

Panic Attacks: 100-Question Multiple-Choice Quiz with Answers

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

Answer: B. A sudden episode of intense fear or discomfort

Explanation: Panic attacks are sudden episodes of intense fear or discomfort that peak within minutes and may include physical and emotional symptoms.

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

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

Answer: B. Chest pain

Explanation: Chest pain is a common symptom during panic attacks and can sometimes mimic a heart attack.

3. Panic attacks usually reach their peak intensity within:

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

Answer: C. About 10 minutes

Explanation: Most panic attacks peak rapidly, often within 10 minutes, although symptoms can linger longer.

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

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

Answer: C. Fever

Explanation: Fever is generally not a typical symptom of a panic attack.

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

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

Answer: A. Panic disorder

Explanation: Recurrent unexpected panic attacks are a hallmark feature of panic disorder.

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

Answer: C. Fight-or-flight response

Explanation: Panic attacks trigger the body's fight-or-flight response, releasing stress hormones like adrenaline.

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

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

Answer: B. Adrenaline

Explanation: Adrenaline increases heart rate and alertness during stressful situations, including panic attacks.

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

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

Answer: A. Hyperventilation

Explanation: Rapid breathing or hyperventilation is common and may contribute to dizziness and tingling sensations.

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

Answer: B. Having a heart attack

Explanation: The intense physical symptoms of panic attacks can resemble cardiac emergencies.

10. Which feeling is common during a panic attack?

- A. Euphoria

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

Answer: B. Detachment from reality

Explanation: Some individuals experience depersonalization or derealization during panic attacks.

11. What is depersonalization?

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

Answer: B. Feeling detached from oneself

Explanation: Depersonalization is a sensation of being disconnected from one's body or thoughts.

12. Which age group commonly experiences first panic attacks?

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

Answer: B. Teenagers and young adults

Explanation: Panic attacks often begin during adolescence or early adulthood.

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

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

Answer: B. Chronic stress

Explanation: High levels of stress can contribute to the development of panic attacks.

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

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

Answer: B. Caffeine

Explanation: Caffeine can increase heart rate and anxiety, potentially triggering panic attacks.

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

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

Answer: A. Thyroid disorders

Explanation: Certain medical conditions, including thyroid disorders, can produce symptoms similar to panic attacks.

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

Answer: C. Unexpectedly or in response to triggers

Explanation: Panic attacks may happen without warning or in specific feared situations.

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

Answer: B. Intense fear of dying

Explanation: Many individuals fear losing control, dying, or “going crazy” during a panic attack.

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

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

Answer: A. Tingling in fingers

Explanation: Hyperventilation can alter carbon dioxide levels, causing tingling sensations.

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

Answer: B. Fear of open or difficult-to-escape situations

Explanation: Agoraphobia often develops in people who fear having panic attacks in public places.

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

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

Answer: B. Cognitive behavioral therapy

Explanation: Cognitive behavioral therapy (CBT) helps people identify and change harmful thought patterns.

21. CBT stands for:

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

Answer: B. Cognitive behavioral therapy

Explanation: CBT is a widely used evidence-based treatment for panic attacks and anxiety disorders.

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

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

Answer: B. Antidepressants

Explanation: SSRIs and other antidepressants are commonly used to reduce panic symptoms.

23. SSRIs are primarily used to:

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

Answer: B. Reduce anxiety and depression symptoms

Explanation: Selective serotonin reuptake inhibitors can help regulate mood and anxiety.

24. Which lifestyle habit may help reduce panic attacks?

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

Answer: B. Regular exercise

Explanation: Exercise can reduce stress and improve overall mental health.

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

Answer: B. Deep breathing

Explanation: Slow, controlled breathing may help calm the nervous system.

26. Panic attacks are:

- A. Always dangerous
- B. Usually not life-threatening
- C. Contagious

D. Caused by infections

Answer: B. Usually not life-threatening

Explanation: Although frightening, panic attacks themselves are generally not medically dangerous.

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

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

Answer: B. Sweating

Explanation: Adrenaline activates sweat glands and other fight-or-flight responses.

28. Panic attacks may last:

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

Answer: B. Several minutes to about half an hour

Explanation: Most panic attacks are brief but intense episodes.

29. Which thought pattern may worsen panic attacks?

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

Answer: A. Catastrophic thinking

Explanation: Assuming the worst can intensify anxiety and panic symptoms.

30. What is catastrophic thinking?

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

Answer: B. Assuming the worst possible outcome

Explanation: Catastrophic thinking can escalate physical sensations into intense fear.

31. Which substance may worsen panic symptoms?

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

Answer: A. Nicotine

Explanation: Nicotine can stimulate the nervous system and increase anxiety.

32. Panic attacks can happen during:

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

Answer: A. Sleep

Explanation: Nocturnal panic attacks can awaken individuals from sleep.

