***Health: Making Choices for Life***

**Psychological Health: Maintaining the Mind and Spirit**

1) Psychological health encompasses which of the following dimensions of health?

A) Spiritual and emotional

B) Mental and emotional

C) Emotional and spiritual

D) None of the answers is correct.

Answer: B

2) The capacity to make informed, un-coerced decisions is called

A) autonomy.

B) assertiveness.

C) realism.

D) self-esteem.

Answer: A

3) A sense of positive self-regard, resulting in elevated levels of self-respect, self-worth, self-confidence, and self-satisfaction is called

A) realism.

B) assertiveness.

C) autonomy.

D) self-esteem.

Answer: D

4) Maslow's hierarchy of needs pyramid includes all of the following EXCEPT

A) physiological health.

B) safety and security.

C) self-esteem.

D) need for entertainment.

Answer: D

5) Juanita is trying to improve her self-esteem. All of the following suggestions will help her EXCEPT

A) relying on others to take care of her responsibilities.

B) learning something new.

C) practicing positive self-talk.

D) eating a healthy diet and exercising.

Answer: A

6) The psychological tendency to have a positive interpretation of life's events is called

A) intimacy.

B) optimism.

C) pessimism.

D) self-actualization.

Answer: B

7) Which of the following techniques can help increase emotional intelligence?

A) Recognizing and naming your emotions when you feel them

B) Thinking about other people's feelings and motivations in relation to specific situations or actions

C) Accepting your own emotions without allowing them to override your priorities

D) All of the answers are correct.

Answer: D

8) Autonomy is expressed as

A) mindfulness.

B) assertiveness.

C) level of need.

D) level of altruism.

Answer: A

9) Having an optimistic outlook has been associated with all of the following EXCEPT

A) carrying less anger.

B) a decreased likelihood of getting sick with serious or minor illness.

C) a higher likelihood of developing diabetes.

D) a better ability to cope with the ups and downs of illness.

Answer: C

10) People meditate for which one of the following reasons?

A) To develop creativity and self-awareness

B) To reach a higher level of consciousness

C) To be more relaxed

D) All of the answers are correct.

Answer: D

Page Ref: 51

11) The practice of helping and giving to others out of a genuine concern for their well-being is called

A) shyness.

B) altruism.

C) mindfulness.

D) spirituality.

Answer: B

Page Ref: 34

12) Which of the following is the most effective way to deal with feelings of anger?

A) Express feelings of anger in a way that releases emotions without damaging relationships.

B) Hold the feelings inside.

C) Express anger impulsively and aggressively.

D) Refrain from expressing negative emotions.

Answer: A

Page Ref: 35

13) Mental disorders can be caused by

A) past or current experiences.

B) extreme stress.

C) chemical imbalances.

D) All of the answers are correct.

Answer: D

Page Ref: 36

14) Major depressive disorder is diagnosed when a person experiences

A) five or more depressive symptoms for at least two consecutive weeks.

B) occasional loss of interest in things that were once important.

C) mild chronic depressive symptoms for two or more years.

D) apprehension in social situations.

Answer: A

Page Ref: 39

15) Which of the following increases a person's risk for depression?

A) Being pessimistic

B) Having low self-esteem

C) Having a limited network of emotional support

D) All of the answers are correct.

Answer: D

Page Ref: 39

16) Which of the following statements is true regarding mental disorders and minorities?

A) The tendency toward depression is more innate in minorities versus heterosexual Caucasians.

B) African Americans and Hispanic Americans have lower rates of depression than Caucasians.

C) The social challenges many minorities face increase their likelihood of developing depression.

D) Most minorities have mental health insurance coverage.

Answer: C

Page Ref: 40

17) A depressive disorder caused by the dwindling hours of daylight during the winter is called

A) bipolar disorder.

B) seasonal affective disorder.

C) attention deficit disorder.

D) social anxiety disorder.

Answer: B

Page Ref: 39

18) Which of the following is true of men with depression?

A) Men are more likely than women to seek treatment for depression.

B) Men do not experience any physical effects of depression.

