

Access to Health, 13e (Donatelle)

Chapter 2 Promoting and Preserving Your Psychological Health

1) The term psychological health encompasses which four dimensions of health?

- A) Mental, physical, social, and environmental
- B) Mental, emotional, physical, and environmental
- C) Mental, physical, environmental, and spiritual
- D) Mental, emotional, social, and spiritual

Answer: D

Diff: 2 Page Ref: 29

Skill: Understanding

2) People who feel good about themselves, deal effectively with life's challenges, and have positive social relationships are known as

- A) codependent.
- B) psychologically impaired.
- C) psychologically healthy.
- D) independent.

Answer: C

Diff: 2 Page Ref: 29

Skill: Understanding

3) According to Maslow's hierarchy of needs theory, an individual's

- A) five levels of need are independent of each other.
- B) basic survival needs must be met before he or she can address more complex needs.
- C) basic survival needs are not related to his or her psychological health.
- D) most basic needs are related to establishing a sense of security and protection.

Answer: B

Diff: 2 Page Ref: 30

Skill: Understanding

4) Lana is entering college in the fall. She will be living away from home for the first time and will be responsible for managing her own schedule and finances. If Lana is psychologically healthy, she will react to this situation by

- A) feeling overwhelmed.
- B) becoming more independent.
- C) having uncontrolled anxiety.
- D) seeking social acceptance.

Answer: B

Diff: 2 Page Ref: 30

Skill: Applying

5) Which of the following dimensions of psychological health includes a person's attitudes, beliefs, and problem-solving skills?

- A) Mental health
- B) Emotional health
- C) Social health
- D) Spiritual health

Answer: A

Diff: 2 Page Ref: 29-30

Skill: Understanding

6) Intensified feelings or complex patterns of feelings that we experience are known as

- A) values.
- B) emotions.
- C) attitudes.
- D) expressions.

Answer: B

Diff: 1 Page Ref: 30

Skill: Remembering

7) The degree and nature of a person's relationships with friends, family, and others are known as

- A) social obligations.
- B) emotional responses.
- C) social bonds.
- D) community support.

Answer: C

Diff: 2 Page Ref: 31

Skill: Understanding

8) Self-actualization can best be described as a sense of

- A) being safe and secure.
- B) self-respect and accomplishment.
- C) creativity and fulfillment of potential.
- D) belonging and acceptance.

Answer: C

Diff: 2 Page Ref: 30

Skill: Understanding

9) The ability to listen, to express oneself, to act responsibly, and to form healthy attachments with others are important aspects of

- A) social health.
- B) mental health.
- C) physical health.
- D) spiritual health.

Answer: A

Diff: 2 Page Ref: 31

Skill: Understanding

10) Believing in a force or higher power that gives meaning to life and leads to a sense of purpose and connection with others is

- A) a religious belief system.
- B) emotional health.
- C) mental health
- D) spiritual health.

Answer: D

Diff: 2 Page Ref: 32

Skill: Understanding

11) Which of the following statements most accurately describes the role of families in the development of psychological health?

- A) Family life has very little influence on psychological health since genetics plays a larger role.
- B) Children of dysfunctional families cannot develop into psychologically healthy adults.
- C) Children raised in a nurturing environment are guaranteed to be psychologically healthy as adults.
- D) A nurturing family fosters the development of psychological health, but it can be achieved without it.

Answer: D

Diff: 2 Page Ref: 32-33

Skill: Understanding/Analyzing

12) A family situation in which there is violence; physical, emotional, or sexual abuse; parental discord; or other negative interactions

- A) may psychologically damage family members.
- B) forces children to develop independence.
- C) teaches sound coping and problem-solving skills.
- D) accelerates the development of self-worth.

Answer: A

Diff: 2 Page Ref: 32-33

Skill: Understanding

13) Extroversion, introversion, and level of emotional stability are

- A) inherited traits.
- B) personality traits.
- C) culturally determined traits.
- D) aspects of mental health.

