

## 100-Question Multiple-Choice Quiz About PTSD with Answers

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

Correct Answer: B. Post-Traumatic Stress Disorder

Explanation: PTSD is a mental health condition that may develop after experiencing or witnessing a traumatic event such as violence, war, accidents, abuse, or disasters.

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

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

Correct Answer: B. Intrusive memories

Explanation: PTSD symptoms are grouped into clusters including intrusive memories, avoidance, negative changes in mood and thinking, and hyperarousal.

3. Which event is most likely to trigger PTSD?

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

Correct Answer: C. Experiencing combat

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

Correct Answer: B. Sudden reliving of traumatic events

Explanation: Flashbacks involve vividly re-experiencing a traumatic event as though it is happening again.

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

- A. Cerebellum
- B. Amygdala
- C. Occipital lobe
- D. Brainstem

Correct Answer: B. Amygdala

Explanation: The amygdala plays a major role in detecting threats and generating fear responses. In PTSD, it may become overactive.

6. Avoidance behavior in PTSD may include:

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

Correct Answer: B. Avoiding reminders of trauma

Explanation: People with PTSD often avoid places, conversations, people, or situations that remind them of the trauma.

7. Which professional manual contains diagnostic criteria for PTSD?

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

Correct Answer: B. DSM-5

Explanation: The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), outlines diagnostic criteria for PTSD.

8. PTSD can occur after:

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

Correct Answer: D. All of the above

Explanation: PTSD may develop after many kinds of traumatic experiences, including disasters, violence, accidents, and abuse.

9. Hypervigilance refers to:

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

Correct Answer: B. Excessive alertness to danger

Explanation: Hypervigilance is a heightened state of awareness and scanning for possible threats.

10. Nightmares in PTSD are often:

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

Correct Answer: C. Related to traumatic experiences

Explanation: Trauma-related nightmares are a common symptom of PTSD.

11. PTSD affects:

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

Correct Answer: C. People of all ages

Explanation: PTSD can affect children, adolescents, and adults from all backgrounds.

12. Emotional numbness is an example of:

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

Correct Answer: B. Avoidance symptoms

Explanation: Emotional numbing can occur when individuals attempt to avoid distressing feelings connected to trauma.

13. Which therapy is commonly used for PTSD?

- A. Cognitive Behavioral Therapy (CBT)
- B. Radiation therapy

- C. Chemotherapy
- D. Dialysis

Correct Answer: A. Cognitive Behavioral Therapy (CBT)

Explanation: CBT helps individuals identify and change distressing thought patterns and behaviors associated with trauma.

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

Correct Answer: B. Eye Movement Desensitization and Reprocessing

Explanation: EMDR is a structured therapy designed to help process traumatic memories.

15. Which neurotransmitter is strongly associated with stress responses?

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

Correct Answer: B. Norepinephrine

Explanation: Norepinephrine is involved in the body's fight-or-flight response and may be elevated in PTSD.

16. A person with PTSD may experience difficulty:

- A. Sleeping
- B. Concentrating
- C. Trusting others
- D. All of the above

Correct Answer: D. All of the above

Explanation: PTSD can impair sleep, focus, emotional regulation, and interpersonal relationships.

17. Which symptom belongs to the hyperarousal cluster?

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

Correct Answer: A. Irritability

Explanation: Hyperarousal symptoms include irritability, insomnia, exaggerated startle response, and anger.

18. Children with PTSD may:

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

Correct Answer: A. Reenact trauma in play

Explanation: Children may express trauma through repetitive play or behavioral changes.

19. Complex PTSD is often associated with:

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

Correct Answer: B. Repeated or prolonged trauma

Explanation: Complex PTSD often develops after chronic trauma such as prolonged abuse or captivity.

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

Correct Answer: C. Recovery is possible with treatment

Explanation: Many people improve significantly with therapy, support, and appropriate treatment.

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

Correct Answer: A. Lack of social support

Explanation: Social isolation and limited support systems can increase vulnerability to PTSD.

22. Dissociation involves:

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

Correct Answer: A. Feeling disconnected from reality or self

Explanation: Dissociation can include depersonalization, derealization, or emotional detachment.

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

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

Correct Answer: C. 1 month

Explanation: Symptoms lasting longer than one month may meet diagnostic criteria for PTSD.

24. Which medication class is commonly prescribed for PTSD?

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

Correct Answer: B. SSRIs

Explanation: Selective serotonin reuptake inhibitors (SSRIs) are often used to help manage PTSD symptoms.

25. Trauma-informed care emphasizes:

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

Correct Answer: C. Safety and empowerment

Explanation: Trauma-informed care recognizes the effects of trauma and prioritizes trust, safety, collaboration, and empowerment.

26. Which symptom is considered an intrusion symptom?

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

Correct Answer: A. Flashbacks

Explanation: Intrusion symptoms include unwanted memories, nightmares, and flashbacks.

27. PTSD may co-occur with:

- A. Depression
- B. Anxiety disorders
- C. Substance use disorders
- D. All of the above

Correct Answer: D. All of the above

Explanation: PTSD frequently occurs alongside other mental health conditions.

28. Which hormone is associated with the stress response?

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

Correct Answer: A. Cortisol

Explanation: Cortisol is released during stress and may become dysregulated in PTSD.

29. The hippocampus is important for:

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

D. Hearing only

Correct Answer: B. Memory processing

Explanation: The hippocampus helps process memories and may be affected by chronic trauma.

30. Which group has elevated PTSD risk?

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

Correct Answer: D. All of the above

Explanation: High exposure to traumatic events increases PTSD risk.

31. Grounding techniques are used to:

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

Correct Answer: B. Reduce dissociation and anxiety

Explanation: Grounding helps individuals reconnect with the present moment.

32. Which is a physical symptom associated with PTSD?

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

Correct Answer: D. All of the above

Explanation: PTSD can involve significant physical symptoms related to chronic stress activation.

33. Trauma triggers are:

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

Correct Answer: A. Things that remind a person of trauma

Explanation: Triggers can activate distressing memories or emotional reactions.

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

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

Correct Answer: A. Cognitive Processing Therapy

Explanation: Cognitive Processing Therapy helps people challenge unhelpful trauma-related beliefs.

35. PTSD is classified as a:

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

Correct Answer: B. Trauma- and stressor-related disorder

Explanation: The DSM-5 classifies PTSD in the trauma- and stressor-related disorders category.

36. Which coping strategy may help PTSD recovery?

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

Correct Answer: D. All of the above

Explanation: Recovery is often strengthened by healthy routines, support systems, and professional treatment.

37. Startle response in PTSD is often:

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

Correct Answer: B. Exaggerated

Explanation: Individuals with PTSD may react intensely to sudden sounds or movements.

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

Correct Answer: B. Causing trust and communication difficulties

Explanation: Trauma symptoms may affect intimacy, communication, and emotional connection.

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

Correct Answer: B. Trauma reactions vary between individuals

Explanation: Responses to trauma differ based on biology, environment, coping skills, and support.

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

Correct Answer: A. Gradual confrontation of trauma-related memories or situations

Explanation: Exposure therapy helps reduce fear responses by safely confronting trauma reminders.

41. Which sleep problem is common in PTSD?

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

Correct Answer: B. Trauma-related insomnia

Explanation: Many individuals with PTSD struggle with falling asleep or staying asleep.

42. Resilience refers to:

- A. Inability to recover from stress
- B. Capacity to adapt after adversity

- C. Avoiding emotions permanently
- D. Never feeling sadness

Correct Answer: B. Capacity to adapt after adversity

Explanation: Resilience involves coping and adapting despite difficult experiences.

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

Correct Answer: A. Persistent guilt

Explanation: PTSD may involve guilt, shame, hopelessness, or distorted blame.

44. Secondary trauma can affect:

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

Correct Answer: A. Therapists and caregivers

Explanation: Repeated exposure to others' traumatic stories can affect professionals and caregivers.

45. Which factor may reduce PTSD severity?

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

Correct Answer: A. Early intervention

Explanation: Timely support and treatment can reduce long-term symptom severity.

46. PTSD symptoms can be:

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

Correct Answer: D. Emotional, physical, and cognitive

Explanation: PTSD affects multiple systems, including thoughts, emotions, and bodily responses.

47. Moral injury refers to:

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

Correct Answer: B. Distress related to violating deeply held values

Explanation: Moral injury may occur when someone witnesses or participates in actions conflicting with personal ethics.