C) Men are more likely than women to turn to drugs and alcohol to deal with depression.

D) Men with depression are less likely to contract heart disease.

Answer: C

Page Ref: 40

19) Which of the following is NOT true of antidepressants?

A) They work by normalizing the levels of the neurotransmitters serotonin, norepinephrine, and/or dopamine.

B) Abruptly stopping use of antidepressants can cause withdrawal symptoms.

C) The same drug that helps one person may not help another person.

D) They have little to no side effects for the average consumer.

Answer: D

Page Ref: 41

20) Attention-deficit/hyperactivity disorder can cause which of the following?

A) Impulsivity

B) Inattention

C) Fidgeting

D) All of the answers are correct.

Answer: D

Page Ref: 45

21) Sudden feelings of terror that strike without warning are characteristic of

A) generalized anxiety disorder.

B) depression.

C) a panic attack.

D) seasonal affective disorder.

Answer: C

Page Ref: 43

22) All of the following statements regarding generalized anxiety disorder are true EXCEPT

A) Its sufferers feel worry, anxiety and pessimism even when there is little or nothing to provoke it.

B) Physical symptoms, such as headaches, muscle tension, and difficulty swallowing often accompany the anxiety.

C) It affects twice as many men as women.

D) It can be diagnosed when the symptoms last six months or more.

Answer: C

Page Ref: 43

23) Which of the following are signs of social anxiety disorder?

A) Cancelling social engagements at the last moment

B) Having few friends who really know you

C) Avoiding enjoyable activities because they require social interaction

D) All of the answers are correct.

Answer: D

Page Ref: 43

24) A person with obsessive-compulsive disorder who concerned about germs may

A) be embarrassed about his or her repeated rituals.

B) perform hand washing more than 100 times per day.

C) get temporary relief by repeating a ritual.

D) All of the answers are correct.

Answer: D

Page Ref: 44

25) After witnessing a fatal automobile accident, Marisela develops a disorder that causes her to feel depressed and emotionally numb. She also has reoccurring nightmares about the accident scene. Her symptoms are characteristic of

A) generalized anxiety disorder.

B) obsessive compulsive disorder.

C) panic disorder.

D) post-traumatic stress disorder.

Answer: D

Page Ref: 44

26) To treat his fear of heights, Michael underwent systematic desensitization. Which of the following was/were likely components of his treatment?

A) Climbing stairs or taking an elevator to gradually increasing heights

B) Talking to a therapist about the anxiety he feels

C) Having the assistance of a therapist while dealing with the anxiety accompanying his ascent

D) All of the answers are correct.

Answer: D

Page Ref: 45

27) All of the following are symptoms of schizophrenia EXCEPT

A) delusions.

B) hallucinations.

C) the ability to distinguish what is real from what is imaginary.

D) inappropriate emotions.

Answer: C

Page Ref: 46-47

28) People who commit self-injury usually do so for all of the following reasons EXCEPT to

A) deal with negative or overwhelming emotions.

B) get attention.

C) kill themselves.

D) punish themselves.

Answer: C

Page Ref: 47

29) Recall the Student Story about Kristina. After Kristina's friend committed suicide, what became more important in her life?

A) Attending social events

B) Traveling frequently

C) Developing closer relationships with her friends and family

D) Focusing on her own mortality

Answer: C

Page Ref: 48

30) Which of the of the following ethnic groups has the highest suicide rate?

A) Hispanics

B) Asian Americans

C) Pacific Islanders

D) Native Americans and Alaskan Natives

Answer: D

Page Ref: 47

31) Self-care includes all of the following EXCEPT

A) eating well.

B) getting enough sleep.

C) getting enough exercise.

D) drinking alcohol to help deal with stress.

Answer: D

Page Ref: 50

32) Which of the following mental health professionals has the ability to prescribe medications?

A) Counselors

B) Psychologists

C) Psychiatrists

D) None of the answers is correct.

Answer: C

Page Ref: 48

33) A mental health professional with a doctoral degree but not a medical degree describes which of the following?