33. Which symptom is common during nocturnal panic attacks?

- A. Sudden awakening with fear
- B. Improved concentration
- C. Increased appetite
- D. Sneezing

Answer: A. Sudden awakening with fear

Explanation: Nocturnal panic attacks often cause abrupt awakening and intense fear.

34. Which professional can diagnose panic disorder?

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

Answer: B. Mental health professional

Explanation: Psychologists, psychiatrists, and qualified clinicians diagnose panic disorder.

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

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

Answer: A. DSM-5

Explanation: The DSM-5 contains diagnostic criteria for mental health disorders.

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

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

Answer: A. Chills

Explanation: Chills or hot flashes are common physical symptoms.

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

Answer: B. Recurrent panic attacks and ongoing concern about more attacks

Explanation: Persistent fear of future attacks is a key feature of panic disorder.

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

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

Answer: A. Grounding techniques

Explanation: Grounding helps individuals focus on the present moment.

39. Which grounding method involves noticing surroundings?

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

D. Sleep deprivation

Answer: A. 5-4-3-2-1 technique

Explanation: This method focuses attention on sensory experiences to reduce panic.

40. Which symptom is NOT typical of panic attacks?

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

Answer: C. Permanent paralysis

Explanation: Permanent paralysis is not a typical symptom of panic attacks.

41. Panic attacks can affect:

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

Answer: C. People of many ages

Explanation: Panic attacks can occur across different age groups.

42. Which factor may contribute to panic disorder?

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

Answer: A. Genetics

Explanation: Family history may increase the likelihood of panic disorder.

43. Which brain structure is involved in fear processing?

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

Answer: A. Amygdala

Explanation: The amygdala plays a major role in processing fear and threat responses.

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

Answer: A. ECG

Explanation: An electrocardiogram helps evaluate heart-related symptoms.

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

Answer: B. They can occur unexpectedly

Explanation: Many panic attacks occur suddenly without a clear trigger.

46. Which symptom may occur because of muscle tension?

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

Answer: A. Muscle aches

Explanation: Anxiety and panic can cause muscle tension and discomfort.

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

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

Answer: A. Agoraphobia

Explanation: Fear of having panic attacks in certain places can cause avoidance behaviors.

48. Which breathing pattern is recommended during panic attacks?

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

Answer: A. Slow and controlled breathing

Explanation: Controlled breathing may reduce physical panic symptoms.

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

- A. Stress management

- B. Sleep deprivation
- C. Excess alcohol
- D. Constant worrying

Answer: A. Stress management

Explanation: Managing stress can reduce the likelihood of panic episodes.

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

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

Answer: A. Trembling

Explanation: Visible symptoms like trembling may increase social anxiety.

51. Which type of therapy exposes people gradually to feared sensations?

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

Answer: A. Exposure therapy

Explanation: Exposure therapy helps reduce fear by gradually confronting triggers.

52. Which sensation may occur during a panic attack?

- A. Feeling unable to breathe
- B. Permanent blindness

- C. Bone fractures
- D. Tooth decay

Answer: A. Feeling unable to breathe

Explanation: Many people feel short of breath despite adequate oxygen levels.

53. Which symptom involves feeling dizzy or faint?

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

Answer: A. Lightheadedness

Explanation: Hyperventilation and stress hormones can cause dizziness.

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

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

Answer: A. Depression

Explanation: Depression commonly coexists with anxiety disorders.

55. Panic attacks are considered part of which category?

- A. Anxiety disorders
- B. Bone disorders
- C. Digestive diseases
- D. Skin disorders

Answer: A. Anxiety disorders

Explanation: Panic disorder is classified as an anxiety disorder.

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

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

Answer: A. Tightness

Explanation: Chest tightness is a frequent symptom of panic attacks.

57. Which approach may help identify panic triggers?

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

Answer: A. Journaling

Explanation: Keeping track of symptoms and situations may reveal patterns.

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

Answer: B. They can happen without warning

Explanation: Unexpected panic attacks are common.

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

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

Answer: A. Urge to escape

Explanation: The fight-or-flight response often creates a desire to flee.

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

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

Answer: A. Consistent sleep

Explanation: Good sleep habits can improve emotional regulation.

61. Which symptom can occur because of adrenaline release?

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

Answer: A. Racing heart

Explanation: Adrenaline stimulates the cardiovascular system.

62. Which coping skill involves accepting feelings without judgment?

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

D. Avoidance

Answer: A. Mindfulness

Explanation: Mindfulness encourages awareness and acceptance of present experiences.

63. Which professional may prescribe medication for panic disorder?

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

Answer: A. Psychiatrist

Explanation: Psychiatrists are medical doctors who can prescribe psychiatric medications.

64. Which physical sensation may occur during panic attacks?

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

Answer: A. Nausea

Explanation: Digestive symptoms can accompany anxiety and panic.

