

Panic Attacks: 100-Question Multiple-Choice Quiz

1. What is a panic attack?

- A. A mild mood swing
- B. A sudden episode of intense fear or discomfort
- C. A long-term personality disorder
- D. A sleep disorder

2. Which symptom is commonly associated with a panic attack?

- A. Rash on the skin
- B. Chest pain
- C. Hair loss
- D. Blurred hearing

3. Panic attacks usually reach their peak intensity within:

- A. Several hours
- B. Several days
- C. About 10 minutes
- D. One week

4. Which of the following is NOT a common symptom of a panic attack?

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

5. Panic attacks are most strongly associated with which mental health condition?

- A. Panic disorder
- B. Schizophrenia
- C. Autism spectrum disorder
- D. Dyslexia

6. Which body system is primarily activated during a panic attack?

- A. Digestive system
- B. Reproductive system
- C. Fight-or-flight response
- D. Skeletal system

7. What hormone is commonly released during a panic attack?

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

8. Which breathing symptom commonly occurs during a panic attack?

- A. Hyperventilation
- B. Sneezing
- C. Snoring
- D. Hiccups

9. A person having a panic attack may mistakenly believe they are:

- A. Falling asleep
- B. Having a heart attack
- C. Developing allergies
- D. Becoming taller

10. Which feeling is common during a panic attack?

- A. Euphoria
- B. Detachment from reality
- C. Increased hunger
- D. Extreme confidence

11. What is depersonalization?

- A. Excessive appetite

- B. Feeling detached from oneself
- C. Muscle weakness
- D. Difficulty hearing

12. Which age group commonly experiences first panic attacks?

- A. Infants
- B. Teenagers and young adults
- C. Elderly adults only
- D. Preschool children only

13. Which factor may increase the risk of panic attacks?

- A. Regular exercise
- B. Chronic stress
- C. Adequate sleep
- D. Balanced nutrition

14. Which stimulant can trigger panic attacks in some people?

- A. Water
- B. Caffeine
- C. Fiber
- D. Calcium

15. Which of the following may mimic symptoms of a panic attack?

- A. Thyroid disorders
- B. Broken fingernail
- C. Nearsightedness
- D. Sunburn

16. Panic attacks can occur:

- A. Only during the daytime
- B. Only in crowds
- C. Unexpectedly or in response to triggers
- D. Only during exercise

17. What is a common emotional symptom during a panic attack?

- A. Mild boredom
- B. Intense fear of dying
- C. Curiosity
- D. Excitement about the future

18. Which symptom may result from hyperventilation during a panic attack?

- A. Tingling in fingers
- B. Hair growth
- C. Improved balance
- D. Increased appetite

19. What is agoraphobia?

- A. Fear of heights
- B. Fear of open or difficult-to-escape situations
- C. Fear of water
- D. Fear of insects

20. Which therapy is commonly used to treat panic attacks?

- A. Radiation therapy
- B. Cognitive behavioral therapy
- C. Occupational therapy only
- D. Hydrotherapy

21. CBT stands for:

- A. Cardiac breathing treatment
- B. Cognitive behavioral therapy
- C. Central body training
- D. Controlled balance technique

22. Which medication type is often prescribed for panic disorder?

- A. Antibiotics

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

23. SSRIs are primarily used to:

- A. Treat bacterial infections
- B. Reduce anxiety and depression symptoms
- C. Improve vision
- D. Heal fractures

24. Which lifestyle habit may help reduce panic attacks?

- A. Sleep deprivation
- B. Regular exercise
- C. Excessive alcohol use
- D. Skipping meals

25. Which relaxation technique may help during a panic attack?

- A. Holding one's breath
- B. Deep breathing
- C. Excessive caffeine intake
- D. Yelling loudly

26. Panic attacks are:

- A. Always dangerous
- B. Usually not life-threatening
- C. Contagious
- D. Caused by infections

27. Which symptom is related to increased adrenaline during panic attacks?

- A. Slow heartbeat
- B. Sweating
- C. Paralysis
- D. Vision loss

28. Panic attacks may last:

- A. Only seconds
- B. Several minutes to about half an hour
- C. Several weeks continuously
- D. A full year

29. Which thought pattern may worsen panic attacks?

- A. Catastrophic thinking
- B. Positive reinforcement
- C. Logical reasoning
- D. Gratitude

30. What is catastrophic thinking?

- A. Realistic planning
- B. Assuming the worst possible outcome
- C. Ignoring emotions
- D. Forgetting memories

31. Which substance may worsen panic symptoms?

- A. Nicotine
- B. Water
- C. Vegetables
- D. Protein

32. Panic attacks can happen during:

- A. Sleep
- B. Swimming only
- C. Eating only
- D. Reading only

33. Which symptom is common during nocturnal panic attacks?

- A. Sudden awakening with fear

- B. Improved concentration
- C. Increased appetite
- D. Sneezing

34. Which professional can diagnose panic disorder?

- A. Mechanic
- B. Mental health professional
- C. Chef
- D. Electrician

35. Which diagnostic manual is commonly used for panic disorder?

- A. DSM-5
- B. Phone directory
- C. Cookbook
- D. Atlas

36. Which physical symptom may occur during a panic attack?

- A. Chills
- B. Broken bones
- C. Tooth growth
- D. Rash spreading

37. Panic disorder involves:

- A. One panic attack only
- B. Recurrent panic attacks and ongoing concern about more attacks
- C. Constant fever
- D. Memory loss only

38. Which coping strategy may help during a panic attack?

- A. Grounding techniques
- B. Excessive isolation
- C. Overworking
- D. Ignoring all symptoms

39. Which grounding method involves noticing surroundings?

- A. 5-4-3-2-1 technique
- B. Marathon running
- C. Fasting
- D. Sleep deprivation

40. Which symptom is NOT typical of panic attacks?

- A. Dizziness
- B. Rapid heartbeat
- C. Permanent paralysis
- D. Sweating

41. Panic attacks can affect:

- A. Only adults
- B. Only children
- C. People of many ages
- D. Only athletes

42. Which factor may contribute to panic disorder?

- A. Genetics
- B. Hair color
- C. Shoe size
- D. Blood type alone

43. Which brain structure is involved in fear processing?

- A. Amygdala
- B. Kidney
- C. Retina
- D. Appendix

44. Which medical test may be used to rule out heart problems?

- A. ECG
- B. Vision chart

- C. Allergy patch only
- D. Dental X-ray

45. Which statement about panic attacks is true?

- A. They are always predictable
- B. They can occur unexpectedly
- C. They only happen in public
- D. They are imaginary

46. Which symptom may occur because of muscle tension?

- A. Muscle aches
- B. Improved flexibility
- C. Tooth whitening
- D. Increased height

47. Avoiding feared places because of panic attacks may lead to:

- A. Agoraphobia
- B. Astigmatism
- C. Eczema
- D. Arthritis

48. Which breathing pattern is recommended during panic attacks?

- A. Slow and controlled breathing
- B. Rapid hyperventilation
- C. Breath holding
- D. Random breathing

49. Which of the following may help prevent panic attacks?

- A. Stress management
- B. Sleep deprivation
- C. Excess alcohol
- D. Constant worrying

50. Which symptom may make people fear embarrassment during panic attacks?

- A. Trembling
- B. Stronger eyesight
- C. Improved memory
- D. Hair growth

- A. Exposure therapy
- B. Radiation therapy
- C. Speech therapy
- D. Massage therapy

52. Which sensation may occur during a panic attack?

- A. Feeling unable to breathe
- B. Permanent blindness
- C. Bone fractures
- D. Tooth decay

53. Which symptom involves feeling dizzy or faint?

- A. Lightheadedness
- B. Rash
- C. Fever
- D. Paralysis

54. Which mental health condition often occurs alongside panic disorder?

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

55. Panic attacks are considered part of which category?

- A. Anxiety disorders
- B. Bone disorders

- C. Digestive diseases
- D. Skin disorders

56. Which symptom may occur in the chest during panic attacks?

- A. Tightness
- B. Bruising
- C. Bleeding
- D. Burning rash

57. Which approach may help identify panic triggers?

- A. Journaling
- B. Ignoring experiences
- C. Skipping appointments
- D. Avoiding sleep

58. Which statement about panic attacks is accurate?

- A. They always have an obvious cause
- B. They can happen without warning
- C. They only occur once in life
- D. They only affect men

59. Which symptom may result from fear during a panic attack?

- A. Urge to escape
- B. Improved concentration
- C. Increased appetite
- D. Hair thickening

60. Which healthy habit may support recovery from panic disorder?

- A. Consistent sleep
- B. Excessive caffeine
- C. Skipping meals
- D. Isolation

61. Which symptom can occur because of adrenaline release?

- A. Racing heart
- B. Slow metabolism
- C. Hair loss immediately
- D. Vision correction

62. Which coping skill involves accepting feelings without judgment?

- A. Mindfulness
- B. Suppression
- C. Overreaction
- D. Avoidance

63. Which professional may prescribe medication for panic disorder?

- A. Psychiatrist
- B. Mechanic
- C. Architect
- D. Plumber

64. Which physical sensation may occur during panic attacks?

- A. Nausea
- B. Broken teeth
- C. Hair bleaching
- D. Loss of fingerprints

65. Which situation may trigger panic attacks in some individuals?

- A. Crowded places
- B. Reading books
- C. Brushing teeth
- D. Wearing socks

66. Which symptom may cause fear of fainting?

- A. Dizziness
- B. Increased appetite
- C. Itchy skin

D. Hair growth

67. Which statement is true about treatment for panic attacks?

- A. Treatment is unavailable
- B. Effective treatments exist
- C. Only surgery helps
- D. Recovery is impossible