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

Correct Answer: B. Therapy and medication may help

Explanation: Evidence-based treatments can significantly improve symptoms and functioning.

49. PTSD can impact work performance through:

- A. Concentration problems
- B. Increased absenteeism
- C. Anxiety and irritability
- D. All of the above

Correct Answer: D. All of the above

Explanation: Symptoms may interfere with productivity, focus, attendance, and relationships at work.

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

Correct Answer: A. Seeking help is a sign of strength

Explanation: Reaching out for support can be an important step toward recovery.

51. PTSD may develop after witnessing:

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

Correct Answer: D. All of the above

Explanation: Witnessing traumatic events can be enough to trigger PTSD symptoms.

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

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

Correct Answer: D. Delirium

Explanation: Delirium is not part of the core PTSD diagnostic symptom clusters.

53. Emotional regulation difficulties may cause:

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

Correct Answer: D. All of the above

Explanation: Trauma can impair the ability to regulate emotional responses.

54. Which practice may reduce stress in PTSD?

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

Correct Answer: D. All of the above

Explanation: Relaxation and mindfulness practices may help calm the nervous system.

55. PTSD symptoms may appear:

- A. Immediately after trauma

- B. Months later
- C. Years later
- D. Any of the above

Correct Answer: D. Any of the above

Explanation: Symptoms can emerge at different times after trauma exposure.

56. Which population can experience PTSD?

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

Correct Answer: D. Anyone exposed to trauma

Explanation: PTSD can affect people from all populations and age groups.

57. Which symptom reflects avoidance?

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

Correct Answer: A. Refusing to discuss the traumatic event

Explanation: Avoidance may include avoiding thoughts, discussions, or reminders of trauma.

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

Correct Answer: A. Use substances to cope with distress

Explanation: Some individuals attempt to self-medicate difficult emotions or insomnia.

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

Correct Answer: B. They may feel fragmented or vivid

Explanation: Trauma memories can be intensely emotional and differently processed than ordinary memories.

60. Peer support groups may help by:

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

Correct Answer: D. All of the above

Explanation: Support groups can provide understanding, validation, and practical coping tools.

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

Correct Answer: A. Fight-or-flight response

Explanation: Trauma activates the body's stress response system.

62. PTSD-related concentration problems may affect:

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

Correct Answer: D. All of the above

Explanation: Cognitive symptoms may impair learning, organization, and productivity.

63. Which factor may help children recover from trauma?

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

Correct Answer: D. All of the above

Explanation: Safety, predictability, and support are protective factors for children.

64. PTSD may increase risk for:

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

Correct Answer: D. All of the above

Explanation: PTSD can affect both mental and physical health.

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

Correct Answer: B. They can feel intensely real

Explanation: Flashbacks may create the sensation that the traumatic event is happening again.

66. Trauma-informed communication emphasizes:

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

Correct Answer: B. Safety and empathy

Explanation: Trauma-informed approaches avoid retraumatization and support respectful communication.

67. Which therapy specifically targets trauma memories?

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

Correct Answer: A. Prolonged Exposure Therapy

Explanation: Prolonged Exposure Therapy helps individuals gradually process trauma memories.

68. PTSD can affect physical health through chronic:

- A. Stress activation
- B. Relaxation only
- C. Bone growth

D. Vision improvement

Correct Answer: A. Stress activation

Explanation: Chronic stress may contribute to cardiovascular, immune, and sleep-related problems.

69. Which coping behavior is generally healthier?

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

Correct Answer: A. Seeking social support

Explanation: Positive social support can improve emotional resilience and recovery.

70. PTSD symptoms can vary in:

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

Correct Answer: D. All of the above

Explanation: Symptoms differ widely among individuals.

71. Which symptom may reflect negative changes in thinking?

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

Correct Answer: A. Persistent negative beliefs

Explanation: PTSD can involve distorted beliefs about oneself, others, or the world.

72. Trauma reminders may include:

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

Correct Answer: D. All of the above

Explanation: Sensory experiences and environments can trigger trauma reactions.

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

Correct Answer: B. Tailored to the individual's needs

Explanation: Effective treatment considers personal history, symptoms, strengths, and preferences.

