

## 100-Question Multiple-Choice Quiz About PTSD

1. What does PTSD stand for?

- A. Persistent Traumatic Stress Disorder
- B. Post-Traumatic Stress Disorder
- C. Psychological Trauma Stress Disease
- D. Post-Tension Stress Dysfunction

2. Which of the following is considered a common PTSD symptom cluster?

- A. Hallucinations
- B. Intrusive memories
- C. Mania
- D. Delusions

3. Which event is most likely to trigger PTSD?

- A. Reading a difficult book
- B. Missing a bus
- C. Experiencing combat
- D. Forgetting homework

Explanation: Combat exposure is one of the most commonly recognized traumatic experiences associated with PTSD.

4. Flashbacks are:

- A. Pleasant memories
- B. Sudden reliving of traumatic events
- C. Dreams unrelated to trauma
- D. Memory loss episodes

5. Which brain structure is heavily involved in fear processing in PTSD?

- A. Cerebellum
- B. Amygdala

- C. Occipital lobe
- D. Brainstem

6. Avoidance behavior in PTSD may include:

- A. Seeking social attention
- B. Avoiding reminders of trauma
- C. Increased appetite
- D. Frequent exercise

7. Which professional manual contains diagnostic criteria for PTSD?

- A. Gray's Anatomy
- B. DSM-5
- C. Oxford Dictionary
- D. ICD-9 only

8. PTSD can occur after:

- A. Natural disasters
- B. Assault
- C. Serious accidents
- D. All of the above

9. Hypervigilance refers to:

- A. Deep relaxation
- B. Excessive alertness to danger
- C. Sleepwalking
- D. Emotional numbness

10. Nightmares in PTSD are often:

- A. Random and unrelated
- B. About academic stress
- C. Related to traumatic experiences
- D. Caused only by medication

11. PTSD affects:

- A. Only military veterans
- B. Only children
- C. People of all ages
- D. Only adults over 40

12. Emotional numbness is an example of:

- A. Intrusion symptoms
- B. Avoidance symptoms
- C. Hyperactivity
- D. Mania

13. Which therapy is commonly used for PTSD?

- A. Cognitive Behavioral Therapy (CBT)
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

14. EMDR stands for:

- A. Emotional Memory Development Response
- B. Eye Movement Desensitization and Reprocessing
- C. Emotional Mental Diagnostic Recovery
- D. Eye Memory Dissociation Repair

15. Which neurotransmitter is strongly associated with stress responses?

- A. Dopamine only
- B. Norepinephrine
- C. Melatonin only
- D. Insulin

16. A person with PTSD may experience difficulty:

- A. Sleeping
- B. Concentrating

- C. Trusting others
- D. All of the above

17. Which symptom belongs to the hyperarousal cluster?

- A. Irritability
- B. Hallucinations
- C. Euphoria
- D. Increased appetite

18. Children with PTSD may:

- A. Reenact trauma in play
- B. Never discuss emotions
- C. Always develop psychosis
- D. Lose all memories permanently

19. Complex PTSD is often associated with:

- A. Single brief stressors
- B. Repeated or prolonged trauma
- C. Eating disorders only
- D. High intelligence

20. Which statement about PTSD is true?

- A. It is a sign of weakness
- B. It only occurs immediately after trauma
- C. Recovery is possible with treatment
- D. It cannot affect physical health

21. Which of the following may increase PTSD risk?

- A. Lack of social support
- B. Strong coping skills
- C. Stable environment
- D. Good sleep hygiene

22. Dissociation involves:

- A. Feeling disconnected from reality or self
- B. Increased athletic ability
- C. Improved memory
- D. Physical paralysis only

23. PTSD symptoms must typically last at least how long for diagnosis?

- A. 24 hours
- B. 3 days
- C. 1 month
- D. 1 year

24. Which medication class is commonly prescribed for PTSD?

- A. Antibiotics
- B. SSRIs
- C. Antacids
- D. Antihistamines

25. Trauma-informed care emphasizes:

- A. Punishment for symptoms
- B. Ignoring patient history
- C. Safety and empowerment
- D. Isolation from others