A) A psychiatrist

B) A psychologist

C) A counselor

D) None of the answers is correct.

Answer: B

Page Ref: 48

34) Cognitive therapy focuses on changing

A) unconscious sources for a person's behavior.

B) negative and distorted thoughts.

C) a person's level of optimism.

D) a person's response to medication.

Answer: B

Page Ref: 48

35) Justin is seeking the help of a therapist. Which of the following factors should he discuss before his first session?

A) The cost

B) The therapist's credentials and approach to therapy

C) The experience the therapist has in helping others with similar issues

D) All of the answers are correct.

Answer: D

Page Ref: 49

36) Behavioral therapy includes all the following techniques EXCEPT

A) exposure therapy.

B) biofeedback.

C) negative reinforcement.

D) positive reinforcement.

Answer: B

Page Ref: 49

37) Although Jenna has a 3.8 GPA, she doesn't believe she is a good student. What type of cognitive distortion is this?

A) Disqualifying the positive

B) Overgeneralization

C) Minimizing

D) Catastrophizing

Answer: A

Page Ref: 50

38) An emerging field of psychology that focuses on increasing psychological strengths and improving happiness rather than on psychological problems is

A) psychodynamic therapy.

B) positive psychology.

C) behavioral therapy.

D) cognitive therapy.

Answer: B

Page Ref: 49

39) In psychodynamic therapy, the therapist and patient explore

A) the patient's conscious behaviors.

B) unresolved issues buried in the unconscious.

C) incorporating positive ideas.

D) how to identify distorted, negative thinking.

Answer: B

Page Ref: 49

40) When her boyfriend is feeling slighted over an event that occurred at work, Xian feels that she is at fault for his negative feelings. This is an example of

A) overgeneralization.

B) personalization.

C) emotional reasoning.

D) mental filtering.

Answer: B

Page Ref: 50

41) Which of the following statements best describes autonomy?

A) Julia no longer lives at home and is trying to decide which college she will attend.

B) David gets his way by bullying and intimidating his colleagues.

C) Sharika knows she is a talented cook and doesn't let her manager's criticisms bother her.

D) Juan sold his small online business to a large corporation and fulfilled his dream of becoming a woodworker.

Answer: A

Page Ref: 29

42) Omid expresses his needs and wants to others in appropriate ways. He is successful in expressing his

A) aggression.

B) passivity.

C) autonomy.

D) assertiveness.

Answer: D

Page Ref: 29

43) A good example of \_\_\_\_\_\_\_\_ is Anisa, who respects herself, believes in her abilities, and is satisfied with her achievements.

A) self-actualization

B) assertiveness

C) self-esteem

D) autonomy

Answer: C

Page Ref: 29

44) After getting married and completing his Ph.D., Enrique has achieved his lifelong goals. This scenario is an example of

A) self-esteem.

B) self-actualization.

C) assertiveness.

D) autonomy.

Answer: B

Page Ref: 31

45) Susan views her life with a positive interpretation. She is displaying

A) self-actualization.

B) optimism.

C) autonomy.

D) assertiveness

Answer: B

Page Ref: 30

46) The ability to monitor, assess, and manage emotions is known as

A) emotional health.

B) mental health.

C) emotional intelligence.

D) spiritual health.

Answer: C

Page Ref: 30

47) The "thinking" component of psychological health is

A) emotional health.

B) mental health.

C) emotional intelligence.

D) spiritual health.

Answer: B

Page Ref: 28

48) The component of psychological health that deals with feelings is

A) emotional health.

B) mental health.

C) emotional intelligence.

D) spiritual health.

Answer: A

Page Ref: 28

49) The component of psychological health associated with a connection to a higher purpose is

A) emotional health.

B) faith.

C) spirituality.

D) spiritual health.

Answer: D

Page Ref: 32

50) \_\_\_\_\_\_\_\_ is the concept of being connected to something larger than yourself.

A) Emotional health

B) Faith

C) Spirituality

D) Spiritual health

Answer: C

Page Ref: 33

51) For months, Paula has had no interest in daily life and doesn't get out of bed on most days. This behavior is typical of what condition?