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

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

Answer: A. Crowded places

Explanation: Crowded environments may trigger fear in some people.

66. Which symptom may cause fear of fainting?

- A. Dizziness
- B. Increased appetite
- C. Itchy skin
- D. Hair growth

Answer: A. Dizziness

Explanation: Lightheadedness may create fear of losing consciousness.

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

Answer: B. Effective treatments exist

Explanation: Therapy, medication, and lifestyle changes can significantly improve symptoms.

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

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

Answer: A. Benzodiazepines

Explanation: Benzodiazepines can quickly reduce anxiety but may carry dependence risks.

69. Which factor may worsen panic attacks over time?

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

Answer: A. Avoidance behaviors

Explanation: Avoidance can reinforce fear and anxiety.

70. Which symptom is associated with fear responses?

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

Answer: A. Sweaty palms

Explanation: Sweating is part of the body's stress response.

71. Which term describes fear of future panic attacks?

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

Answer: A. Anticipatory anxiety

Explanation: People may worry constantly about having another panic attack.

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

- A. Limiting caffeine
- B. Increasing nicotine

- C. Excess sugar intake
- D. Skipping hydration

Answer: A. Limiting caffeine

Explanation: Reducing stimulants may decrease anxiety symptoms.

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

Answer: B. They are always signs of heart disease

Explanation: Although symptoms may resemble heart problems, panic attacks are not always cardiac-related.

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

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

Answer: A. Intense fear

Explanation: High anxiety can interfere with attention and thinking.

75. Which activity may help lower baseline anxiety?

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

Answer: A. Meditation

Explanation: Meditation may help calm the mind and reduce stress.

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

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

Answer: A. Upset stomach

Explanation: Digestive discomfort can occur during anxiety episodes.

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

Answer: A. Stay calm and supportive

Explanation: Calm reassurance may help the person feel safer.

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

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

Answer: A. Shaking

Explanation: Muscle tension and adrenaline may cause trembling.

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

A. Panic cognition

- B. Nutrition deficit
- C. Insomnia only
- D. Hyperactivity

Answer: A. Panic cognition

Explanation: Frightening thoughts during panic attacks often center on losing control.

80. Which health habit may improve emotional resilience?

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

Answer: A. Balanced nutrition

Explanation: Healthy eating supports physical and mental well-being.

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

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

Answer: A. Dizziness

Explanation: Rapid breathing can affect oxygen and carbon dioxide balance.

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

Answer: A. Fear of future attacks

Explanation: Anticipatory fear is common in panic disorder.

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

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

Answer: A. Hyperventilating

Explanation: Hyperventilation can intensify dizziness and tingling sensations.

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

Answer: B. They are recognized medical conditions

Explanation: Panic attacks are legitimate medical and psychological experiences.

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

Answer: A. Crowded public transportation

Explanation: Situations perceived as hard to escape may provoke anxiety.

86. Which therapy focuses on changing distorted thoughts?

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

Answer: A. Cognitive therapy

Explanation: Cognitive therapy helps challenge irrational fears and catastrophic thoughts.

87. Which symptom may cause fear of choking?

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

Answer: A. Tight throat sensation

Explanation: Some people experience throat tightness during panic attacks.

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

Answer: A. Following a treatment plan

Explanation: Consistent treatment improves symptom management.

89. Which body sensation is common during panic attacks?

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

Answer: A. Rapid heartbeat

Explanation: Increased heart rate is one of the hallmark symptoms.

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

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

Answer: A. Support groups

Explanation: Sharing experiences with others can reduce feelings of isolation.

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

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

Answer: A. Intense anxiety and unreality feelings

Explanation: Severe panic symptoms can feel overwhelming and disorienting.

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

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

Answer: A. Progressive muscle relaxation

Explanation: This technique reduces muscle tension associated with anxiety.

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

Answer: A. It may require time and consistency

Explanation: Improvement often occurs gradually with regular treatment.

94. Which factor may contribute to panic attacks?

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

Answer: A. Major life changes

Explanation: Stressful transitions may increase anxiety vulnerability.

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

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

D. Bleeding

Answer: A. Tingling

Explanation: Tingling sensations are common during hyperventilation.

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

Answer: A. Professional help can improve symptoms

Explanation: Evidence-based treatments can help many individuals manage panic attacks successfully.

97. Which coping approach encourages staying present?

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

Answer: A. Mindfulness exercises

Explanation: Mindfulness can reduce spiraling fear and anxiety.

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

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

Answer: A. Feeling of impending doom

Explanation: A sense that something terrible is about to happen is common.

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

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

Answer: A. Psychologist

Explanation: Psychologists are trained to provide therapies such as CBT.

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

Answer: A. They are brief episodes of intense fear with physical symptoms

Explanation: Panic attacks involve sudden intense fear accompanied by physical and emotional symptoms, often peaking quickly.