Chapter 9 Vocabulary

mental disorder
anxiety disorder
post-traumatic stress disorder
mood disorder
conduct disorder
alienation
suicide
cluster suicides
psychotherapy
behavior therapy
cognitive therapy
group therapy
biomedical therapy
coping
grief response
mourning

Directions: Use the clues to solve the puzzle. Write each letter of the answer in the spaces provided. Use the boxed letters, in order, to spell out a word that completes the sentence in number 13 below.

1. An ongoing dialogue between a patient and a mental health professional
2. A pattern of behavior in which the rights of others or basic social rules are violated
3. Dealing successfully with difficult changes in your life
4. An individual's total response to a major loss
5. Feeling isolated and separated from everyone else
6. The act of intentionally taking one's own life
7. An illness of the mind that can have either a physical cause or a psychological cause
8. A series of acts occurring within a short period of time and involving several people
9. An illness that involves mood extremes that interfere with everyday living
10. The act of showing sorrow or grief
11. An illness or a condition in which real or imagined fears are difficult to control
12. The use of certain medications to treat or reduce the symptoms of a mental disorder

____ 1. ☐ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
____ 2. ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ☐
____ 3. ___ ☐ ___ ___ ___ ___
____ 4. ___ ___ ___ ___ ☐ ___ ___ ___ ___ ___ ___ ___ ___
____ 5. ___ ___ ___ ☐ ___ ___ ___ ___ ___ ___
____ 6. ☐ ___ ___ ___ ___ ___ ___
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____ 9. ___ ☐ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
____ 10. ___ ___ ___ ___ ☐ ___ ___ ___
____ 11. ☐ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
____ 12. ___ ___ ___ ___ ___ ___ ___ ___ ___ ☐ ___ ___ ___ ___ ___ ___ ___

Some symptoms of mental illness require intervention by a mental health ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___.

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Activity 31

Applying Health Skills

FOR USE WITH CHAPTER 9, LESSON 1

What's the Diagnosis?

Directions: Following are profiles of people with mental illnesses. From the description of the symptoms, in the space provided, identify and write the type of mental illness each person has.

1. Tom has difficulty getting along with others. He is in constant conflict with other people. He needs to be directed, but he resents being told what to do. He may forget to show up for an activity because he does not like to be controlled. He is uncooperative.

   _____

2. Alicia has difficulty keeping up with normal daily activities. She seems trapped in a pattern of repeated thoughts and behaviors that preoccupy her. In fact, she is urgent about them. When she is at home, she is constantly checking to make sure the doors are locked.

   _____

3. Janeen is an elementary school student. During recess one day, Janeen and her classmates witnessed an automobile accident in which one of the cars burst into flames. Ever since, Janeen has been having nightmares. She can't concentrate on her school work. She experiences flashbacks occasionally.

   _____

4. Juan experiences extreme mood changes. His friends can't figure him out. He's either very happy, even silly, or he is aggressive and angry. His energy levels also keep changing. Sometimes he's bored and can't concentrate. Other times, he sleeps little, and he still feels energetic.

   _____

5. Sue is afraid of heights. She will do anything in her power to avoid being in a tall building or on a mountain. The result is that she misses some meetings if she learns that the meeting is being held on an upper floor of a downtown building. She also misses some fun times because she won't go camping with her friends when they go to the mountains. She can't remember anything in her childhood that might have caused this irrational fear. She just knows that it is very real.

   _____

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Activity 32

Applying Health Skills

FOR USE WITH CHAPTER 9, LESSON 2

Some Misconceptions About Suicide

Directions: Read each misconception and answer the questions.

1. "People who talk about suicide don't go through with it."

The truth is that most people who commit suicide have communicated their intent to someone. What should you do if someone talks about committing suicide, even if it is in a casual or humorous way?

_____

_____

_____

2. "Everyone who attempts suicide is suffering from depression."

Depression, other mental disorders, and the abuse of alcohol and drugs are the leading causes of suicide. What are three other suicide risk factors?

_____

_____

3. "The suicidal death of a person does not affect other people."

