Foundations 1E CT Chapter 8

1. Which of the following is an example of a mental disorder?

a. Campbell has the same nightmare over and over again.

b. Elijah is afraid he'll fail his final exam, so he studies all night.

c. Stacy gossips about a teacher she thinks was mean to her.

d. Justin gets furious when he misses a shot in the basketball game.

Answer: \_\_\_\_\_

2. Name two examples of a mental disorder.

Answer:

3. When Samantha feels stressed, she sometimes scrapes her arms and legs with a sharp object until they bleed. This behavior is characteristic of

a. mood disorders

b. personality disorders

c. anxiety disorders

d. attention deficit hyperactivity disorder

Answer: \_\_\_\_\_

4. When a person's mental disorder is considered to be a stigma, it's more likely the person will

a. seek treatment

b. gain sympathy

c. believe in their ability to succeed

d. experience prejudice and lack of understanding

Answer: \_\_\_\_\_

5. One of Malcolm's friends downplays Malcolm's obsessive-compulsive disorder and acts like it is no big deal. This is which part of the STOP tool about recognizing stigma?

a. stereotyping

b. trivializing

c. offending

d. patronizing

Answer: \_\_\_\_\_

6. Virtual reality can be used to treat a person's fear of enclosed spaces by

a. putting the person in a simulated environment that looks like an elevator

b. putting the person in an actual elevator and closing the doors

c. describing an elevator ride in vivid language

d. showing the person a film about riding in an elevator

Answer: \_\_\_\_\_

7. Anti-anxiety medications are fast-acting and nonaddictive.

a. True

b. False

Answer: \_\_\_\_\_

8. With an anxiety disorder, the fear is out of proportion to the actual danger.

a. True

b. False

Answer: \_\_\_\_\_

9. What do anxiety and anxiety disorders have in common?

a. Both cause intense and excessive worry about everyday situations.

b. Medical treatment is needed to overcome both anxiety and anxiety disorders.

c. Both involve the feeling that something really bad is going to happen.

d. Neither one is a cause for concern, and both gradually lessen with time.

Answer: \_\_\_\_\_

10. Everyday anxiety can lead to an anxiety disorder.

a. True

b. False

Answer: \_\_\_\_\_

11. List five common symptoms of anxiety disorders.

Answer:

12. Last month Earlene saw a large snake beside her garbage cans. Now whenever she takes out the garbage, her palms get sweaty and she sometimes gets heart palpitations. This is an example of which anxiety disorder?

a. general anxiety disorder

b. separation anxiety

c. social anxiety disorder

d. simple phobia

Answer: \_\_\_\_\_

13. How does social media lead to teen anxiety?

a. keeps teens up late at night scrolling through posts and texts

b. causes teens to compare themselves to others

c. bombards teens with advertising

d. makes it difficult for teens to concentrate on schoolwork

Answer: \_\_\_\_\_

14. Which are common influences that lead to teen anxiety? **Select all that apply.**

a. pressure to succeed

b. social threats and violence

c. speaking in public

d. social media

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. Raymond has been falling behind in his schoolwork and snapping at his friends, leaving him full of anxiety and in a bad mood. His friend Rita suggested that he should write down three things each day that he is grateful for. Rita's suggestion could help Raymond by

a. making him examine his problems and feel sorry for himself

b. taking his mind off of his problems for a short time

c. reminding him that life is full of problems

d. refocusing his feelings in a positive and calming way

Answer: \_\_\_\_\_

16. Martina's border collie, Skipper, passed away two weeks ago, leaving Martina feeling low. This is an example of a \_\_\_\_\_\_\_\_\_\_ causing a mood disorder.

a. life event

b. family history

c. genetic trait

d. brain chemical imbalance

Answer: \_\_\_\_\_

17. George becomes tired and depressed in the winter when sunlight is rarely seen in his region. This is an example of which mood disorder?

Answer:

18. Females are more likely to report or be diagnosed with a mood disorder.

a. True

b. False

Answer: \_\_\_\_\_

19. Drew has been really unhappy for three weeks, ever since his parents announced they were separating and his father moved out. Drew still goes to school, but he is experiencing extreme fatigue, and he can't concentrate on his work. Is Drew feeling sadness, or is he suffering from depression?

a. sadness

b. depression

Answer: \_\_\_\_\_

20. With sadness, some part of you knows that you will feel better eventually. With depression, you feel that your situation will never get any better.

a. True

b. False

Answer: \_\_\_\_\_

21. Which statements may be signs of depression? **Select all that apply.**

a. "I feel so tired all the time-I just want to sleep."

b. "I don't know why I'm eating so much."

c. "My mom just yelled at me, and I'm so mad!"

d. "I used to love going to soccer practice, but now I dread it."

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

22. All of the following are signs of depression EXCEPT

a. fleeting feelings of sadness

b. irritability or agitation

c. lack of interest in activities you used to find enjoyable

d. excessive feelings of guilt or worthlessness

Answer: \_\_\_\_\_

23. Which of the following is most likely to be a trigger that could lead to self-harm?

a. a need to seek attention from others

b. an inability to cope with daily stress

c. the sight of someone else's reckless behavior

d. the death of a close friend

Answer: \_\_\_\_\_

24. Which of the following is true about self-harm behaviors?

a. They are mainly attempts to get attention.

b. They are an effective coping strategy.

c. They can bring powerful feelings of guilt and shame.

d. They are a passing phase that will subside with time.

Answer: \_\_\_\_\_

25. List three warning signs of suicide in teens.

Answer:

26. Jessica has been giving away her most treasured books and artworks to friends with no explanation. This is a key warning sign of suicide.

a. True

b. False

Answer: \_\_\_\_\_

27. Which of the following is an effective suicide prevention strategy? **Select all that apply.**

a. Educate students about firearms safety.

b. Provide reliable and affordable access to mental health care.

c. Require students to join clubs and groups in order to socialize more.

d. Provide economic supports such as access to food banks or low-income housing.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

28. Name two resources you can use if you suspect a friend is suicidal.

Answer: