

### **True/False Quiz: Geriatric Anxiety**

1. Anxiety disorders are rarely observed in older adults.
2. Physical symptoms like rapid heartbeat and muscle tension can be indicators of anxiety in older adults.
3. Cognitive Behavioral Therapy (CBT) is an ineffective treatment for geriatric anxiety.
4. Geriatric anxiety symptoms often overlap with those of medical conditions, making diagnosis challenging.
5. Family and caregivers play a crucial role in recognizing symptoms of anxiety in older adults.
6. Mindfulness-Based Stress Reduction (MBSR) is a therapeutic approach that can help manage anxiety in older adults.
7. Benzodiazepines are the first-line medications recommended for treating anxiety in older adults.
8. A structured and predictable daily routine can help reduce anxiety in individuals with geriatric anxiety.
9. Grounding techniques, like the 5-4-3-2-1 sensory exercise, are helpful during acute anxiety episodes.
10. Social engagement and fostering a sense of purpose are effective strategies for preventing anxiety in older adults.