Answer: B

Diff: 2 Page Ref: 35

Skill: Understanding/Remembering

14) Max wants to get in better physical shape and lose 10 pounds. His belief about whether he can successfully begin and maintain a fitness program is directly related to his level of

- A) self-satisfaction.
- B) self-mastery.
- C) self-esteem.
- D) self-efficacy.

Answer: D

Diff: 2 Page Ref: 33

Skill: Applying

15) Successfully adapting to change, dealing with stress, and bouncing back from life's inevitable disappointments demonstrates

- A) social stability.
- B) resiliency.
- C) emotional stability.
- D) confidence.

Answer: B

Diff: 2 Page Ref: 35

Skill: Understanding

16) In the last three years, Nathan has experienced a failed marriage, the loss of a job, and bankruptcy. When he develops a serious health problem, he seems to have completely given up and is making little effort to follow his doctor's instructions to get well. Nathan has developed a pattern known as

- A) learned helplessness.
- B) learned optimism.
- C) introversion.
- D) extroversion.

Answer: A

Diff: 2 Page Ref: 33

Skill: Understanding/Analyzing

17) According to Maslow's hierarchy, human needs are ranked in the following ascending order:

- A) Esteem, survival, social, security, self-actualization
- B) Survival, security, social, esteem, self-actualization
- C) Self-actualization, esteem, social, security, survival
- D) Survival, social, security, esteem, self-actualization

Answer: B

Diff: 2 Page Ref: 30

Skill: Remembering

18) Which principle described by psychologist Martin Seligman fosters an overall positive attitude by using thinking and behavior techniques to resist negativity?

- A) Learned helpfulness
- B) Learned pessimism
- C) Learned optimism
- D) Learned mindfulness

Answer: C

Diff: 2 Page Ref: 34

Skill: Understanding

19) Which of the following personality traits involves the ability to be likable and to cooperate with others?

- A) Agreeableness
- B) Resiliency
- C) Conscientiousness
- D) Emotional stability

Answer: A

Diff: 1 Page Ref: 35

Skill: Understanding

20) Adele values her unique qualities and abilities and has a realistic sense of her worth as a person; she would be described as having a high level of

- A) self-satisfaction.
- B) positive emotions.
- C) negative emotions.
- D) self-esteem.

Answer: D

Diff: 2 Page Ref: 33

Skill: Understanding

21) Studies suggest that happiness may

- A) reduce the risk for cardiovascular disease.
- B) cause a faster heart rate.
- C) contribute to more rapid weight loss.
- D) decrease the blood level of C-reactive protein.

Answer: A

Diff: 2 Page Ref: 35

Skill: Understanding

22) Which statement is true about mental health?

- A) Mental health problems can affect all age groups and are prevalent among college students.
- B) Mental health problems are always serious, but they are easily recognized and diagnosed.
- C) Mental disorders very rarely occur in persons between the ages of 15 and 22.
- D) Mental illness is caused only by biochemical dysfunction in the brain.

Answer: A

Diff: 3 Page Ref: 37

Skill: Understanding

23) Which of the following is the most common mood disorder?

- A) Major depression
- B) Dysthymic disorder
- C) Premenstrual syndrome
- D) Bipolar disorder

Answer: A

Diff: 2 Page Ref: 38

Skill: Understanding

24) Erin is concerned because she has been feeling discouraged by her circumstances and is experiencing feelings of guilt, worthlessness, sadness, and despair. Based on her symptoms, which of the following conditions would be a likely diagnosis?

- A) Paranoia
- B) Anxiety disorder
- C) Schizophrenia
- D) Depression

Answer: D

Diff: 2 Page Ref: 40

Skill: Analyzing

25) Which type of anxiety disorder occurs after a violent or extremely negative event and can cause acute anxiety or nervousness, nightmares, flashbacks, insomnia, and a state of dissociation?

