

# Quiz

We covered a lot of information in *CBT for Social Anxiety*. This quiz can help you to see if you understood and learned some of the important points. The answers are at the end, with references to the chapters in case you need to reread any sections.

## Questions

**Question 1:** You are likely to suffer from SAD (social anxiety disorder) if:

1. People repeatedly tell you that you have social anxiety.
2. Both of your parents had social anxiety.
3. Your social anxiety interferes significantly with your life and bothers you greatly.
4. You take medication for social anxiety.

**Question 2:** Which of the following statements is wrong with regard to the prevalence and severity of SAD?

1. SAD is a serious but relatively rare condition.
2. SAD is one of the three most common mental health problems in the world.
3. SAD is slightly more common in women than in men.
4. Recent research has significantly advanced our understanding of the nature and treatment of the disorder.

**Question 3:** A large Canadian telephone survey showed that one in three respondents endorsed significant public speaking anxiety. What else did the survey find?

1. Most of these people were not anxious in any other social situations.
2. Public speaking anxiety did not cause a lot of people marked distress or interference with work, social life, or education.
3. Most people (90%) developed this fear before the age of 10.
4. Public speaking anxiety was the most commonly feared social situation.

**Question 4:** Which of the following statements is correct with regard to the evolutionary purpose of social anxiety based on current research?

1. Social anxiety might have had an important evolutionary survival value because it motivates submissive behaviors in subordinate members and inhibits aggressive behaviors from the dominant member.
2. Social anxiety may be the manifestation of the instinct for self-preservation.
3. Although social anxiety might have had an evolutionary value back then, it can cause significant interference and distress in modern civilization.
4. All of the above

**Question 5:** Which of the following statements is wrong with regard to the relationship between eye contact and social anxiety?

1. The fear of being watched among individuals with SAD is an exaggeration of the normal human sensitivity to eyes.
2. In primates, direct eye contact is very frightening. In humans, the response to eye contact is altered by contextual and learning factors, but it seems to be there nevertheless.
3. Experiments have shown that it is more difficult to forget an angry face than it is to forget a happy or neutral face.
4. Angry and happy faces cause the same psychophysiological response.

**Question 6:** What is a fear and avoidance hierarchy?

1. A list of social situations rank-ordered by the degree of fear and avoidance.
2. A hierarchy of avoidant fears.
3. A hierarchy of different fears, including social situations.
4. A hierarchy of avoidant behavior problems (AVP).

**Question 7:** Which of the following is the most commonly reported reason for public speaking anxiety?

1. Being a socially anxious and shy person.
2. Panic attacks (sudden rush of intense fear or feeling of impending doom for no apparent reason) when speaking.
3. Difficulties in expressing oneself and formulating one's own ideas.
4. Fear of negative evaluation by others.

**Questions 8:** Which statement is not true about the relationship between panic attacks and social anxiety?

1. A panic attack is the result of an alarm system that goes off when a social situation is perceived as dangerous because it might threaten a person's self-worth, self-esteem, or self-confidence.
2. A panic attack is a sudden episode of acute fear that is closely associated with the fight or flight response system.
3. Repeated experiences of false alarms (panic attacks) might be the reason why individuals with SAD often perceive a lack of internal control and believe that events are controllable only by people other than themselves.
4. Panic attacks are not very important in social anxiety.

**Question 9:** What can be said about the relationship between shyness and SAD?

1. Shyness and SAD are basically the same thing.
2. It is still unclear whether SAD is qualitatively distinct from shyness or whether SAD is simply a more extreme form of shyness.
3. SAD and shyness are unrelated temperamental variables.
4. SAD is more closely related to shyness than to social anxiety.

**Question 10:** Which of the following statements is correct?

1. It is important to first understand the initiating factors (the factors that “caused” a problem) before one can work on the maintaining factors.
2. Initiating factors and maintaining factors are often the same.
3. Treatments for social anxieties work because they target the maintaining factors.
4. People are too different to identify any common initiating or maintaining factors.

**Question 11:** What is the definition of “avoidance” that we use in the book?

1. Avoidance is anything you do or don’t do that prevents you from facing your fear.
2. Avoidance is escaping from a fear-provoking situation.
3. Avoidance is anything that makes your anxiety decrease.
4. Avoidance is anything that leads to an increase in anxiety.

**Question 12:** Which statement is correct?

1. Avoidance is an imperfect method to reduce anxiety. It helps in the present situation but makes it even more difficult in similar future situations.
2. Avoidance can be useful, especially if it reduces the anticipatory anxiety.
3. Repeated avoidance can reduce anxiety in the long term.
4. Avoidance strategies are often very obvious.

**Question 13:** Which statement is correct?

1. Avoidance is just as smart as you are.
2. Avoidance is not nearly as smart as you are.
3. Avoidance is much smarter than you are.
4. None of these statements make any sense.

**Question 14:** What does the phrase “avoidance is your anxiety’s best friend” mean?

1. Anxiety and avoidance are inseparable.
2. Avoidance does not have many friends.
3. Anxiety could not exist without avoidance.
4. This phrase makes no sense whatsoever.

**Question 15:** Which of the following statements is not correct?

1. Anxiety will always decrease by itself if you don’t avoid.
2. The stress response leads to short-lasting and long-lasting changes. The short-lasting emergency-type changes to stress are those of the “fight or flight response.”
3. After a certain amount of time, when the stressful situation persists, your body starts to reduce its anxiety response.
4. The activation of both the sympathetic and the parasympathetic nervous system eventually leads to a decrease in anxiety.

**Question 16:** Which of the following statements is correct?

1. Avoidance leads to a short-term positive and long-term positive consequence.
2. Avoidance leads to a short-term positive and long-term negative consequence.
3. Avoidance leads to a short-term negative and long-term negative consequence.
4. Avoidance leads to a short-term negative and long-term negative consequence.

**Question 17:** The basic idea of cognitive behavioral therapy can be traced as far back as to the earliest days of science. Which of the following statements was expressed by Epictetus, one of the early Greek philosophers?

1. Few men are moved by the view of things.
2. Only women can change men's view of things.
3. Men are not moved by things but the views which they take of them.
4. Cogito ergo sum (I think, therefore, I am).

**Question 18:** Emotional reasoning, black-and-white thinking, personalization, focusing of negatives, disqualifying the positives, jumping to conclusions, overgeneralization, and catastrophizing are which of the following?

1. Examples of effective coping styles.
2. Examples of automatic thoughts that often lead to distortions of reality because they lead to a misperception or exaggeration of the situation.
3. Examples of Greek virtues.
4. Simplification principles for life's choices.

**Question 19:** The most effective way to change automatic thoughts is to:

1. Simply ignore them.
2. Push them out of the mind.
3. Closely monitor them when they occur and bring them into conscious awareness in order to test their validity.
4. There is no need to change automatic thoughts.

**Question 20:** Which of the following statements is not correct?

1. Similar to avoidance, self-focused attention is an important maintaining factor of social anxiety.
2. Effective treatment for SAD leads to changes in the way we think and perceive our social environment and ourselves as a social object.
3. The biggest difference between the emotional experience of fear in social situations and other situations is the role of self-evaluation and self-perception in social anxiety.
4. Good social performance requires a high degree of self-focused attention.

**Questions 21:** Which of the following statements is not correct?

1. Exposure leads to habituation.
2. Exposure gives you an opportunity to test your beliefs.
3. Exposure gives you control and shows you that you can do it.
4. Exposure preserves automatic thoughts and thereby leads to a decrease in anxiety.

**Question 22:** Which of the following statements is not correct?

1. Face your fear, and your fear will diminish.
2. Anxiety decreases as a result of prolonged and repeated exposure.
3. The goal of exposure is to enjoy the feeling of anxiety.
4. Anxiety is an unpleasant but normal experience.

**Question 23:** Which of the following statements is not correct:

1. Habituation only works if you expose yourself often and long enough without using any avoidance strategies.
2. Habituation works particularly well if you expose yourself for a brief period of time before the peak of your anxiety.
3. Avoidance is difficult to identify because it often develops into a habit that is hard to break.
4. Avoidance can be expressed in many different ways.

**Question 24:** Which of the following statements is correct?

1. When you are avoiding, you are putting things off. If you don't do it now, you can always do it later.
2. Although avoidance is not always good, it reduces stress in the short term and long term.
3. Avoidance has little to do with anxiety.
4. When you are avoiding, you are making a decision in favor of your anxiety.

**Question 25:** Which of the following statements is correct?

1. Not avoiding gives people the opportunity to test anxious beliefs.
2. Not avoiding leads to even greater anxiety in the future.
3. Not avoiding leads to the maintenance of fear.
4. Not avoiding is always bad.

**Question 26:** Which of the following questions identifies probability overestimations?

1. "What evidence do I have that my belief is true?"
2. "Based on my past experience, how often did this feared outcome actually happen?"
3. "What is the worst that could happen?"
4. "If this worst outcome happens, would I be able to cope with it?"

**Question 27:** Which of the following statements is correct?

1. An automatic thought is usually based on probability overestimation.
2. An automatic thought is usually based on catastrophic thinking.
3. An automatic thought is often based on both types of errors, probability overestimation and catastrophic thinking.
4. An automatic thought has nothing to do with probability overestimation or catastrophic thinking.

