Foundations 1E Chapter 08 Test Answers

Title: Chapter 8 Test

Topic: L8.1LO1: Explain what a mental disorder is and provide two examples.

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.

Type: E

Title: Chapter 8 Test

Topic: L8.1LO1: Explain what a mental disorder is and provide two examples.

2. Name two examples of a mental disorder.

a. Answers should include any two of the following:

-anxiety disorders

-obsessive compulsive disorder

-mood disorders

-schizophrenia

-attention deficit hyperactivity disorder

-post-traumatic stress disorder

-personality disorders

Title: Chapter 8 Test

Topic: L8.1LO1: Explain what a mental disorder is and provide two examples.

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

Title: Chapter 8 Test

Topic: L8.1LO2: Describe what stigma is and explain how it can affect someone with a mental disorder.

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

Title: Chapter 8 Test

Topic: L8.1LO2: Describe what stigma is and explain how it can affect someone with a mental disorder.

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

Title: Chapter 8 Test

Topic: L8.1LO3: Explain different ways that mental disorders may be treated.

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

Title: Chapter 8 Test

Topic: L8.1LO3: Explain different ways that mental disorders may be treated.

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

a. true

\*b. false

Title: Chapter 8 Test

Topic: L8.2LO4: Compare and contrast anxiety and anxiety disorders.

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

\*a. true

b. false

Title: Chapter 8 Test

Topic: L8.2LO4: Compare and contrast anxiety and anxiety disorders.

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.

Title: Chapter 8 Test

Topic: L8.2LO4: Compare and contrast anxiety and anxiety disorders.

10. Everyday anxiety can lead to an anxiety disorder.

\*a. true

b. false

Type: E

Title: Chapter 8 Test

Topic: L8.2LO5: Identify five symptoms of anxiety disorder.

11. List five common symptoms of anxiety disorders.

a. Answers should include any five of the following:

-having trouble sleeping

-stomach or intestinal problems

-feeling tired or weak

-sweating

-having a sense of impending danger, panic, or doom

-having the urge to avoid things that cause the anxiety

-trouble concentrating on anything other than the present worry

-increased heart rate

-rapid breathing (hyperventilation)

Title: Chapter 8 Test

Topic: L8.2LO5: Identify five symptoms of anxiety disorder.

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

Title: Chapter 8 Test

Topic: L8.2LO6: Explain three common influences on teen anxiety.

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

Type: MR

Title: Chapter 8 Test

Topic: L8.2LO6: Explain three common influences on teen anxiety.

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

Title: Chapter 8 Test

Topic: L8.2LO7: Describe the value of gratitude and explain two ways to practice it.

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

Title: Chapter 8 Test

Topic: L8.3LO8: Explain what mood disorders are and describe their characteristics using three examples.

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

Type: E

Title: Chapter 8 Test

Topic: L8.3LO8: Explain what mood disorders are and describe their characteristics using three examples.

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?

a. seasonal affective disorder

Title: Chapter 8 Test

Topic: L8.3LO9: Describe risk factors associated with mood disorders.

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

\*a. true

b. false

Title: Chapter 8 Test

Topic: L8.3LO10: Compare and contrast sadness and depression.

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

Title: Chapter 8 Test

Topic: L8.3LO10: Compare and contrast sadness and depression.

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

Type: MR

Title: Chapter 8 Test

Topic: L8.3LO11: Identify five signs of depression.

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.”

Title: Chapter 8 Test

Topic: L8.3LO11: Identify five signs of depression.

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

Title: Chapter 8 Test

Topic: L8.4LO12: Describe what is meant by the term *trigger* in the context of mental health.

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

Title: Chapter 8 Test

Topic: L8.4LO13: Explain how self-harm is related to emotional health.

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.

Type: E

Title: Chapter 8 Test

Topic: L8.4LO14: Describe the warning signs of suicide.

25. List three warning signs of suicide in teens.

a. Answers should include any three of the following:

-talking about committing suicide

-writing poems or stories about suicide

-giving away valued possessions

-engaging in reckless or dangerous behavior

-making death seem glamorous or romantic

-saying goodbye to friends and family members in person or in notes

-making social media updates that reference death or the end

Title: Chapter 8 Test

Topic: L8.4LO14: Describe the warning signs of suicide.

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

Type: MR

Title: Chapter 8 Test

Topic: L8.4LO15: Describe three suicide prevention strategies.

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.

Type: E

Title: Chapter 8 Test

Topic: L8.4LO16: Identify resources for suicide prevention.

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

a. the National Suicide Prevention Lifeline at 1-800-273-TALK, the Crisis Text Line at 741741