- A) Seasonal affective disorder
- B) Obsessive-compulsive disorder
- C) Post-traumatic stress disorder
- D) Generalized anxiety disorder

Answer: C

Diff: 2 Page Ref: 44

Skill: Understanding

26) Lizbet seems to be on an emotional roller coaster. Her moods swing from one extreme to another, from a euphoric high to major depression. Lisa is most likely suffering from

- A) a phobia.
- B) panic disorder.
- C) depression.
- D) bipolar disorder.

Answer: D

Diff: 2 Page Ref: 40

Skill: Analyzing

27) Which of the following is an example of the behavior of a person who is in the manic phase of bipolar disorder?

- A) Talkative and highly energetic
- B) Quiet, shy, and reserved
- C) Lethargic and depressed
- D) Sleeping excessively and overeating

Answer: A

Diff: 2 Page Ref: 40

Skill: Understanding

28) Which of the following factors can play a role in triggering episodes of bipolar disorder?

- A) A sudden drop in blood sugar
- B) A flashback of a violent event
- C) Drug abuse or a stressful event
- D) Hunger or dehydration

Answer: C

Diff: 2 Page Ref: 40

Skill: Understanding/Evaluating

29) Which statement is true about depression in men?

- A) Men are more likely to admit they are feeling depressed than are women.
- B) Depressed men focus obsessively on a depressed mood.
- C) The risk of death from heart disease is the same in depressed men and women.
- D) Suicide rates among depressed men are four times those of depressed women.

Answer: D

Diff: 2 Page Ref: 41

Skill: Understanding

30) Which of the following is an anxiety disorder that involves an irrational fear of a specific object, activity, or situation?

- A) Obsessive-compulsive disorder
- B) Phobia
- C) Panic disorder
- D) Schizophrenia

Answer: B

Diff: 1 Page Ref: 43

Skill: Remembering

31) Heather is always tired, tense, and irritable. She has difficulty concentrating on routine tasks and trouble sleeping. She's had these symptoms for the last six months. Her behavior is most characteristic of

- A) social phobia.
- B) bipolar disorder.
- C) panic disorder.
- D) generalized anxiety disorder.

Answer: D

Diff: 2 Page Ref: 43

Skill: Understanding

32) Denise often experiences sudden bursts of acute anxiety known as

- A) obsessive-compulsive behaviors.
- B) panic attacks.
- C) phobias.
- D) schizophrenia.

Answer: B

Diff: 2 Page Ref: 43

Skill: Understanding

33) Which of the following is true about a major depressive disorder?

- A) True depressive disorders are the same as feeling down after a bad experience.
- B) Symptoms include physical exhaustion and an inability to concentrate.
- C) Symptoms usually do not last for more than a month or two and can be easily managed.
- D) People can snap out of it if they choose.

Answer: B

Diff: 2 Page Ref: 38, 40

Skill: Understanding

34) Anthony served time in prison for selling drugs to finance his college education. Five years after his release, he has a stable job and a family. He begins to worry constantly that his children will find out about his "secret" past and lose respect for him. Anthony takes as many as 10 showers a day even though he realizes that this senseless behavior will not wash away his past. He is most likely suffering from

- A) generalized anxiety disorder.
- B) obsessive-compulsive disorder.
- C) social phobia.
- D) post-traumatic stress disorder.

Answer: B

Diff: 2 Page Ref: 44

Skill: Understanding

35) Ana suffers from a persistent and unreasonable fear of snakes. She panics even if she sees the image of a snake on television. Ana is most likely suffering from a(n)

- A) depressive disorder.
- B) panic attack.
- C) phobia.
- D) overreaction.

Answer: C

Diff: 2 Page Ref: 43-44

Skill: Understanding

36) A person with social phobia is most fearful of

- A) high places.
- B) public gatherings.
- C) driving at night.
- D) snakes and spiders.

Answer: B

Diff: 2 Page Ref: 44

Skill: Understanding

37) Biology, the environment, and social and cultural roles have been cited as factors that cause

- A) personality disorders.
- B) depressive disorders.
- C) obsessive disorders.
- D) anxiety disorders.

