as chest pain, dizziness, and shortness of breath.

8. Which symptom is common during a panic attack?

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

Answer: A. Rapid heartbeat

Explanation: Panic attacks often cause rapid heartbeat, sweating, trembling, and feelings of impending doom.

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

Answer: B. Fear of social situations and judgment

Explanation: Social anxiety disorder causes intense fear of embarrassment or negative evaluation in social or performance situations.

10. Which breathing technique may help reduce anxiety?

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

Answer: C. Deep breathing

Explanation: Deep breathing can calm the nervous system and reduce symptoms of anxiety by slowing heart rate and promoting relaxation.

11. Which professional commonly treats anxiety disorders?

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

Answer: B. Psychologist

Explanation: Psychologists and other mental health professionals help diagnose and treat anxiety disorders using therapy and coping strategies.

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

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

Answer: B. Cognitive Behavioral Therapy

Explanation: Cognitive Behavioral Therapy (CBT) helps people identify and change unhealthy thought patterns and behaviors linked to anxiety.

13. Which lifestyle habit may help reduce anxiety?

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

Answer: B. Regular exercise

Explanation: Exercise releases endorphins, improves mood, and reduces stress, making it an effective strategy for managing anxiety.

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

Answer: B. Make symptoms worse

Explanation: Caffeine stimulates the nervous system and may increase nervousness, restlessness, and rapid heartbeat.

15. What is a common emotional symptom of anxiety?

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

Answer: B. Irritability

Explanation: Anxiety can cause emotional symptoms such as irritability, fear, nervousness, and difficulty concentrating.

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

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

Answer: A. Agoraphobia

Explanation: Agoraphobia involves fear of situations where escape may be difficult, such as crowds or open public spaces.

17. What is a phobia?

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

Answer: B. An irrational and intense fear

Explanation: Phobias are strong fears of specific objects, activities, or situations that are often disproportionate to the actual danger.

18. Which of the following may trigger anxiety?

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

Answer: A. Stressful life events

Explanation: Financial stress, relationship issues, trauma, and work pressure can all trigger anxiety.

19. What is anticipatory anxiety?

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

Answer: B. Anxiety about future events

Explanation: Anticipatory anxiety occurs when someone worries excessively about possible future situations or outcomes.

20. Which symptom may occur mentally during anxiety?

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

Answer: A. Confusion

Explanation: Anxiety may impair concentration and cause racing thoughts or mental confusion.

21. What is mindfulness?

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

Answer: B. Focusing awareness on the present moment

Explanation: Mindfulness practices help people observe thoughts and feelings without judgment, reducing anxiety and stress.

22. Which sleep issue is commonly linked with anxiety?

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

Answer: B. Insomnia

Explanation: Anxiety can make it difficult to fall asleep or stay asleep because of racing thoughts and physical tension.

23. Which medication type is commonly prescribed for anxiety?

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

Answer: B. Antidepressants

Explanation: Certain antidepressants, such as SSRIs, are commonly used to treat anxiety disorders.

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

Answer: A. Selective Serotonin Reuptake Inhibitor

Explanation: SSRIs increase serotonin levels in the brain and are frequently prescribed for anxiety and depression.

25. Which habit may increase anxiety symptoms?

- A. Meditation
- B. Excessive alcohol use
- C. Regular sleep

D. Healthy nutrition

Answer: B. Excessive alcohol use

Explanation: Alcohol can temporarily numb anxiety but may worsen symptoms over time and disrupt sleep.

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

Answer: B. Excessive worry about having a serious illness

Explanation: Health anxiety involves persistent fear about health despite little or no medical evidence of illness.

27. Which activity can help calm anxiety?

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

Answer: A. Progressive muscle relaxation

Explanation: Progressive muscle relaxation involves tensing and relaxing muscle groups to reduce physical tension and anxiety.