**Question 28:** Which of the following statements is correct?

1. Most people with social performance anxiety have poor social skills. Therefore, it is important to improve one's social skills in order to overcome one's social performance anxiety.
2. Most people with social performance anxiety have good social skills. Therefore, only improving one's social skills will not greatly reduce one's social performance anxiety.
3. Social performance anxiety and social skills are two very different things that have nothing to do with one another.
4. None of the statements are correct.

**Question 29:** Which of the following statements is not correct?

1. Anxiety decreases by repeatedly imagining a fearful situation.
2. Anxiety increases by repeatedly imagining a fearful situation.
3. Anxiety increases by imagining a fearful situation and inducing fearful bodily sensations.
4. Anxiety decreases by repeatedly imagining a fearful situation and inducing fearful bodily sensations.

**Question 30:** Which of the following strategies does not lead to a decrease of your social performance anxiety in the long run?

1. Repeated exposure to fear-related sensations.
2. Breathing retraining and relaxation exercises.
3. Overlearning (extra practice).
4. Repeated imaginal exposure.

**Question 31:** Which of the following statements is not correct?

1. "The more I accept myself for the way I am, the less concerned I will be about what other people think of me."
2. "If I focus my attention on myself during a social performance situation, I am more likely to make mistakes because less attention is available for the task performance."
3. Increasing self-criticism decreases anxiety.
4. Self-confidence can be improved by simply accepting one's weaknesses and enjoying one's strengths.

**Question 32:** Which statement is not true?

1. The concept of “social skills” is poorly defined in the research literature.
2. Many studies have shown that, when using objective measures, anxious and non-anxious people do not differ much in their social skills.
3. Qualities of a good speech include good speech structure, speech content, and speech delivery.
4. Poor social skills necessarily lead to social anxiety.

**Question 33:** Although medications for social anxiety are not necessary in most cases, there are a number of medications available. Which of the following medications was the first drug approved by the Food and Drug Administration as a treatment for social phobia (now called social anxiety disorder)?

1. Paxil (an SSRI)
2. Phenelzine (an MAOI)
3. Atenolol (a beta-blocker)
4. Xanax (a benzodiazepine)

## Answers

**Question 1:** Answer (3) is the best answer. Answers (1) and (2) are only partly correct, and answer (4) is wrong. Typically, the threshold for a clinical disorder is reached if there is marked distress or interference. See chapter 1.

**Question 2:** Answer (1) is correct (only this statement is wrong; all other statements are true). SAD is the third most common mental health problem in the US population. See chapter 1.

**Question 3:** Answer (4) is correct. Public speaking anxiety is not only the most common social fear, but it can also cause marked distress and interference in life. See chapter 1.

**Question 4:** Answer (1) is correct. Although this is hard to prove, it appears as if social anxiety might actually have served an important evolutionary purpose in the past. See chapter 1.

**Question 5:** Answer (4) is correct. Eye contact seems to play an important role in some social anxieties. Specifically, eye contact to angry faces leave a lasting impression. See chapter 1.

**Question 6:** Answer (1) is correct. A fear and avoidance hierarchy lists the ten most fearful and avoidance-causing social situations, arranged in a hierarchy. Developing such a hierarchy is important in order to construct exposure exercises. See chapter 1.

**Question 7:** Answer (2) is correct. Surprisingly, panic attacks are often reported as the most important reason for social anxiety. See chapter 1.

**Question 8:** Answer (4) is correct. A panic attack is often conceptualized as an alarm system that goes off if a social situation is perceived as potentially threatening. This alarm system is often associated with the fight or flight response system. Repeated panic attacks in a situation can often lead to a sense of uncontrollability over your emotional response in the situation. However, biological and psychological vulnerabilities are important in the development of social anxiety as well. See chapter 1.

**Question 9:** Answer (2) is correct. Shyness, social anxiety, and SAD are closely related constructs, but it remains unclear whether SAD is qualitatively different from “normal” social anxiety or whether SAD is a more extreme form of shyness and social anxiety. See chapter 1.

**Question 10:** Answer (3) is correct. Knowing the “initiating reasons” for your problem (i.e., the reasons that started the problem) will provide you with little information on how to overcome it. Much more important is to know the maintaining factors (i.e., the reasons that lead to the maintenance of the problem). See chapter 2.

**Question 11:** Answer (1) is correct. We define “avoidance” generally as any strategies that lead to a temporary decrease of your anxiety. Even if you put yourself into the feared situation but lower your anxiety by using certain techniques (e.g., such as distraction or relaxation techniques), you do in fact avoid, because this strategy keeps you from facing your fear. See chapter 3.