Answer: D

Diff: 2 Page Ref: 44

Skill: Understanding

38) Which of the following is most characteristic of anxiety disorders?

- A) Feelings of isolation or not belonging
- B) Extreme fatigue
- C) Persistent feelings of threat and worry
- D) Persistent feelings of sadness and despair

Answer: C

Diff: 2 Page Ref: 43

Skill: Understanding

39) Intentionally injuring oneself as a coping mechanism to deal with difficult or negative emotions is known as

- A) self-mutilation.
- B) self-efficacy.
- C) abuse.
- D) suicide.

Answer: A

Diff: 2 Page Ref: 45

Skill: Understanding

40) Seasonal affective disorder is associated with

- A) a malfunction of the thyroid gland.
- B) lack of social interaction.
- C) too much external stimuli.
- D) reduced exposure to sunlight.

Answer: D

Diff: 2 Page Ref: 42

Skill: Understanding

41) Which of the following has been shown to be the most beneficial treatment for seasonal affective disorder?

- A) Diet change
- B) Increased exercise
- C) Light therapy
- D) Stress management

Answer: C

Diff: 2 Page Ref: 42

Skill: Remembering

42) Michael experiences hallucinations and erratic changes in his behaviors, movements, and emotions. He has been diagnosed with schizophrenia. Which of the following has the best potential to help him lead a normal life?

- A) A support group
- B) Medication and psychotherapy
- C) Psychoanalysis
- D) Long-term hospitalization

Answer: B

Diff: 3 Page Ref: 45

Skill: Understanding

43) Which of the following statements about schizophrenia is true?

- A) It is caused by environmental factors.
- B) It is a biological disease of the brain.
- C) It is caused by growing up in a dysfunctional family.
- D) It results from early childhood traumas.

Answer: B

Diff: 2 Page Ref: 45

Skill: Understanding

44) Which of the following statements about suicide is true?

- A) It is the leading cause of death for people 15-24.
- B) College students are more likely to attempt suicide than the general population.
- C) College students now account for nearly 98% of all suicides.
- D) Most people who commit suicide have no diagnosable mental disorder.

Answer: B

Diff: 2 Page Ref: 46

Skill: Understanding

45) Which of the following personality disorders involves extreme self-absorption and an exaggerated sense of one's importance?

- A) Borderline personality disorder
- B) Paranoid personality disorder
- C) Depressive personality disorder
- D) Narcissistic personality disorder

Answer: D

Diff: 2 Page Ref: 45

Skill: Understanding

46) Which of the following personality disorders involves a deep mistrust of others and secretiveness?

- A) Borderline personality disorder
- B) Paranoid personality disorder
- C) Depressive personality disorder
- D) Narcissistic personality disorder

Answer: B

Diff: 2 Page Ref: 45

Skill: Understanding

47) Which of the following personality disorders involves mood swings, impulsiveness, and frequently engaging in risky behaviors?

- A) Borderline personality disorder
- B) Paranoid personality disorder
- C) Depressive personality disorder
- D) Narcissistic personality disorder

Answer: A

Diff: 2 Page Ref: 45

Skill: Understanding

48) Approximately how many Americans seek help from mental health professionals at some point in their lives?

- A) 1 in 3
- B) 1 in 5
- C) 1 in 10
- D) 1 in 20

Answer: B

Diff: 2 Page Ref: 48

Skill: Remembering

49) If you think you have a psychological problem and need treatment, what should you do first?

- A) Discuss it with no one and try to hide any symptoms you experience.
- B) Schedule a complete exam and evaluation by a physician.
- C) Interview three different mental health professionals.
- D) Tough it out and keep telling yourself that you can get over it.

Answer: B

Diff: 2 Page Ref: 50

Skill: Applying

50) Paulo's therapist gave him a prescription for an antidepressant. Which type of mental health professional does he see?