28. What is a common cognitive symptom of anxiety?

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

Answer: A. Racing thoughts

Explanation: Anxiety often causes persistent or racing thoughts that can feel difficult to control.

29. Which age group can experience anxiety disorders?

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

Answer: D. People of all ages

Explanation: Anxiety disorders can affect children, teenagers, adults, and older adults.

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

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

Answer: C. Sudden height increase

Explanation: Anxiety affects emotions and physical responses, but it does not cause changes in height.

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

Answer: A. Fear related to performing tasks in front of others

Explanation: Performance anxiety commonly occurs during public speaking, sports, exams, or stage performances.

32. Which relaxation activity may help anxiety?

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

Answer: A. Yoga

Explanation: Yoga combines movement, breathing, and mindfulness to reduce stress and improve relaxation.

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

Answer: B. Excessive fear of being away from attachment figures

Explanation: Separation anxiety is common in children but can also occur in adults.

34. Which symptom may occur in severe anxiety?

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

Answer: A. Chest tightness

Explanation: Severe anxiety can produce physical sensations such as chest tightness, dizziness, and shortness of breath.

35. What is avoidance behavior?

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

Answer: B. Staying away from feared situations

Explanation: Avoidance behavior may temporarily reduce anxiety but often reinforces fears over time.

36. Which nutrient deficiency may contribute to anxiety symptoms?

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

Answer: A. Vitamin D deficiency

Explanation: Some studies suggest that low levels of certain nutrients, including vitamin D, may be linked to mood issues and anxiety.

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

Answer: B. Mild anxiety can sometimes improve performance

Explanation: Moderate anxiety can increase focus and motivation in challenging situations.

38. Which brain chemical is associated with anxiety regulation?

- A. Serotonin
- B. Chlorine

- C. Iron only
- D. Calcium only

Answer: A. Serotonin

Explanation: Serotonin helps regulate mood and emotional responses, including anxiety.

39. What is generalized anxiety disorder often abbreviated as?

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

Answer: A. GAD

Explanation: GAD stands for Generalized Anxiety Disorder.

40. Which strategy may help manage anxious thoughts?

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

Answer: A. Cognitive restructuring

Explanation: Cognitive restructuring helps individuals challenge unrealistic or negative thoughts.

41. Which symptom is emotional rather than physical?

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

Answer: A. Fear

Explanation: Fear is an emotional symptom, while sweating and trembling are physical symptoms.

42. What is the purpose of exposure therapy?

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

Answer: B. Gradually face feared situations safely

Explanation: Exposure therapy helps reduce fear by slowly and safely confronting anxiety triggers.

43. Which factor can contribute to anxiety disorders?

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

Answer: D. All of the above

Explanation: Anxiety disorders often result from a combination of biological, psychological, and environmental factors.

44. What is obsessive-compulsive disorder characterized by?

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

Answer: B. Intrusive thoughts and repetitive behaviors

Explanation: OCD involves unwanted thoughts and repetitive actions performed to reduce anxiety.

45. Which breathing pattern may worsen anxiety?

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

Answer: B. Hyperventilation

Explanation: Hyperventilation can lower carbon dioxide levels and increase dizziness and panic sensations.

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

Answer: B. A strategy to reconnect with the present moment

Explanation: Grounding techniques help reduce anxiety by focusing attention on the present environment.

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

Answer: B. Many people improve with treatment

Explanation: Therapy, lifestyle changes, coping skills, and medication can all effectively reduce anxiety symptoms.

48. Which activity may worsen anxiety before bedtime?

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

Answer: B. Consuming caffeine late at night

Explanation: Caffeine stimulates the nervous system and can interfere with sleep and relaxation.

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

Answer: B. They can provide emotional encouragement

Explanation: Friends, family, and support groups can help people feel understood and less isolated.

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

- A. Chest pain
- B. Sneezing
- C. Rash
- D. Tooth pain

Answer: A. Chest pain

Explanation: Panic attacks can cause chest pain and shortness of breath, which may resemble heart attack symptoms.