68. Which medication class may provide rapid short-term relief?

- A. Benzodiazepines
- B. Antibiotics
- C. Antifungals
- D. Antihistamines only

69. Which factor may worsen panic attacks over time?

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

70. Which symptom is associated with fear responses?

- A. Sweaty palms
- B. Broken bones
- C. Tooth loss
- D. Rash formation

71. Which term describes fear of future panic attacks?

- A. Anticipatory anxiety
- B. Insomnia
- C. Delusion
- D. Mania

72. Which dietary choice may help some people reduce panic symptoms?

- A. Limiting caffeine
- B. Increasing nicotine
- C. Excess sugar intake
- D. Skipping hydration

73. Which statement about panic attacks is false?

- A. They can feel terrifying
- B. They are always signs of heart disease
- C. They involve intense anxiety
- D. They may include sweating

74. Which symptom may make concentration difficult during panic attacks?

- A. Intense fear
- B. Better memory
- C. Improved focus
- D. Increased confidence

75. Which activity may help lower baseline anxiety?

- A. Meditation
- B. Sleep deprivation
- C. Excess alcohol consumption
- D. Constant multitasking

76. Which symptom may occur in the stomach during a panic attack?

- A. Upset stomach
- B. Bone pain
- C. Tooth decay
- D. Ear bleeding

77. Which response is recommended when helping someone during a panic attack?

- A. Stay calm and supportive

- B. Yell at them
- C. Ignore them completely
- D. Mock their fears

78. Which symptom may be caused by muscle tension during panic?

- A. Shaking
- B. Bone growth
- C. Hair bleaching
- D. Vision improvement

79. Which term refers to fear of losing control during panic?

- A. Panic cognition
- B. Nutrition deficit
- C. Insomnia only
- D. Hyperactivity

80. Which health habit may improve emotional resilience?

- A. Balanced nutrition
- B. Excessive fasting
- C. Chronic sleep loss
- D. Avoiding hydration

81. Which symptom may occur because blood flow changes during hyperventilation?

- A. Dizziness
- B. Broken bones
- C. Fever
- D. Rash

82. Which type of fear often accompanies panic disorder?

- A. Fear of future attacks
- B. Fear of vegetables
- C. Fear of pencils
- D. Fear of clouds only

83. Which action may worsen panic symptoms during an attack?

- A. Hyperventilating
- B. Slow breathing
- C. Grounding exercises
- D. Relaxation techniques

84. Which statement about panic attacks is true?

- A. They are a sign of weakness
- B. They are recognized medical conditions
- C. They only happen to children
- D. They are contagious illnesses

85. Which environment may trigger panic in someone with agoraphobia?

- A. Crowded public transportation
- B. Quiet bedroom only
- C. Backyard garden only
- D. Private office only

86. Which therapy focuses on changing distorted thoughts?

- A. Cognitive therapy
- B. Physical therapy
- C. Radiation therapy
- D. Aquatic therapy

87. Which symptom may cause fear of choking?

- A. Tight throat sensation
- B. Improved appetite
- C. Stronger voice
- D. Better balance

88. Which strategy may help reduce panic frequency?

- A. Following a treatment plan
- B. Ignoring symptoms entirely
- C. Excess alcohol use
- D. Avoiding all activities

89. Which body sensation is common during panic attacks?

- A. Rapid heartbeat
- B. Bone fractures
- C. Hair loss instantly
- D. Skin peeling

90. Which type of support may help someone with panic disorder?

- A. Support groups
- B. Isolation
- C. Constant criticism
- D. Sleep deprivation

91. Which symptom may create fear of "going crazy"?

- A. Intense anxiety and unreality feelings
- B. Increased appetite
- C. Better memory
- D. Improved hearing

92. Which relaxation method focuses on tightening and relaxing muscles?

- A. Progressive muscle relaxation
- B. Sprinting
- C. Sleep deprivation
- D. Hyperventilation

93. Which statement about panic disorder treatment is correct?

- A. It may require time and consistency
- B. It is cured instantly in all cases
- C. Treatment never works

D. Only hospitalization helps

94. Which factor may contribute to panic attacks?

- A. Major life changes
- B. Drinking water
- C. Wearing shoes
- D. Reading books

95. Which symptom may occur in the hands during panic attacks?

- A. Tingling
- B. Permanent paralysis
- C. Burns
- D. Bleeding

96. Which statement about seeking help is true?

- A. Professional help can improve symptoms
- B. Panic attacks should always be ignored
- C. Treatment is pointless
- D. Recovery never occurs

97. Which coping approach encourages staying present?

- A. Mindfulness exercises
- B. Catastrophic thinking
- C. Avoidance
- D. Sleep deprivation

98. Which symptom may accompany severe fear during panic attacks?

- A. Feeling of impending doom
- B. Increased appetite
- C. Better concentration
- D. Improved hearing

99. Which healthcare provider may offer psychotherapy for panic disorder?

- A. Psychologist
- B. Mechanic
- C. Carpenter
- D. Chef

100. Which statement best summarizes panic attacks?

- A. They are brief episodes of intense fear with physical symptoms
- B. They are contagious infections
- C. They only happen during exercise
- D. They are caused by laziness