Many people with suicidal thoughts believe this. They are so overwhelmed by their problems that they become withdrawn and do not realize that others care about them. What can you do to help someone who has these thoughts? _____

_____

_____

4. "Suicides are isolated events."

Actually, cluster suicides in the United States occur mainly among teens and young adults. Define cluster suicides and give three situations that often result in cluster suicides. _____

_____

_____

_____

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Name Class Date

Activity 33 Applying Health Skills

FOR USE WITH CHAPTER 9, LESSON 3

Therapy Choices

I. Directions: Fill in the descriptions of the following types of therapies.

Psychotherapy

_____

_____

_____

_____

Group Therapy

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_____

_____

_____

Behavior Therapy

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_____

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Cognitive Therapy

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Biomedical Therapy

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_____

_____

_____

_____

II. Directions: Following are some feelings or behaviors that are signs that help is needed. Determine which kind(s) of therapy might be helpful in each case.

1. You worry all the time. _____

2. You are becoming increasingly aggressive, violent, or reckless. _____

3. You feel you can't face your problems alone. _____

4. You are becoming involved with alcohol or other drugs. _____

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Activity 34 Applying Health Skills

FOR USE WITH CHAPTER 9, LESSON 4

All Kinds of Grief

Directions: Identify each person's stage of grief in the following descriptions.

1. Keisha's brother was killed in a car crash. The person who was driving the car was not injured. Keisha feels powerless. She misses her brother. She resents the fact that the driver continues to attend her school and seems unaffected by her brother's death.

   Stage: _____

2. Joe's father and mother have just divorced, and his father has moved to another state. Joe misses his father and feels isolated because he won't be seeing him very often. He thinks the situation is hopeless.

   Stage: _____

3. Manuel was the one to tell his little sister, Lisa, that her kitten ran into the street and was killed by a car. Lisa doesn't believe Manuel. She is sure that he is mistaken and that her kitten will come home when it gets hungry.

   Stage: I _____

4. Carla misses her best friend, Julie. Julie moved away a month ago. Before Julie left, she and Carla had a silly disagreement about Rick, a boy at school whom they both liked. Julie wouldn't speak to Carla before she moved. Now Carla realizes that she doesn't like Rick at all, and she wishes she could see Julie and straighten things out. If she had the opportunity, she would apologize. She realizes now that Julie was a good friend and the disagreement was silly and stupid.

   Stage: _____

5. Pedro's sister Annette had a mental disorder, and Pedro often was impatient with her. Annette died unexpectedly a year ago. For a long time, it was very difficult for Pedro to even mention Annette's name. He had regrets about the way he had treated her. Remembering how impatient he was with her was painful. His family realized that Pedro was grieving and that eventually he would be able to talk about Annette. Pedro finally reached the point where he could remember Annette and talk about her without experiencing so much pain.

   Stage: _____

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Chapter 9

Study Guide

STUDY TIPS:
- Read *You'll Learn To* for each lesson.
- Look up the meaning of any unfamiliar vocabulary terms.
- Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. What is a mental disorder? _____

_____

_____

2. Name two classifications of mental disorders.

_____

3. Name the six major types of mental disorders.

_____

_____

4. Which group of mental disorders is associated with real or imagined fears?

_____

5. Name four types of anxiety disorders. _____

_____

6. What is post-traumatic stress disorder? _____

_____

7. Name two types of mood disorders. _____

Lesson 2

8. A person who feels isolated and separated from everyone else is experiencing what?

_____

9. What is suicide? _____

10. Name three risk factors of suicide. _____

_____

_____

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Study Guide, Chapter 9 *(Continued)*

11. What are cluster suicides? _____

_____

Lesson 3

12. List three signs that professional help dealing with problems is needed.

_____

_____

_____

_____

13. What is psychotherapy? _____

_____

14. What is behavior therapy? _____

_____

15. What is cognitive therapy? _____

_____

_____

16. What is group therapy? _____

_____

Lesson 4

17. Define *coping*. _____

18. What is closure? _____

19. Name the eight stages in the grieving process.

_____

_____

20. List four effective coping measures to deal with disasters and crises.

_____

_____

_____

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