51. What is test anxiety?

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

D. Fear of heights

Answer: A. Fear related to examinations

Explanation: Test anxiety can impair concentration and performance during exams.

52. Which type of exercise may help reduce anxiety?

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

Answer: D. All of the above

Explanation: Physical activity can lower stress hormones and improve mood.

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

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

Answer: A. Consistent sleep schedule

Explanation: Healthy routines support emotional regulation and reduce stress.

54. What is catastrophic thinking?

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

Answer: B. Assuming the worst possible outcome

Explanation: Catastrophic thinking is a cognitive distortion common in anxiety disorders.

55. Which anxiety disorder may develop after trauma?

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

Answer: A. PTSD

Explanation: Post-traumatic stress disorder can occur after experiencing or witnessing traumatic events.

56. Which symptom may indicate severe anxiety?

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

Answer: A. Difficulty concentrating

Explanation: Anxiety can make focusing on tasks or conversations difficult.

57. What is emotional regulation?

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

Answer: A. Managing emotional responses effectively

Explanation: Emotional regulation skills help people cope with stress and anxiety more effectively.

58. Which environment may increase anxiety for some people?

A. Highly stressful workplaces
B. Calm natural settings

- C. Quiet meditation rooms
- D. Supportive homes

Answer: A. Highly stressful workplaces

Explanation: Ongoing stress can contribute to chronic anxiety symptoms.

59. Which technique involves slowly inhaling and exhaling?

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

Answer: A. Controlled breathing

Explanation: Controlled breathing helps activate the body's relaxation response.

60. Which condition commonly occurs alongside anxiety?

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

Answer: A. Depression

Explanation: Anxiety and depression frequently occur together.

61. Which food habit may help anxiety management?

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

Answer: A. Balanced nutrition

Explanation: Nutritious meals support stable energy and mood regulation.

62. What is rumination?

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

Answer: A. Repetitive negative thinking

Explanation: Rumination involves repeatedly dwelling on worries or problems.

63. Which coping strategy can reduce anxiety?

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

Answer: A. Journaling

Explanation: Writing thoughts and feelings can help process emotions and identify stress triggers.

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

Answer: B. Reduce symptoms and improve functioning

Explanation: Treatment aims to help individuals manage symptoms and maintain healthy daily lives.

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

Answer: A. Fear of embarrassment

Explanation: Social anxiety often involves fear of criticism or humiliation.

66. Which practice combines meditation and movement?

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

Answer: A. Yoga

Explanation: Yoga integrates breathing, stretching, and mindfulness.

67. Which body system is activated during anxiety?

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

Answer: A. Sympathetic nervous system

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

Answer: B. Anxiety can affect children and adolescents

Explanation: Anxiety disorders can occur at any age.

69. Which symptom may occur during chronic anxiety?

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

Answer: A. Muscle tension

Explanation: Long-term anxiety often causes tight or sore muscles.

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

Answer: B. Ability to recover from challenges

Explanation: Resilience helps people adapt to stress and recover from setbacks.

71. Which activity may improve anxiety symptoms over time?

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

Answer: A. Meditation

Explanation: Meditation may improve emotional awareness and reduce stress.

72. Which factor may worsen anxiety symptoms?

- A. Lack of sleep
- B. Adequate hydration
- C. Relaxation techniques
- D. Social support

Answer: A. Lack of sleep

Explanation: Poor sleep increases irritability and emotional stress.

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

Answer: A. Something that increases anxiety symptoms

Explanation: Triggers can include places, situations, thoughts, or memories associated with anxiety.

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

Answer: B. They should be used under medical supervision

Explanation: Anxiety medications should be prescribed and monitored by healthcare professionals.

75. What is emotional support?

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

Answer: A. Encouragement and understanding from others

Explanation: Emotional support can reduce feelings of isolation and stress.