26. Which symptom is considered an intrusion symptom?

- A. Flashbacks
- B. Emotional numbness
- C. Avoiding crowds
- D. Fatigue only

27. PTSD may co-occur with:

- A. Depression
- B. Anxiety disorders

- C. Substance use disorders
- D. All of the above

28. Which hormone is associated with the stress response?

- A. Cortisol
- B. Estrogen only
- C. Oxytocin only
- D. Thyroxine only

29. The hippocampus is important for:

- A. Digestion
- B. Memory processing
- C. Vision only
- D. Hearing only

30. Which group has elevated PTSD risk?

- A. Emergency responders
- B. Combat veterans
- C. Survivors of violence
- D. All of the above

31. Grounding techniques are used to:

- A. Increase confusion
- B. Reduce dissociation and anxiety
- C. Eliminate all emotions
- D. Induce sleep immediately

32. Which is a physical symptom associated with PTSD?

- A. Muscle tension
- B. Rapid heartbeat
- C. Headaches
- D. All of the above

33. Trauma triggers are:

- A. Things that remind a person of trauma
- B. Medical cures
- C. Sleep medications
- D. Academic exams only

34. Which therapy focuses on changing trauma-related beliefs?

- A. Cognitive Processing Therapy
- B. Surgery
- C. Occupational licensing
- D. Acupuncture only

35. PTSD is classified as a:

- A. Cardiovascular disorder
- B. Trauma- and stressor-related disorder
- C. Respiratory disease
- D. Learning disability only

36. Which coping strategy may help PTSD recovery?

- A. Social support
- B. Healthy sleep habits
- C. Therapy participation
- D. All of the above

37. Startle response in PTSD is often:

- A. Reduced
- B. Exaggerated
- C. Unrelated to trauma
- D. Completely absent

38. PTSD can affect relationships by:

- A. Increasing emotional closeness automatically
- B. Causing trust and communication difficulties
- C. Eliminating conflict entirely

D. Improving emotional regulation instantly

39. Which statement about trauma is accurate?

- A. Everyone responds to trauma identically
- B. Trauma reactions vary between individuals
- C. Trauma only affects emotions
- D. Trauma always causes PTSD

40. Exposure therapy involves:

- A. Gradual confrontation of trauma-related memories or situations
- B. Avoiding all reminders forever
- C. Hypnosis only
- D. Punishment-based conditioning

41. Which sleep problem is common in PTSD?

- A. Narcolepsy only
- B. Trauma-related insomnia
- C. Sleep improvement immediately
- D. Permanent coma

42. Resilience refers to:

- A. Inability to recover from stress
- B. Capacity to adapt after adversity
- C. Avoiding emotions permanently
- D. Never feeling sadness

43. Which symptom may appear in PTSD-related negative mood changes?

- A. Persistent guilt
- B. Excessive optimism only
- C. Increased appetite only
- D. Elevated blood sugar only

44. Secondary trauma can affect:

- A. Therapists and caregivers
- B. Only trauma survivors
- C. Only children
- D. Nobody outside the event

45. Which factor may reduce PTSD severity?

- A. Early intervention
- B. Isolation
- C. Chronic sleep deprivation
- D. Substance misuse

46. PTSD symptoms can be:

- A. Emotional only
- B. Physical only
- C. Cognitive only
- D. Emotional, physical, and cognitive

47. Moral injury refers to:

- A. Physical wounds only
- B. Distress related to violating deeply held values
- C. Improved self-esteem
- D. Academic failure

48. Which statement is true about PTSD treatment?

- A. Treatment never works
- B. Therapy and medication may help
- C. Only hospitalization is effective
- D. Symptoms always worsen over time

49. PTSD can impact work performance through:

- A. Concentration problems
- B. Increased absenteeism
- C. Anxiety and irritability

