Foundations 1E Lesson 8.2 Quiz Answers

Type: MT

Title: Lesson 8.2 Quiz

Topic: L8.2LO4: Compare and contrast anxiety and anxiety disorders.

1. Match the term with its definition.

a. anxiety = an emotion that includes tension, worried thoughts, and physical changes like high blood pressure

b. anxiety disorder = intense and excessive worry and fear about everyday situations

c. phobia = a persistent, excessive, or unrealistic fear of an something, someone, an activity, or a situation

d. panic attack = sudden feelings of intense anxiety and terror that reach a peak within minutes

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2. It is normal to have anxiety disorders occasionally when life becomes stressful, and these tend to be short-lived.

a. true

\*b. false

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Topic: L8.2LO5: Identify five symptoms of anxiety disorder.

3. Which is NOT a symptom of an anxiety disorder?

a. intense fear even when there is no actual danger

\*b. increased engagement with what you are doing

c. panicky feelings that are very hard to control

d. decreased desire to be around people, even friends

Title: Lesson 8.2 Quiz

Topic: L8.2LO6: Explain three common influences on teen anxiety.

4. All of the following are common influences on teen anxiety EXCEPT

a. social threats and violence

b. social media

c. pressure to succeed

\*d. worries about money

Title: Lesson 8.2 Quiz

Topic: L8.2LO7: Describe the value of gratitude and explain two ways to practice it.

5. Which is an important benefit of expressing gratitude?

\*a. Gratitude can help us refocus our feelings in a positive and calming way.

b. Gratitude can mask our negative or anxious feelings for a short time.

c. Gratitude can make others more sympathetic to our problems.

d. Gratitude can remind us of how difficult it is to solve emotional problems.