A) Panic disorder

B) Social anxiety disorder

C) Bipolar disorder

D) Depressive disorder

Answer: D

Page Ref: 38

52) During winter months, Luci experiences a particular form of depression known as

A) depressive disorder.

B) bipolar disorder.

C) seasonal affective disorder.

D) social anxiety disorder.

Answer: C

Page Ref: 39

53) Ana experiences wild mood swings, occurrences of mania followed by occurrences of depression. Her mother fears Anna is suffering from

A) dysthymic disorder.

B) bipolar disorder.

C) depressive disorder

D) generalized anxiety disorder.

Answer: B

Page Ref: 42

54) For the past six months, Mary Eileen has experienced chronic worrying that seems to be out of her control. Her behavior is typical of

A) generalized anxiety disorder.

B) seasonal affective disorder.

C) social anxiety disorder.

D) panic disorder.

Answer: A

Page Ref: 43

55) When Rick has to give a presentation in class, he experiences symptoms of increased heart rate, trembling, and stuttering. This condition is commonly known as

A) generalized anxiety disorder.

B) attention-deficit/hyperactivity disorder.

C) depressive disorder.

D) social anxiety disorder.

Answer: D

Page Ref: 43

56) Brian has difficulty expressing his feelings and struggles with depression. These issues will most largely impact the \_\_\_\_\_\_\_\_ dimension of his psychological health.

A) spiritual

B) emotional

C) mental

D) social

Answer: B

Page Ref: 28

57) Prayer triggers the \_\_\_\_\_\_\_\_ response, which is characterized by a slowed metabolism, reduced blood pressure, slower breathing, decreased heart rate, and less active brain waves.

A) reflection

B) fight-or-flight

C) stress

D) relaxation

Answer: D

Page Ref: 51

58) Seasonal \_\_\_\_\_\_\_\_ disorder, or SAD, is a type of depression people suffer from when there are few daylight hours.

A) association

B) appearance

C) affective

D) anxiety

Answer: C

Page Ref: 39

59) Women's risks of short-term and long-term depression can be increased by

A) hormonal shifts.

B) changes in the sleep/wake cycle.

C) a low-fiber diet.

D) increased alcohol consumption.

Answer: A

Page Ref: 39

60) Justine, who has \_\_\_\_\_\_\_\_ disorder, has periods of depression followed by periods of mania.

A) panic

B) generalized anxiety

C) bipolar

D) obsessive-compulsive

Answer: C

Page Ref: 42

61) Sudden feelings of terror that strike without warning describes \_\_\_\_\_\_\_\_ attacks.

A) bipolar

B) panic

C) asthma

D) anxiety

Answer: B

Page Ref: 43

62) A phobia of heights is classified as a(n) \_\_\_\_\_\_\_\_ phobia.

A) situational

B) injury

C) anxiety

D) natural-environment

Answer: D

Page Ref: 44

63) The most common psychotic disorder is

A) autism.

B) schizophrenia.

C) depression.

D) post-traumatic stress disorder.

Answer: B

Page Ref: 46-47

64) Behavioral therapy focuses on changing a person's \_\_\_\_\_\_\_\_ behaviors.

A) social

B) acquired

C) learned

D) subconscious

Answer: C

Page Ref: 49

65) The field of psychology emerged as a separate discipline from \_\_\_\_\_\_\_\_ in the late nineteenth century in order to discover anatomical or physiological basis for mental disorders.

A) anatomy

B) philosophy

C) psychiatry

D) physiology

Answer: B

Page Ref: 28

66) The six key facets of psychological health was a concept developed by

A) Erik Erikson.

B) Abraham Maslow.

C) Sigmund Freud.

D) Carol D. Ryff.

Answer: D

Page Ref: 29

67) \_\_\_\_\_\_\_\_ is the ability to choose or create surroundings that suit you.

A) Autonomy

B) Environmental mastery

C) Aggressiveness

D) Assertiveness

Answer: B

Page Ref: 29

68) \_\_\_\_\_\_\_\_ is the ability to clearly express your needs and wants to others in an appropriate way.

