

SM 570-Alternative Therapies

Exam Instructions

Thank you for enrolling into SM 570 - Alternative Therapies. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.
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If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. Women, more than men, turn to alcohol to mask anxiety.

- A) True
- B) False

2. Fundamental to all worry is concern over lack of control of the future.

- A) True
- B) False

3. Generalized Anxiety Disorder has a persistence of less than 6 months duration.

- A) True
- B) False

4. Clinical depression is identical to the pain of a "loss."

- A) True
- B) False

5. Chronic distress causes increased cholesterol levels.

- A) True
- B) False

6. Echinacea fights viruses actively and directly.

- A) True
- B) False

7. The manufacturing process of standardization allows for guarantee of the potency of herbal supplements.

- A) True
- B) False

8. Hypericum reduces anxiety.

- A) True
- B) False

9. Hypericum tea is as effective as pills in treating depression.

- A) True
- B) False

10. Valerian extract enhances the activity of GABA in the brain.

- A) True
- B) False

11. Chamomile is safe for children.

- A) True
- B) False

12. Ginseng increases activity in the pituitary gland.

- A) True
- B) False

13. Ginkgo is recommended for anxiety symptoms secondary to aging.

- A) True
- B) False

14. Acupuncture stimulates the production of serotonin.

- A) True
- B) False

15. The scent of Lavender increases alpha brain waves

- A) True
- B) False

16. Rock Rose has demonstrated effectiveness in ameliorating panic disorder.

- A) True
- B) False

17. Homeopathy has not proven to be effective in the treatment of anxiety.

- A) True
- B) False

18. The natural self is that part of the mind that engages in lengthy analysis.

- A) True
- B) False

19. Research has demonstrated that a 30 minute walk can increase one's I.Q.

- A) True
- B) False

20. A high carbohydrate meal will increase brain serotonin.

- A) True
- B) False

21. Vitamin B 12 is known as the "anti-stress" vitamin.

- A) True
- B) False

22. Most people halt their breathing when they feel stressed.

- A) True
- B) False

23. In meditation, mental clarity increases.

- A) True
- B) False

24. Cognitive Therapy has proven effective in the treatment of anxiety, except for Obsessive Compulsive Disorder.

- A) True
- B) False

25. The greater one's loss (i.e.death) the more time it takes to heal.

- A) True
- B) False

26. Eye Movement Desensitization and Processing is rarely effective for the treatment of Post-Traumatic Stress Disorder

- A) True
- B) False

27. Resiliency is the ability to rise above serious loss and adversity.

- A) True
- B) False

28. If a client is having suicidal thoughts, having them visualize their funeral and write their obituary is the best strategy a Stress Management Consultant can facilitate.

- A) True
- B) False

29. Spirituality considerably influences mental health.

- A) True
- B) False

30. Personal fulfillment is found in others and NOT within ourselves.

- A) True
- B) False

31. Type-A people believe they are more knowledgeable than others.

- A) True
- B) False

32. Eustress is the stress that accompanies the exciting things in life

- A) True
- B) False

33. The most damaging emotional stressor is fear.

- A) True
- B) False

34. Silence does little to counterbalance stress.

- A) True
- B) False

35. Deep breathing causes the body to release endorphins

- A) True
- B) False

36. Affirmations specifically influence the subconscious mind

- A) True
- B) False

37. Visualization is directed by the conscious mind.

- A) True
- B) False

38. The trance state is one of intensified awareness.

- A) True
- B) False

39. Boredom rarely causes stress.

- A) True
- B) False

40. Reflexology has proven to be ineffective for stress relief.

- A) True
- B) False

41. Tsu-sanli involves massage of the neck.

- A) True
- B) False

42. When performing the four-point facial massage, your subject should be instructed to take shallow breaths.

- A) True
- B) False

43. One of the most noticeable places in the body for stress-related discomfort to concentrate in, is the shoulders.

- A) True
- B) False

44. In reflexology, the goal is to block specific energy channels.

- A) True
- B) False

45. The use of "worry beads" often induces a meditative state.

- A) True
- B) False

46. Meditation causes an increase in Delta Brain Waves

- A) True
- B) False

47. Biofeedback as a calming device, focuses only on Delta Brain waves.

- A) True
- B) False

48. The ideal music used for calming has a tempo slightly faster than the client's heart beat.

- A) True
- B) False

49. Negative ions in the air stimulate the production of brain serotonin.

- A) True
- B) False

50. Ginseng has a relaxing effect on the nervous system.

- A) True
- B) False

