



Anxiety disorders

Deadline: Postmarked no later than **May 1, 2017**
Credit: 2 AAMA CEUs (gen/clin) **Code:** 131195



Directions: Determine the correct answer to each of the following, based on information derived from the article.

T F

- 1. The majority of anxiety disorders would be categorized as severe, according to the National Institute of Mental Health.
- 2. Patients with generalized anxiety disorder (GAD) sometimes experience restlessness, muscle tension, and fatigue.
- 3. There is no evidence that employing motivational interviewing (MI) with cognitive behavioral therapy (CBT) is a more effective treatment for GAD than CBT without MI.
- 4. Avoiding difficult situations will relieve anxiety symptoms for patients with GAD.
- 5. Treating anxiety disorders with medication is more effective than treatment without medication, suggests evidence.
- 6. Exposure therapy attempts to help patients avoid situations that cause them emotional distress.
- 7. Possible physiologic causes of anxiety disorders should be investigated before a patient is referred to a mental health professional.
- 8. A person with social anxiety disorder will experience fear and worry about social situations, and may also experience physical symptoms.
- 9. Psychological trauma-related anxiety has been treated successfully with eye movement desensitization and reprocessing (EMDR) therapy.
- 10. Certain types of anxiety, if not treated, can lead to substance abuse.
- 11. The differences between someone dealing with the normal worries of life and someone with an anxiety disorder are not always easy to distinguish.
- 12. Asking a patient open-ended questions, listening reflectively, and summarizing the conversation between patient and therapist can be effective communication techniques in MI.

Electronic bonus! This test is available for an extended time* on the e-Learning Center at www.aama-ntl.org/learning.

- 13. An individual who experiences distress related to worrying 25 percent of the days during a six-month period would be diagnosed with GAD.
- 14. Benzodiazepines generally should be preferred over selective serotonin reuptake inhibitors (SSRIs) in treating anxiety disorders.

Multiple choice

- 15. Which of the following is *not* a symptom of panic disorder?
 - a. Sweating
 - b. Narcolepsy
 - c. Bounding pulse
 - d. Trembling
- 16. Which of the following is a benzodiazepine?
 - a. Klonopin
 - b. Celexa
 - c. Cymbalta
 - d. Elavil
- 17. Which of the following is a serotonin-norepinephrine reuptake inhibitor (SNRI)?
 - a. Pamelor
 - b. Lexapro
 - c. Effexor
 - d. Xanax

Take this course online and enjoy these benefits:

- Secure online payment
- Immediate score results sent to your e-mail address
- Instant updates to your AAMA CEU Transcript

Go to the AAMA e-Learning Center at www.aama-ntl.org/learning.

For mail-in option, see instructions on the next page.

Donate online and **SUPPORT EDUCATION!**



Supporting the AAMA Endowment funds has never been easier. Donate through the AAMA Store online and help foster the growth of the next generation of medical assistants.

The Maxine Williams Scholarship Fund

provides educational assistance to deserving medical assisting students.

The Ivy Reade Relkin Surveyor Training Fund

helps ensure the quality of accredited medical assisting programs by training skilled surveyors.



For more information, visit About/The Endowment on the AAMA website.

www.aama-ntl.org

Continuing education application



AAMA CEU Credit: You have two options for testing.

Option 1: Go to www.aama-ntl.org and click on e-Learning Center under Continuing Education. Pay for and take the test online.

Option 2: Complete the test and application on this page, and mail it to the address below. Enclose a check or money order payable to the AAMA.

The nonrefundable testing fee is \$20 (members) or \$30 (nonmembers). Credit will be awarded to those who achieve a score of at least 80 percent.

Last name

First name & middle initial

Address

City/State/ZIP

AAMA membership status: Member (\$20) Nonmember (\$30)

Members—AAMA ID number (*required*)

Nonmembers—Last four digits of Social Security number (*required*)

Date completed

Day phone

Fax

E-mail

Retain a photocopy of your payment and test for your files.

The AAMA does not keep copies on file after grading.

Send completed test application and fee to:



AAMA *CMA Today* CE Test
20 N. Wacker Dr., Ste. 1575
Chicago, IL 60606

CEUs are awarded based upon content, depth of article, learning outcomes, and length of time for completion per IACET (International Association for Continuing Education and Training) guidelines and criteria. IACET created the CEU for the purpose of providing a standard unit of measure to quantify continuing adult education. CEU value is awarded based upon the projected contact hours needed to complete the continuing education activity (e.g., 1 CEU equals 1 hour, or 1.5 CEUs equal 1.5 hours). *CMA Today* articles follow this standard for awarding CEU value. The \$20 or \$30 is a test processing fee. A \$25 administrative fee will be assessed for returned checks.

**Mail-in test deadlines are maintained for administrative purposes. Electronic test deadlines on the e-Learning Center will vary. The AAMA reserves the right to remove any course at any time.*