A) Autonomy

B) Environmental mastery

C) Aggressiveness

D) Assertiveness

Answer: D

Page Ref: 29

69) Which of the following is correct regarding emotional intelligence?

A) Emotional intelligence is an inborn trait.

B) Emotional intelligence is a skill anyone can develop.

C) Emotional intelligence can be increased by recognizing and naming emotions as they occur.

D) None of the answers are correct; debate continues about the nature of emotional intelligence.

Answer: D

Page Ref: 30

70) \_\_\_\_\_\_\_\_ describes how mental and emotional factors can affect you physically.

A) Emotional intelligence

B) The mind-body connection

C) Optimism

D) The hierarchy of needs

Answer: B

Page Ref: 30

71) According to \_\_\_\_\_\_\_\_, to achieve peak psychological health, we must master specific developmental tasks that present themselves at each stage of life.

A) Payne

B) Maslow

C) Erikson

D) Ryff

Answer: C

Page Ref: 31

72) In 1985, \_\_\_\_\_\_\_\_ published the first study of emotional intelligence.

A) Payne

B) Maslow

C) Erikson

D) Ryff

Answer: A

Page Ref: 30

73) Psychologists define \_\_\_\_\_\_\_\_ in terms of both quantity and quality of relationships.

A) self-actualization

B) spiritual health

C) emotional intelligence

D) social support

Answer: D

Page Ref: 32

74) Which of the following is the sixth and topmost level of Maslow's hierarchy, added by him later in his career?

A) Self-actualization

B) Selfless actualization

C) Physiological needs

D) Love and belonging needs

Answer: B

Page Ref: 31

75) A system of beliefs and practices related to the existence of a transcendent power is defined as

A) values.

B) emotional intelligence.

C) a religion.

D) spiritual health.

Answer: C

Page Ref: 33

76) Which of the following practices are the most prevalent in America according to the 2007 survey cited in the text?

A) "Religious, but unaffiliated"

B) Agnostic

C) Judaism

D) Christianity

Answer: D

Page Ref: 33

77) According to the World Health Organization, \_\_\_\_\_\_\_\_ is that which is in total harmony with the perceptual and non-perceptual environment.

A) emotional intelligence

B) psychological health

C) spirituality

D) self-actualization

Answer: C

Page Ref: 33

78) Which of the following is NOT one of the three main pillars of spiritual well-being?

A) A strong personal value system

B) Financial security

C) A meaningful purpose in life

D) Relationships; connectedness and community

Answer: B

Page Ref: 33

79) The internal guidelines we use to make decisions and evaluate the world around us are termed

A) spiritual links.

B) emotional responses.

C) values.

D) elements of conscience.

Answer: C

Page Ref: 33

80) Your primary relationship in life should be with

A) your spouse or partner.

B) yourself.

C) your peer group.

D) your family unit.

Answer: B

Page Ref: 34

81) Shy people want to participate in social interactions but find it difficult to do so, unlike \_\_\_\_\_\_\_\_, who prefer to keep to themselves.

A) gregarious people

B) ectomorphs

C) extroverts

D) introverts

Answer: D

Page Ref: 35

82) \_\_\_\_\_\_\_\_ is a feeling of isolation from others, a sense that one doesn't have–and doesn't know how to make–meaningful connections.

A) Solitude

B) Anxiety

C) Apprehension

D) Loneliness

Answer: D

Page Ref: 35

83) The national Institute of Mental Health estimates that more than \_\_\_\_\_\_\_\_ Americans over the age of 18 have experienced a diagnosable mental disorder at some time in the past year.

A) 1 in 15

B) 1 in 8

C) 1 in 4

D) 50% of

Answer: C

Page Ref: 36

84) Which of the following is NOT a neurotransmitter?

A) Dopamine

B) Serotonin

C) Insulin

D) Epinephrine

Answer: C

Page Ref: 37

85) The typical college student is likely to experience loneliness, sadness, anxiety, or stress at some point.

Answer: TRUE

Page Ref: 28

86) Mental health is the component of psychological health that pertains to a person's feelings and emotions.

