**Anxiety differs from depression by:**

1. change of appetite
2. **loss of interest**
3. patient wakes up early
4. diurnal change
5. affect sexual life

**Patient aged 40 is not responding to the treatment of her depression .you make the decision to refer her to a psychiatrist .which of the following is the least helpful way to encourage her to go and see the psychiatrist?**

1. Demystify the psychiatric referral.
2. Address the patient on the services that can be expected.
3. Educate the patient on the services that can be expected.
4. Explain the emotional factors of her illness.
5. **Tell her that her illness is serious.**

**Regarding anxiety, all are true except:**

1. It is a free floating worry, as it does not involve a specific person, event or activity.
2. It is often overlooked and undertreated in PHC settings.
3. **Generalized anxiety disorder needs a history of excessive worry for at least 6 weeks.**
4. Women are more commonly affected than men.

**In the management of anxiety all true except:**

1. mainly treated by medications and psychotherapy
2. physicians should discuss the different options of treatment with the patient
3. **Benzodiazepines are used for long periods of time**
4. Cognitive behavioral therapy is found to be a very effective type of treatment

1. **All the following are strategies to deal with a patient with psychosomatic symptoms except one, choose the false answer:**   
   a. rule out major medical problems  
   b. provide limited reassurance   
   c. shift expectations from finding a definite diagnosis to reducing symptoms  
   d**. use the "well, let’s run some tests first, If we don't find anything then we'll refer u"**