- A) Psychologist
- B) Psychiatrist
- C) Psychiatric social worker
- D) Licensed counselor

Answer: B

Diff: 2 Page Ref: 51

Skill: Understanding

51) According to Maslow's hierarchy of needs, failure to meet one of the lower-level needs will not interfere with a person's ability to reach self-actualization.

Answer: FALSE

Diff: 2 Page Ref: 30

Skill: Understanding

52) Psychological health encompasses the mental, emotional, social, and spiritual dimensions of health.

Answer: TRUE

Diff: 2 Page Ref: 29

Skill: Understanding

53) A psychologically healthy person becomes easily frustrated by stressful situations.

Answer: FALSE

Diff: 2 Page Ref: 29

Skill: Understanding

54) The term emotional health is often used to describe the "thinking" aspect of psychological health.

Answer: FALSE

Diff: 1 Page Ref: 30

Skill: Understanding

55) A person's social and intellectual health are unaffected by emotional health.

Answer: FALSE

Diff: 1 Page Ref: 31

Skill: Understanding

56) The terms *spirituality* and *religion* have the same meaning and may be used interchangeably.

Answer: FALSE

Diff: 2 Page Ref: 32

Skill: Understanding

57) Children raised in a nurturing, happy environment are assured of psychological health as adults.

Answer: FALSE

Diff: 2 Page Ref: 32-33

Skill: Understanding

58) Personality is genetic and can never be changed.

Answer: FALSE

Diff: 1 Page Ref: 34

Skill: Understanding

59) Children from dysfunctional families may attain psychological health.

Answer: TRUE

Diff: 2 Page Ref: 32-33

Skill: Understanding

60) The communities to which an individual belongs have no impact on psychological health.

Answer: FALSE

Diff: 2 Page Ref: 33

Skill: Understanding

61) An individual with high self-efficacy would have confidence in his or her ability to change past eating habits by making healthier choices in the future.

Answer: TRUE

Diff: 2 Page Ref: 33

Skill: Understanding

62) Resiliency is a personality trait that is unrelated to psychological health.

Answer: FALSE

Diff: 1 Page Ref: 35

Skill: Understanding

63) Self-esteem includes taking pride in your accomplishments.

Answer: TRUE

Diff: 2 Page Ref: 33

Skill: Understanding

64) Attention-deficit/hyperactivity disorder (ADHD) diagnosed in childhood often resolves by the early 20s.

Answer: FALSE

Diff: 2 Page Ref: 39

Skill: Understanding

65) An individual who continually experiences failure may develop a pattern of behavior known as learned helplessness.

Answer: TRUE

Diff: 2 Page Ref: 33

Skill: Understanding

66) A person who experiences persistent emotional states such as sadness or hopelessness may be suffering from an acute mood disorder.

Answer: FALSE

Diff: 1 Page Ref: 38

Skill: Remembering

67) To achieve subjective well-being, one must learn to be happy and upbeat all the time.

Answer: FALSE

Diff: 2 Page Ref: 36

Skill: Understanding

68) Happiness can be enhanced by practicing positive self-talk.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Understanding

69) Adults with ADHD are not likely to have another mental or learning disorder.

Answer: FALSE

Diff: 2 Page Ref: 39

Skill: Understanding

70) Post-traumatic stress disorder develops only in people who have experienced combat or who have been present in war zones.

Answer: FALSE

Diff: 2 Page Ref: 44

Skill: Understanding

71) Laughter may lower an individual's risk of cardiovascular disease.

Answer: TRUE

Diff: 2 Page Ref: 35-36

Skill: Understanding

72) Depression is the most common anxiety disorder.

Answer: FALSE

Diff: 1 Page Ref: 38

Skill: Remembering

73) Mental health problems often affect academic and work performance.

Answer: TRUE

Diff: 1 Page Ref: 37

Skill: Understanding

74) Social phobia, also known as social anxiety disorder, involves persistent fears and avoidance of being in social situations.

Answer: TRUE

Diff: 1 Page Ref: 44

Skill: Understanding

75) Individuals with borderline personality disorder engage in risky behaviors such as unsafe sex, dangerous driving, and drug use.