Answer: FALSE

Page Ref: 28

87) Spirituality can mean different things to different people.

Answer: TRUE

Page Ref: 33

88) Individuals with high self-esteem tend to be more resilient and optimistic than those with low self-esteem.

Answer: TRUE

Page Ref: 29

89) An assertive person uses anger and hostility to make a point.

Answer: FALSE

Page Ref: 29

90) A person who is autonomous relies on the judgment of others when making decisions.

Answer: FALSE

Page Ref: 29

91) A realist is able to perceive reality as it is.

Answer: TRUE

Page Ref: 28

92) Emotional intelligence is the same thing as intellectual intelligence.

Answer: FALSE

Page Ref: 30

93) The highest level in Maslow's hierarchy of needs is having a high self-esteem.

Answer: FALSE

Page Ref: 31

94) A person needs to belong to an organized religion to have spirituality.

Answer: FALSE

Page Ref: 33

95) The values a person has as an adult are developed shortly after birth and remain unchanged.

Answer: FALSE

Page Ref: 33

96) Studies show that optimists live longer.

Answer: TRUE

Page Ref: 30

97) Physical health can decline when a person has a negative outlook or high levels of stress and anxiety.

Answer: TRUE

Page Ref: 30

98) Only 10% of college students consider themselves shy.

Answer: FALSE

Page Ref: 35

99) Shyness is a result of genetics and cannot be altered by a person's environment.

Answer: FALSE

Page Ref: 35

100) Loneliness can cause depression and other health problems.

Answer: TRUE

Page Ref: 35

101) Holding in angry feelings can be as physiologically damaging as expressing anger or rage.

Answer: TRUE

Page Ref: 36

102) Because bad moods are the result of external, uncontrollable factors, they are out of a person's control.

Answer: FALSE

Page Ref: 36

103) Depressive disorders often occur in conjunction with anxiety disorders and substance abuse.

Answer: TRUE

Page Ref: 38

104) Anxiety disorders are the most common mental health problems among American adults.

Answer: TRUE

Page Ref: 42-43

105) Panic disorder can lead to agoraphobia.

Answer: TRUE

Page Ref: 43

106) A debilitating symptom of panic disorder is the dread of the next panic attack.

Answer: TRUE

Page Ref: 43

107) Social anxiety disorder can lead a person to isolation.

Answer: TRUE

Page Ref: 43

108) The most common anxiety disorder is schizophrenia.

Answer: FALSE

Page Ref: 46

109) Schizophrenia is effectively treated with systematic desensitization therapy.

Answer: FALSE

Page Ref: 46

110) More women die from suicide than men.

Answer: FALSE

Page Ref: 47

111) Drugs that affect the user's mood, perceptions, or other aspects of the mental state are called homeopathic drugs.

Answer: FALSE

Page Ref: 37

112) Mood disorders are chronic, pervasive emotional states that significantly alter the person's thoughts, behavior, and normal functioning.

Answer: TRUE

Page Ref: 38

113) Depressive disorders rarely occur in conjunction with anxiety disorders.

Answer: FALSE

Page Ref: 38

114) When depressive disorders run in families, the pattern is likely influenced by both genetics and certain learned behaviors family members pass from one generation to the next.

Answer: TRUE

Page Ref: 39

115) Discuss five characteristics of a psychologically healthy person.

Answer: Any five of the following:

• Expresses feelings in ways that are honest, self-accepting, and not harmful to others.

• Prevents and manages stress and conflict in ways that lead to optimal health.

• Seeks help for disruptive or troublesome feelings.

• Focuses on positive rather than self-destructive activities.

• Uses self-control.

• Is empathetic towards others.

• Understands and fulfills personal responsibilities.

• Establishes and maintains relationships that are fulfilling, supportive, and based on mutual respect.

Page Ref: 29

116) Discuss ways in which you can practice self-care, which is particularly important when you're experiencing mental or emotional distress.

Answer:

• Eat well. Don't skip meals or binge on junk food. Calming your mind and emotions will be easier if your body isn't nutritionally stressed.

