

The Disaster Test

- 1) Which of the following is NOT a symptom of PTSD?
 - A) Intense fear, horror, or helplessness
 - B) Stimuli associated with the trauma are persistently avoided
 - C) Substance Abuse
 - D) Flashbacks

- 2) How long must the full symptom picture be present for it to be PTSD?
 - A) 1 Month
 - B) 1 Year
 - C) 6 Weeks
 - D) 2 Weeks

- 3) In an average year how many deaths are reported nationwide due to tornados?
 - A) 700
 - B) 80
 - C) 10
 - D) 1 Million

- 4) What is a tornado?
 - A) A big wave of water
 - B) A mixed drink
 - C) A popular dance move
 - D) Violently rotated column of air

- 5) What is the average wind speed of a tornado?
 - A) 10-15 MPH
 - B) 30-70 MPH
 - C) 95-120 MPH
 - D) 80- 100 MPH

- 6) What is generally the best therapy used to help children recover from a tornado?
- A) Gestalt
 - B) Cognitive Behavior
 - C) Humanistic
 - D) Reality
- 7) Which of the below are possible reactions to a tornado's aftermath in children?
- A) Separation anxiety
 - B) Angry outburst and tantrums
 - C) Changes in appetite
 - D) All of the above
- 8) All of the following are appropriate coping strategies except:
- A) Bibliotherapy
 - B) Journaling
 - C) Self-mutilation
 - D) Relaxation techniques
- 9) What types of resources and strategies can be used for someone affected by a tornado?
- A) Coping
 - B) Journaling
 - C) Alcohol
 - D) A and B
- 10) Which is probably not the best place to contact after a natural disaster?
- A) Ice House
 - B) FEMA
 - C) American Red Cross
 - D) Local Churches

11) Which of the following are reactions common to people who experience traumatic stress due to natural disasters?

- A) Reoccurring dreams or nightmares
- B) Feeling numb
- C) Isolating self from others
- D) All of the above

12) The average tornado moves:

- A) Southeast to Northwest
- B) North to South
- C) West to East
- D) Up to Kansas

13) Where are tornados most frequently reported in the U.S.?

- A) California
- B) East of the Rocky Mountains
- C) Alberta, Canada
- D) Montana

14) Most tornados are likely to occur between which hours?

- A) Happy hour
- B) 3:00 PM - 9:00 PM
- C) Rush Hour
- D) 2:00 AM – 7:00 AM

15) What percent of the population experience a lifetime prevalence of PTSD?

- A) 30%
- B) 15%
- C) 8%
- D) 2%

Disaster Test Answer Key

- 1) C
- 2) A
- 3) B
- 4) D
- 5) B
- 6) B
- 7) D
- 8) C
- 9) D
- 10) A
- 11) D
- 12) A
- 13) B
- 14) B
- 15) C