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

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

Answer: A. Panic attack symptoms

Explanation: Panic attacks can resemble emergencies because of intense physical sensations.

77. Which habit may help regulate stress hormones?

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

Answer: A. Regular exercise

Explanation: Exercise helps regulate cortisol and improve mood.

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

Answer: A. Slow breathing may reduce anxiety

Explanation: Slow breathing activates the body's calming response.

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

Answer: A. Anxiety tied to specific situations

Explanation: Situational anxiety occurs in response to particular events, such as interviews or public speaking.

80. Which symptom is common in generalized anxiety disorder?

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

Answer: A. Persistent worrying

Explanation: Ongoing and excessive worry is a hallmark symptom of GAD.

81. Which activity may support mental wellness?

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

Answer: A. Spending time in nature

Explanation: Natural environments may reduce stress and improve emotional well-being.

82. Which thought pattern is common in anxiety?

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

Answer: A. Overestimating danger

Explanation: Anxiety often involves exaggerated perceptions of threat or risk.

83. Which symptom may occur during social anxiety?

- A. Blushing
- B. Increased hunger only
- C. Improved confidence only
- D. Hair growth

Answer: A. Blushing

Explanation: Physical symptoms of social anxiety may include blushing, sweating, or trembling.

84. Which coping tool may help organize anxious thoughts?

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

Answer: A. To-do lists

Explanation: Organized planning may reduce feelings of overwhelm.

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

Answer: A. Actions that support physical and mental health

Explanation: Self-care includes rest, healthy eating, exercise, and emotional support.

86. Which type of thinking may increase anxiety?

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

Answer: A. Black-and-white thinking

Explanation: Extreme thinking patterns can intensify anxiety.

87. Which symptom may accompany anxiety-related stress?

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

Answer: A. Headaches

Explanation: Stress and muscle tension from anxiety can contribute to headaches.

88. Which healthy habit supports emotional balance?

- A. Consistent sleep

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

Answer: A. Consistent sleep

Explanation: Quality sleep supports brain function and emotional regulation.

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

Answer: B. Anxiety disorders are medical conditions

Explanation: Anxiety disorders are legitimate mental health conditions that can be treated.

90. Which professional may prescribe anxiety medication?

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

Answer: A. Psychiatrist

Explanation: Psychiatrists are medical doctors who can prescribe medications for anxiety.

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

Answer: A. Slow breathing and grounding

Explanation: Grounding and breathing techniques can help reduce panic symptoms.

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

Answer: A. Fatigue

Explanation: Chronic anxiety can be physically and emotionally exhausting.

93. Which behavior may maintain anxiety long-term?

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

Answer: A. Avoidance

Explanation: Avoiding feared situations can reinforce anxiety patterns.

94. Which relaxation practice focuses on breathing and awareness?

- A. Meditation
- B. Overworking
- C. Multitasking constantly
- D. Excessive caffeine intake

Answer: A. Meditation

Explanation: Meditation helps calm the mind and increase present-moment awareness.

95. Which symptom can anxiety affect?

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

Answer: D. All of the above

Explanation: Anxiety can influence many body systems, including digestion, sleep, and cardiovascular responses.

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

Answer: A. Therapy can teach coping strategies

Explanation: Therapy provides tools to manage thoughts, emotions, and behaviors.

97. Which technique encourages focusing on sensory experiences?

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

Answer: A. Grounding

Explanation: Grounding techniques use the senses to reconnect with the present moment.

98. Which factor may protect against anxiety?

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

Answer: A. Strong social connections

Explanation: Supportive relationships can improve resilience and emotional health.

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

Answer: B. They are common and manageable conditions

Explanation: Anxiety disorders are among the most common mental health conditions and often respond well to treatment.

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

Answer: B. Seek professional help

Explanation: Mental health professionals can provide diagnosis, treatment options, and coping strategies tailored to the individual.