• Get the right amount of sleep. A regular schedule that includes 7—9 hours of quality sleep every night is important to both your physical and mental well-being. Despite your busy schedule as a college student, make sleep a priority. If you're depressed and find yourself sleeping in, know that the very act of getting out of bed can be an instant boost. Once you're up, open the curtains and windows, as letting in light and air will help improve your mood.

• Get some exercise. As noted earlier, exercise releases body chemicals that boost mood. Even a half-hour walk is likely to improve your mood, clear your head, and make you feel better. Daytime exercise will also help make you tired and make it easier to sleep.

• Set realistic goals. Don't expect yourself to function at your regular level. Set smaller goals, and break big jobs up into small ones.

• Take steps to build your self-esteem. Cognitive-behavioral theory recognizes that there are things you can do to change the way you think and the way you act that will, as a result, change the way you feel.

Page Ref: 50-51

/Applying

117) Explain the relationship between optimism and health.

Answer: Optimism helps patients fighting serious disease maintain a positive outlook. Optimistic people are more likely to live longer and less likely to get sick with minor illness.

Page Ref: 30

118) Discuss three strategies for overcoming a bad mood.

Answer: Any three of the following:

• Change what has upset you by taking action.

• Don't drink or use drugs to cope.

• Don't stew over the problem.

• If you can't change one thing, change another.

Page Ref: 36

119) Explain the difference between dysthymia and major depressive disorder.

Answer: A person must experience five or more depression symptoms including loss of interest or pleasure for at least two weeks straight to be diagnosed with major depressive disorder. Dysthymia is milder, chronic depression that persists for at least two years.

Page Ref: 39

120) Discuss two reasons why women may be more prone to depression than men.

Answer: Any of the following two:

• The hormonal shifts that women experience with menstruation, pregnancy, postpartum, and menopause increase their risk of depression.

• Women who work full time and raise children have more stress that may lead to depression.

• Women experience higher rates of sexual abuse, poverty, and low self-esteem than men, which can lead to depression.

Page Ref: 39

121) What symptoms might a college student with attention-deficit/hyperactivity disorder manifest?

Answer: The student may have trouble remembering, concentrating, and following directions. He or she may also be anxious, chronically late, and disorganized; may have problems in relationships; and may have academic difficulties because the disorder makes it difficult to complete tasks.

Page Ref: 45

122) What signs can you look for in a friend to be aware he or she is contemplating suicide?

Answer: Listen for statements implying an intended suicide. Look for changes in a friend's behavior and personality that focused on hopelessness and negative thoughts. Be aware of a friend's social withdrawal from friends, hobbies, and activities. Look for expressions of self-hatred and apathy.

Page Ref: 47

123) Discuss the primary symptoms of schizophrenia.

Answer:

• Delusions. False beliefs, such as thinking you possess unusual powers or believing that others are plotting against you

• Hallucinations. False perceptions of reality, such as hearing or seeing things that are not there, most often voices

• Thought disorders. Often called *disorganized thinking*–problems with thinking or speaking clearly or maintaining focus

• Movement disorders. Agitated or repetitive body movements, or in some extreme cases becoming catatonic (immobile)

• Reduction in professional and social functioning. Social withdrawal, unpredictable behavior, poor hygiene, or paranoia can all impair social and professional function

• Inappropriate emotions. Aloofness, a so-called "flat affect," or inappropriate or bizarre reactions to events

Page Ref: 47

124) What are some of the specific problems associated with men who might have depression?

Answer: Depressive disorders in men are often under diagnosed and under-treated. Because of that, the disparity in rates of depressive disorders between men and women may not actually be as large as reported. Some of the lack of recognition may arise from the different ways men express their illness. Rather than appearing sad, they may be irritable, fatigued, or extremely cynical. Men with a depressive disorder may also be especially prone to physical effects like digestive problems, sleep disturbances, sexual problems, and headaches. Men may also have a hard time accepting their depression out of fear of social stigmatization, feeling that "real men" should be tough and not subject to feeling sad.