D. All of the above

50. Which statement about seeking help is correct?

- A. Seeking help is a sign of strength
- B. PTSD should always be hidden
- C. Support never matters
- D. Recovery is impossible

51. PTSD may develop after witnessing:

- A. Violence
- B. Severe accidents
- C. Natural disasters
- D. All of the above

52. Which of the following is NOT a core PTSD symptom cluster?

- A. Intrusion
- B. Avoidance
- C. Hyperarousal
- D. Delirium

53. Emotional regulation difficulties may cause:

- A. Anger outbursts
- B. Mood swings
- C. Irritability
- D. All of the above

54. Which practice may reduce stress in PTSD?

- A. Mindfulness
- B. Deep breathing
- C. Relaxation exercises
- D. All of the above

55. PTSD symptoms may appear:

- A. Immediately after trauma
- B. Months later
- C. Years later
- D. Any of the above

56. Which population can experience PTSD?

- A. Adults only
- B. Children only
- C. Veterans only
- D. Anyone exposed to trauma

57. Which symptom reflects avoidance?

- A. Refusing to discuss the traumatic event
- B. Increased energy
- C. Hallucinations
- D. Euphoria

58. PTSD can contribute to substance misuse because some people:

- A. Use substances to cope with distress
- B. Become immune to stress
- C. Lose all emotions permanently
- D. Automatically recover

59. Which statement about trauma memories is accurate?

- A. They are always organized clearly
- B. They may feel fragmented or vivid
- C. They disappear immediately
- D. They are never emotional

60. Peer support groups may help by:

- A. Reducing isolation
- B. Encouraging connection
- C. Sharing coping strategies
- D. All of the above

61. Which body system is strongly activated during trauma?

- A. Fight-or-flight response
- B. Digestive repair system only
- C. Bone growth system only
- D. Hair growth system only

62. PTSD-related concentration problems may affect:

- A. School performance
- B. Work tasks
- C. Daily functioning
- D. All of the above

63. Which factor may help children recover from trauma?

- A. Supportive caregivers
- B. Stable routines
- C. Safe environments
- D. All of the above

64. PTSD may increase risk for:

- A. Depression
- B. Anxiety
- C. Physical health problems
- D. All of the above

65. Which statement about flashbacks is true?

- A. They are deliberate fantasies
- B. They can feel intensely real
- C. They occur only during sleep
- D. They always involve loss of consciousness

66. Trauma-informed communication emphasizes:

- A. Judgment

- B. Safety and empathy
- C. Punishment
- D. Dismissal of emotions

67. Which therapy specifically targets trauma memories?

- A. Prolonged Exposure Therapy
- B. Antibiotic therapy
- C. Radiation therapy
- D. Nutritional therapy only

68. PTSD can affect physical health through chronic:

- A. Stress activation
- B. Relaxation only
- C. Bone growth
- D. Vision improvement

69. Which coping behavior is generally healthier?

- A. Seeking social support
- B. Avoiding all emotions forever
- C. Chronic alcohol misuse
- D. Self-isolation

70. PTSD symptoms can vary in:

- A. Intensity
- B. Duration
- C. Frequency
- D. All of the above

71. Which symptom may reflect negative changes in thinking?

- A. Persistent negative beliefs
- B. Increased athletic skill
- C. Enhanced memory only
- D. Improved appetite

72. Trauma reminders may include:

- A. Sounds
- B. Smells
- C. Locations
- D. All of the above

73. PTSD treatment plans are often:

- A. Identical for everyone
- B. Tailored to the individual's needs
- C. Limited to medication only
- D. Completed in one day

74. Which statement about recovery is true?

- A. Recovery always happens quickly
- B. Healing can take time and support
- C. Symptoms guarantee permanent disability
- D. Therapy cannot help relationships

75. PTSD awareness is important because it:

- A. Reduces stigma
- B. Encourages treatment
- C. Promotes understanding
- D. All of the above

