

# UNIT 5

## CHAPTER 9

### MENTAL & EMOTIONAL PROBLEMS

#### Exploring Health Terms

**DIRECTIONS:** Select the term that best completes the statement.

Anxiety Disorder	Cluster Suicide	Eating Disorder	Mood Disorder
Alienation	Cognitive Therapy	Grief Response	Mourning
Behavior Therapy	Conduct Disorder	Group Therapy	Psychotherapy
Biomedical Therapy	Coping	Mental Disorder	Suicide
	Post-Traumatic Stress Disorder		

- \_\_\_\_\_ An illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthy, productive life.
- \_\_\_\_\_ An illness, often with an organic cause, that relates to emotions and may involve mood extremes that interfere with everyday living.
- \_\_\_\_\_ A pattern of behavior in which the rights of others or basic social rules are violated.
- \_\_\_\_\_ Occurs in a community when a local suicide is sensationalized in the media.
- \_\_\_\_\_ A permanent solution, resulting in the taking of one's life, in response to a temporary problem.
- \_\_\_\_\_ Depression and withdrawal from others.
- \_\_\_\_\_ Therapy involving several people.
- \_\_\_\_\_ A psychiatrist may use this form of therapy if medication is needed in the treatment.
- \_\_\_\_\_ A distorted thinking pattern requires this type of therapy.
- \_\_\_\_\_ Therapy that uses rewards and reinforcement.
- \_\_\_\_\_ Involves an ongoing dialogue between a patient and a mental health professional.
- \_\_\_\_\_ Dealing successfully with difficult changes in your life.
- \_\_\_\_\_ An individual's total response to a major loss.
- \_\_\_\_\_ The act of showing sorrow or grief.

## **Recalling The Facts**

**DIRECTIONS:** Using complete sentences, answer the following questions.

### **LESSON 1**

1. What type of events are associated with post-traumatic stress disorder?
2. Name two eating disorders.
3. Describe anti-social personality disorder.

### **LESSON 2**

4. What should you do if you recognize the warning signs of suicide in yourself or others?
5. List three actions a person can take if he or she is with someone who appears to be suicidal.
6. What are the CDC's guidelines for preventing cluster suicides?

### **LESSON 3**

7. Where are teens and children most likely to receive treatment for mental health problems?
8. Name six types of mental health professionals.
9. List three therapy methods for treating mental disorders.

## **LESSON 4**

10. List three examples of loss.

11. What is one means of reaching closure after the death of a loved one?

12. How can you help someone who is mourning?