125) Discuss the primary types of mental health professionals who most commonly work with people experiencing psychological distress.

Answer:

• Counselors have a master's degree in counseling or social work and focus on talk therapy. Counselors may lead group, family, or individual therapy sessions, as well as recommend services available within your community.

• Psychologists have a doctoral degree and provide talk therapy. Many have particular specialties, and they may lead group, family, or individual therapy sessions.

• Psychiatrists have a medical degree and usually focus on the medical aspects of psychological issues. They can prescribe medication and may have admitting privileges at local hospitals. Psychiatrists and psychologists often work together to provide a person a full range of care.

126) What are some of the common types of mental health therapies in practice today?

Answer: Cognitive-Behavioral Therapy.According to the National Association of Cognitive-Behavioral Therapists, cognitive-behavioral therapy (CBT) is a form of psychotherapy that emphasizes the role of thinking (cognition) in how we feel and what we do.

Behavior Therapy.Either under the umbrella of CBT or alone, behavior therapy focuses on changing learned behaviors as efficiently and effectively as possible. The core idea behind behavior therapy is that, once our behavior changes, our thoughts, feelings, attitudes, and moods will follow.

Psychodynamic Therapy.Also called *psychoanalysis*, psychodynamic therapy is founded on the idea that there are unconscious sources for a person's behavior and psychological state. Together, patient and therapist unearth unresolved conflicts buried in the unconscious, then talk through these conflicts in order to understand them and to change the ways in which they affect the patient today.

Positive Psychology.Positive psychology is an emerging field that focuses on increasing psychological strengths and improving happiness, rather than dwelling on psychological problems. This type of therapy aims to nurture in patients traits such as kindness, originality, humor, optimism, generosity, and gratitude.

127) Describe some of the strategies for building self-esteem.

Answer:

• Practice positive "self-talk." If you criticize yourself in your head, stop. Instead, make a habit of complimenting yourself, or repeating positive affirmations.

• Pat yourself on the back. Notice when something you've done turns out well, and take a moment to congratulate yourself.

• Listen to yourself. What do you really want, need, and value? If you want others to listen to you, you need to understand and respect your own thoughts and feelings first.

• Stretch your abilities. Decide to learn something new, whether it's a school subject that seems intimidating or a sport you've never tried. Give yourself time to learn your new skill piece by piece, and then watch your talents grow.

• Tackle your "to do" list. Think about tasks you've been putting off, like calling a relative with whom you haven't spoken for a while or cleaning out your closet. Get a couple of them done each week. You'll be reminded of how much you can accomplish, and feel less distracted by loose ends.

• Schedule some fun. In your drive to finish your "to do" list, make sure you leave time in your schedule for fun. Don't wait for others to invite you to a party or a film–invite them first. If money is tight, suggest hitting the bike paths or hiking trails and get the added feel-good benefit of exercise.

• Serve others. There is no simpler, or more generous, way to build self-esteem than doing something nice for someone else. You'll both benefit.

128) Discuss some of the strategies for building optimism.

Answer:

• Notice when things go right. When something works out for the better, take note. Recognizing when things go well will show you the likelihood of positive outcomes.

• Learn from mistakes. Everybody fails to reach a goal at some point. That doesn't mean that failure will happen again next time. Learn from what happened, and decide what you'll do differently in the future.

• Challenge negative thoughts. Are you really that hopeless at something? Is there truly no way to fix a problem? Chances are that things are not as bad as they seem.

• Avoid absolutes. Thinking about yourself or the challenges you face in black-and-white terms usually isn't helpful or realistic. Few things in life are all good or all bad.

• Avoid doom scenarios. Don't assume that because you flunked the test, you'll fail the course, won't get into grad school, and your life will be ruined. Instead, cut the film with a "but": "Okay, I flunked this one test, but . . . I can talk to the instructor about ways to make up some points."

• Give yourself time. When you are first hit with a disappointment, it's not always easy to step back and modify your thoughts. Take time to feel what you feel. Talk with friends, exercise, get some sleep. Then go back to these tips, and practice, practice, practice.