76. Which reaction may occur during traumatic stress?

- A. Freeze response
- B. Fight response
- C. Flight response
- D. All of the above

77. PTSD symptoms may worsen during:

- A. High stress periods
- B. Anniversaries of trauma

- C. Trigger exposure
- D. All of the above

78. Which professional may help treat PTSD?

- A. Psychologist
- B. Psychiatrist
- C. Licensed counselor
- D. All of the above

79. Emotional support animals may help some people by:

- A. Providing comfort and companionship
- B. Increasing isolation
- C. Eliminating all symptoms instantly
- D. Replacing all medical care

80. Which statement about PTSD myths is accurate?

- A. PTSD is imaginary
- B. PTSD is a medically recognized condition
- C. PTSD only affects weak people
- D. PTSD always disappears without help

81. Which self-care habit may support recovery?

- A. Regular exercise
- B. Healthy nutrition
- C. Adequate sleep
- D. All of the above

82. Trauma survivors may experience shame because:

- A. Trauma can distort self-perception
- B. Shame proves trauma never happened
- C. Everyone reacts identically
- D. Shame is required for diagnosis

83. Which symptom involves feeling detached from others?

- A. Emotional withdrawal
- B. Increased sociability
- C. Elevated energy only
- D. Improved concentration only

84. The purpose of grounding techniques is to:

- A. Increase panic
- B. Help reconnect to the present moment
- C. Eliminate memories permanently
- D. Cause dissociation

85. Which statement about trauma recovery is accurate?

- A. Recovery is impossible
- B. Recovery may involve setbacks and progress
- C. Healing follows a perfect straight line
- D. Symptoms always remain severe forever

86. PTSD can influence decision-making because of:

- A. Heightened fear responses
- B. Concentration problems
- C. Emotional distress
- D. All of the above

87. Which is an example of a healthy coping mechanism?

- A. Journaling
- B. Therapy attendance
- C. Relaxation exercises
- D. All of the above

88. PTSD may affect appetite by:

- A. Increasing or decreasing it
- B. Never changing it
- C. Improving digestion automatically

D. Preventing hunger permanently

89. Which factor may strengthen resilience?

- A. Strong social support
- B. Effective coping skills
- C. Access to treatment
- D. All of the above

90. Which statement about children and PTSD is true?

- A. Children cannot develop PTSD
- B. Children may express symptoms differently than adults
- C. PTSD only affects older adults
- D. Trauma never affects development

91. PTSD may contribute to social isolation because of:

- A. Avoidance and mistrust
- B. Increased concentration only
- C. Improved communication only
- D. Enhanced confidence always

92. Which approach is important when supporting someone with PTSD?

- A. Listening without judgment
- B. Forcing disclosure
- C. Ignoring boundaries
- D. Dismissing feelings

93. Which statement about trauma triggers is true?

- A. Triggers are always obvious
- B. Triggers can be unexpected and personal
- C. Triggers only occur during therapy
- D. Triggers never involve sensory cues

94. PTSD treatment may include:

- A. Therapy
- B. Medication
- C. Peer support
- D. All of the above

95. Which statement best describes hyperarousal?

- A. Persistent state of heightened alertness
- B. Complete emotional calm
- C. Lack of memory only
- D. Improved sleep quality

96. PTSD symptoms may interfere with:

- A. Relationships
- B. Employment
- C. Education
- D. All of the above

97. Which statement about seeking treatment is true?

- A. Early support may improve outcomes
- B. Treatment always fails
- C. PTSD should be ignored
- D. Symptoms never change

98. Which coping strategy may help reduce anxiety?

- A. Controlled breathing
- B. Mindfulness exercises
- C. Physical activity
- D. All of the above

99. PTSD awareness campaigns aim to:

- A. Reduce stigma
- B. Encourage understanding
- C. Promote access to care

D. All of the above

100. Which statement best summarizes PTSD?

- A. It is a temporary mood only
- B. It is a trauma-related mental health condition that can be treated
- C. It affects only veterans
- D. It cannot improve over time