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

Correct Answer: B. Healing can take time and support

Explanation: Recovery is often gradual and supported by therapy, coping skills, and social connection.

75. PTSD awareness is important because it:

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

Correct Answer: D. All of the above

Explanation: Education about PTSD can improve support, empathy, and access to care.

76. Which reaction may occur during traumatic stress?

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

Correct Answer: D. All of the above

Explanation: Humans may respond to danger through fighting, fleeing, freezing, or similar survival responses.

77. PTSD symptoms may worsen during:

- A. High stress periods
- B. Anniversaries of trauma
- C. Trigger exposure
- D. All of the above

Correct Answer: D. All of the above

Explanation: Stress and reminders of trauma can intensify symptoms.

78. Which professional may help treat PTSD?

- A. Psychologist

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

Correct Answer: D. All of the above

Explanation: Multiple mental health professionals can provide PTSD treatment.

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

Correct Answer: A. Providing comfort and companionship

Explanation: Animals may help reduce stress and provide emotional grounding.

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

Correct Answer: B. PTSD is a medically recognized condition

Explanation: PTSD is a legitimate mental health condition recognized worldwide.

81. Which self-care habit may support recovery?

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

Correct Answer: D. All of the above

Explanation: Healthy routines support emotional and physical well-being.

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

Correct Answer: A. Trauma can distort self-perception

Explanation: Survivors may wrongly blame themselves for traumatic events.

83. Which symptom involves feeling detached from others?

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

Correct Answer: A. Emotional withdrawal

Explanation: PTSD may lead to emotional distance and social disconnection.

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

Correct Answer: B. Help reconnect to the present moment

Explanation: Grounding techniques reduce distress by focusing attention on the present.

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

Correct Answer: B. Recovery may involve setbacks and progress

Explanation: Healing is often non-linear and may include periods of improvement and difficulty.

86. PTSD can influence decision-making because of:

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

Correct Answer: D. All of the above

Explanation: Stress and hypervigilance may impair judgment and focus.

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

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

Correct Answer: D. All of the above

Explanation: Healthy coping skills can improve emotional processing and stress management.

88. PTSD may affect appetite by:

- A. Increasing or decreasing it
- B. Never changing it
- C. Improving digestion automatically
- D. Preventing hunger permanently

Correct Answer: A. Increasing or decreasing it

Explanation: Stress responses can influence eating behaviors and appetite.

89. Which factor may strengthen resilience?

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

Correct Answer: D. All of the above

Explanation: Protective factors can improve recovery outcomes after trauma.

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

Correct Answer: B. Children may express symptoms differently than adults

Explanation: Children may display behavioral, emotional, or developmental trauma responses.

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

Correct Answer: A. Avoidance and mistrust

Explanation: Fear, emotional numbness, and mistrust may reduce social engagement.

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

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

Correct Answer: A. Listening without judgment

Explanation: Compassionate listening and respect for boundaries are essential.

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

Correct Answer: B. Triggers can be unexpected and personal

Explanation: Trauma triggers vary greatly and may involve subtle reminders.

94. PTSD treatment may include:

- A. Therapy
- B. Medication

- C. Peer support
- D. All of the above

Correct Answer: D. All of the above

Explanation: Comprehensive treatment may involve multiple forms of support.

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

Correct Answer: A. Persistent state of heightened alertness

Explanation: Hyperarousal keeps the body and mind prepared for perceived danger.

96. PTSD symptoms may interfere with:

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

Correct Answer: D. All of the above

Explanation: PTSD can affect many areas of daily functioning.

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

Correct Answer: A. Early support may improve outcomes

Explanation: Timely intervention may reduce symptom severity and improve functioning.

98. Which coping strategy may help reduce anxiety?

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

Correct Answer: D. All of the above

Explanation: Stress-management techniques can calm the nervous system and improve emotional regulation.

99. PTSD awareness campaigns aim to:

- A. Reduce stigma
- B. Encourage understanding
- C. Promote access to care
- D. All of the above

Correct Answer: D. All of the above

Explanation: Public education helps increase compassion and access to support resources.

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

Correct Answer: B. It is a trauma-related mental health condition that can be treated

Explanation: PTSD is a recognized mental health condition that can improve with proper support and evidence-based treatment.