**Question 12:** Answer (1) is correct. Avoidance leads to both a short-term positive consequence (relief) and a long-term negative consequence (maintenance of the problem). See chapter 3.

**Question 13:** Answer (1) is correct. The phrase “Avoidance is just as smart as you are” refers to the fact that avoidance strategies are often difficult to recognize as such, and that we tend to “rationalize” avoidance behaviors so we don’t have to admit to ourselves that we are, in fact, engaging in avoidance strategies. See chapter 3.

**Question 14:** Answer (3) is correct. Avoidance leads to the maintenance of anxiety by preserving the fear of the social situation. In fact, anxiety could not exist if you didn’t avoid. See chapter 3.

**Question 15:** Answer (4) is correct (only this statement is wrong; all other statements are true). The sympathetic nervous system leads to an increase in arousal, which is associated with the short-term emergency-type response. The activation of the parasympathetic nervous system leads to a downregulation after prolonged exposure to the stressor. See chapter 3.

**Question 16:** Answer (2) is correct. Avoidance leads to a relief (short-term positive consequence) and maintenance of anxiety (long-term negative consequence). See chapter 3.

**Question 17:** Answer (3) is correct. Epictetus is credited with the saying “Men are not moved by things but the views which they take of them.” In other words, it is not the situation itself that causes an emotional response in people, but it is their interpretation of it. See chapter 4.

**Question 18:** Answer (2) is correct. These are automatic thoughts that are believed to occur rapidly and with little conscious awareness, which determine our emotional response to a situation. See chapter 4.

**Question 19:** Answer (3) is correct. Automatic thoughts need to first be closely monitored to bring them into conscious awareness. In the next step, they need to be challenged in the real situation by conducting behavioral tests. See chapter 4.

**Question 20:** Answer (4) is correct (only this statement is wrong; all other statements are true). Excessive self-focused attention typically leads to heightened social anxiety and poorer performance in the social situation. See chapter 6.

**Question 21:** Answer (4) is correct (only this statement is wrong; all other statements are true). Exposure leads to a decrease of anxiety by challenging and modifying automatic thoughts. See chapters 3 and 4.

**Question 22:** Answer (3) is correct (only this statement is wrong; all other statements are true). The goal of treatment is not to enjoy the feeling of anxiety, but to learn not to push it away. The harder you try to push it away, the more anxiety wants to stay. And conversely, the more you accept it, the more likely it will diminish. See chapter 4.



**Question 23:** Answer (2) is correct (only this statement is wrong; all other statements are true). Habituation only works if you expose yourself repeatedly and for a long period of time without using any avoidance strategies. Using any type of avoidance strategy prevents the habituation process to occur. See chapters 3 and 5.

**Question 24:** Answer (4) is correct. Avoidance is not simply putting things off. Every time you avoid, your anxiety scores one point, and every time you confront your anxiety, you are one step closer to an independent, anxiety-free life. See chapter 3.

**Question 25:** Answer (1) is correct. Only if you stop avoiding, you are able to test your anxious beliefs, which maintain your anxiety. See chapters 3 and 4.

**Question 26:** Answer (2) is correct. The past can tell you a lot about the future. See chapter 4.

**Question 27:** Answer (3) is correct. Probability overestimation (overestimating the likelihood of occurrence of an unlikely event) and catastrophic thinking (blowing things out of proportion and making a big deal out of something that is not) are common errors of thinking. See chapter 4.

**Question 28:** Answer (2) is correct. Only improving your social skills without learning more effective ways of coping with your anxiety is unlikely to significantly reduce your social performance anxiety. See chapter 8.

**Question 29:** Answer (2) is correct (only this statement is wrong; all other statements are true). Read these statements carefully. Imagery leads to an increase of anxiety. But *repeated* exposure (without) using any avoidance strategies leads to a decrease of anxiety. See chapters 3 and 5.

**Question 30:** Answer (3) is correct. Overlearning and overpreparing is an avoidance strategy. See chapters 3 and 5.

**Question 31:** Answer (3) is correct (only this statement is wrong; all other statements are true). Self-criticism increases rather than decreases anxiety. See chapter 5.

**Question 32:** Answer (4) is correct (only this statement is wrong; all other statements are true). There are plenty of people who have poor social skills but who do not suffer from any social performance anxiety. See chapter 8.

**Question 33:** Answer (1) is correct. Based on efficacy studies and the side effect profile, SSRIs seem to be the best medication treatment of choice. Paxil, or paroxetine (an SSRI) was in fact the first drug for social anxiety. However, psychotherapy, and in particular cognitive behavioral intervention—the type of treatment outlined in this book—seems to be at least as effective as medication treatments, specifically in the long term. See appendix.