Answer: TRUE

Diff: 2 Page Ref: 45

Skill: Understanding

76) Schizophrenia is treatable but not curable with current treatment methods.

Answer: TRUE

Diff: 2 Page Ref: 45

Skill: Understanding

77) Women are less likely than men to commit suicide by using some type of drug or poison.

Answer: FALSE

Diff: 1 Page Ref: 47

Skill: Understanding

78) A person who has been depressed for an extended period of time is at an increased risk for committing suicide.

Answer: TRUE

Diff: 2 Page Ref: 47

Skill: Understanding

79) Psychologists are trained as medical doctors and can prescribe medications.

Answer: FALSE

Diff: 1 Page Ref: 51

Skill: Remembering

80) Extroversion is a personality trait characterized by the tendency to be outgoing, assertive, and able to adapt easily to various social situations.

Answer: TRUE

Diff: 1 Page Ref: 35

Skill: Understanding

81) Self-actualization needs involve creativity, spirituality, and fulfillment of one's individual potential.

Answer: TRUE

Diff: 1 Page Ref: 30

Skill: Understanding

82) According to Maslow's hierarchy, food, water, sleep, and shelter are security needs.

Answer: FALSE

Diff: 1 Page Ref: 30

Skill: Understanding

83) The symptoms of the severe anxiety reaction known as a panic attack can mimic those of a heart attack.

Answer: TRUE

Diff: 1 Page Ref: 43

Skill: Understanding

84) Emotions are described as an interplay of physiological arousal, feelings, thoughts, and behavioral reactions.

Answer: TRUE

Diff: 2 Page Ref: 30

Skill: Understanding

85) Emotional bonds reflect the level of closeness and attachment that we develop with other people.

Answer: FALSE

Diff: 1 Page Ref: 31

Skill: Remembering

86) Personality disorders are characterized by inflexible and abnormal patterns of thought and behaviors that are outside of social norms.

Answer: TRUE

Diff: 2 Page Ref: 45

Skill: Understanding

87) Psychoneuroimmunology is the study of the interactions of behavioral, neural, and cardiovascular functions as they relate to the functioning of the immune system.

Answer: FALSE

Diff: 2 Page Ref: 35

Skill: Understanding

88) Today, depression is occurring less frequently among children between the ages of 6 and 12.

Answer: FALSE

Diff: 1 Page Ref: 41

Skill: Remembering

89) Emotional intelligence is the ability to identify, understand, and manage one's emotions in positive and constructive ways.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Understanding

90) A negative perception about a group of people, such as those with mental illness, is known as a stigma.

Answer: TRUE

Diff: 1 Page Ref: 50

Skill: Remembering

91) Describe at least four qualities of psychologically healthy people.

Answer: (any four of the following):

1. They feel good about themselves; they have a healthy sense of self-respect and a realistic sense of their own capabilities.
2. They feel comfortable with other people, respect others, and have compassion.
3. They effectively manage stress and control tension and anxiety.
4. They meet the demands of life, accept responsibility, and can solve problems.
5. They do not act on feelings of hate or guilt; they reach out to help others.
6. They maintain a positive outlook.
7. They value diversity.
8. They appreciate and respect nature.

Diff: 3 Page Ref: 29

Skill: Remembering

92) Differentiate between the concepts of *mental health* and *emotional health*. Give examples of each.

Answer: Mental health refers to the thinking or rational dimension of psychological health.

Emotional health refers to the feeling, or subjective aspect of psychological health. Examples will vary.

Diff: 2 Page Ref: 30

Skill: Analyzing

93) Describe at least three of the six personality traits that psychologically healthy people possess.

Answer: (any three of the following):

1. Extroversion - demonstrating assertiveness and the ability to easily adapt to social situations.
2. Agreeableness - ability to conform, be likable, and be cooperative.
3. Openness to experience - demonstrating curiosity and independence.
4. Emotional stability - ability to maintain emotional control.
5. Conscientiousness - being dependable and demonstrating self-control, discipline, and a need to achieve.
6. Resiliency - the ability to adapt to change and stressful events in healthy and flexible ways.

