

Unit 2: Trauma, Toxic Stress and the Impact on Child Development

Post Test (Choose one answer for each question)

1. The term "tolerable stress" refers to:
 - a. Stress that is serious yet temporary
 - b. Stress that is lessened by supportive relationships
 - c. Stress that has a happy ending
 - d. A and B
2. Toxic stress can cause a **decrease** in the number of connections in the brain.
 - a. True
 - b. False
3. Children are **not** as affected by trauma and toxic stress as adults are.
 - a. True
 - b. False
4. The acronym "ACE" refers to:
 - a. A sports professional
 - b. A bandage
 - c. Adverse Childhood Experiences
 - d. A playing card
5. Toxic stress experienced by parents can lead to changes in their child's gene expression.
 - a. True
 - b. False
6. The ACE study showed a connection between the ACE score and:
 - a. Substance misuse
 - b. Depression
 - c. Liver disease
 - d. All of the above
7. Experiencing toxic stress during early childhood can lead to:
 - a. Chronic fight, flight or freeze responses
 - b. Changes in brain structure
 - c. Hyper-responsiveness
 - d. All of the above
8. Traumatic stress reactions or disorders include:
 - a. The event
 - b. The experience
 - c. The effect
 - d. All of the above