Diff: 3 Page Ref: 34-35

Skill: Understanding/Remembering

94) List at least four ways to build your self-efficacy and self-esteem.

Answer: (any four of the following):

1. Pay attention to your own needs and wants.
2. Make a list of things that make you happy and do at least one from the list each day.
3. Do things you are good at and enjoy the satisfaction of a job well done.
4. Do a task you have been putting off to give yourself a sense of accomplishment.
5. Give yourself appropriate rewards.
6. Don't engage in self-criticism.
7. Make a list of your good qualities and practice affirmations.
8. Spend time with people who appreciate you.
9. Take time to reflect on your achievements, friends, or special memories.
10. Take advantage of opportunities to learn something new.
11. Do something nice for another person or for an animal.

Diff: 3 Page Ref: 33

Skill: Remembering/Applying

95) Explain three reasons that have been proposed for the higher numbers of women who suffer from depression as compared to men.

Answer:

1. Women appear to be at greater risk for depression when hormone levels change significantly; men's hormones are more stable throughout life.
2. Women are under more stress that can lead to depression; this stress is often related to multiple responsibilities as a spouse or partner, caregiver for children and/or elderly parents, plus work/career responsibilities.
3. Gender differences in coping strategies: women tend to focus on negative feelings, while men tend to distract themselves from a depressed mood through alcohol, drugs, or activity.

Diff: 3 Page Ref: 41

Skill: Understanding/Analyzing

96) List at least four risk factors for suicide.

Answer: (any four of the following):

1. Family history of suicide
2. Previous suicide attempt
3. Excessive drug and/or alcohol use
4. Prolonged depression
5. Financial difficulties
6. Serious illness in oneself or a loved one
7. Loss of a loved one through death or rejection

Diff: 3 Page Ref: 47

Skill: Analyzing

97) List at least five warning signs that might indicate a person is contemplating suicide.

Answer: (any five of the following):

1. Recent loss and inability to let go of grief
2. Change in personality
3. Change in behavior - lack of concentration, loss of interest in activities, unexplained demonstration of happiness after a period of depression
4. Diminished sexual interest or sexual dysfunction
5. Change in sleep and/or eating habits
6. Expression of self-hatred
7. Excessive risk-taking
8. Direct or indirect statement about suicide
9. Making final preparations such as writing a will or giving away prized possessions
10. Preoccupation with themes of death
11. Marked changes in personal appearance

Diff: 3 Page Ref: 47-48

Skill: Understanding/Applying

98) If you have observed what you believe to be warning signs of suicide in a friend, list at least four actions you should take.

Answer: (any four of the following):

1. Monitor warning signs
2. Take threats seriously
3. Let the person know you care
4. Ask directly if he or she is thinking about suicide
5. Do not belittle his or her feelings
6. Help think about alternatives and encourage him or her to get help
7. Let people close to the person know your suspicions

Diff: 3 Page Ref: 47-48

Skill: Applying

99) List at least four indications that a person should seek help from a mental health professional.

Answer: (any four of the following):

1. Feeling the need for help or feeling out of control
2. Experiencing extreme mood swings or inappropriate responses
3. Experiencing excessive feelings of guilt
4. Withdrawing from others or from normal activities
5. Experiencing hallucinations
6. Feeling worthless or that life is not worth living
7. Life becomes one crisis after another
8. Considering suicide
9. Turning to drugs or alcohol to escape problems

Diff: 3 Page Ref: 48-49

Skill: Understanding

100) Explain the difference between cognitive therapy and behavioral therapy.

Answer: Cognitive therapy focuses on how thoughts and ideas influence feelings and behavior. Behavioral therapy focuses on changing a person's actions to establish healthier behavior patterns.

Diff: 2 Page Ref: 53

Skill: Understanding