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Chapter 2: Psychological Health

LEARNING OBJECTIVES

After completing this chapter, the student will be able to:
1. Describe what it means to be psychologically healthy.
2. Explain how to develop and maintain a positive self-concept and healthy self-esteem.
3. Discuss the importance of an optimistic outlook, good communication skills, and constructive approaches to dealing with loneliness and anger.
4. Describe common psychological disorders.
5. List the warning signs of when a person is considering death by suicide.
6. Describe the different types of help available for individuals with psychological problems.

KEY TERMS AND DEFINITIONS

agoraphobia An anxiety disorder characterized by fear of being alone and away from help, and avoidance of many different places and situations; in extreme cases, a fear of leaving home. From the Greek for "fear of the public market."

anxiety A feeling of fear that is not directed toward any definite threat.

assertiveness Expression that is confident and direct but not hostile.

attention-deficit/hyperactivity disorder (ADHD) A disorder characterized by persistent, pervasive problems with inattention and/or hyperactivity to a degree that is not considered appropriate for a child's developmental stage and that causes significant difficulties in school, work, or relationships.

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authenticity Genuineness.

autonomy Independence; the sense of being self-directed.

bipolar disorder A mental illness characterized by alternating periods of depression and mania.

cognitive distortion A pattern of thinking that makes events seem worse than they are.

compulsion An irrational, repetitive, forced action, usually associated with an obsession.

defence mechanism A mental mechanism for coping with conflict or anxiety.

depression A mood disorder characterized by loss of interest, sadness, hopelessness, loss of appetite, disturbed sleep, and other physical symptoms.

electroconvulsive therapy (ECT) The use of electric shock to induce brief, generalized seizures; used in the treatment of selected psychological disorders.

exposure A therapeutic technique for treating fear in which the subject learns to come into direct contact with a feared situation.

generalized anxiety disorder (GAD) An anxiety disorder characterized by excessive, uncontrollable worry about all kinds of things and anxiety in many situations.

inner-directed Guided in behaviour by an inner set of rules and values.

mania A mood disorder characterized by excessive elation, irritability, talkativeness, inflated self-esteem, and expansiveness.

normality The psychological characteristics attributed to the majority of people in a population at a given time.

obsession A recurrent, irrational, unwanted thought or impulse.

obsessive-compulsive disorder (OCD) An anxiety disorder characterized by uncontrollable, recurring thoughts and the performing of senseless rituals.

other-directed Guided in behaviour by the values and expectations of others.

panic disorder A syndrome of severe anxiety attacks accompanied by physical symptoms.

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placebo A chemically inactive substance that a patient believes is an effective medical therapy for his/her condition. To help evaluate a therapy, medical researchers compare the effects of a specific therapy with the effects of a placebo. The "placebo effect" occurs when a patient responds to a placebo as if it were an active drug.

post-traumatic stress disorder (PTSD) An anxiety disorder characterized by reliving traumatic events through dreams, flashbacks, and hallucinations.

reinforcement Increasing the future probability of a response by following it with a reward.

response A reaction to a stimulus.

schizophrenia A psychological disorder that involves a disturbance in thinking and in perceiving reality.

seasonal affective disorder (SAD) A mood disorder characterized by seasonal depression, usually occurring in winter, when there is less daylight.

self-actualization The highest level of growth in Maslow's hierarchy.

self-concept The ideas, feelings, and perceptions one has about oneself; also called *self-image.*

self-esteem Satisfaction and confidence in oneself; the valuing of oneself as a person.

simple (specific) phobia A persistent and excessive fear of a specific object, activity, or situation.

social phobia An excessive fear of performing in public; speaking in public is the most common example.

stimulus Anything that causes a response.

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LECTURE OUTLINE

This chapter focuses on what psychological (or mental) health is and what it is not, as well as on classifications of psychological disorders; it describes models of human behaviour and therapeutic change.

LO1: Describe what it means to be psychologically healthy

I. Defining Psychological Health

A. Psychological health can be defined negatively as the absence of sickness or positively as the presence of wellness.
   1. Psychological wellness means being aware of one's own potential.
   2. Maslow describes mental wellness as a condition of self-actualization reached by satisfying a hierarchy of needs.
      a. Physiological needs
      b. Safety
      c. Being loved
      d. Maintaining self-esteem
      e. Self-actualization – achieved when people have fulfilled a good measure of their human potential

B. Self-actualized people are realistic; they deal with the world as it is and recognize what can be changed and what cannot. They do not dwell on the past.

C. Psychologically healthy people accept themselves because they have a positive self-concept – a realistic view of self-worth.

D. Psychologically healthy people are autonomous – they are inner-directed, finding guidance from their own beliefs and values, as opposed to being other-directed, responding to the pressures of others.
   a. Autonomous people have an internal locus of control and a high level of self-efficacy.
   b. They are not afraid to be themselves. They are authentic.

E. Psychologically healthy people have a capacity for intimacy and can share their feelings and thoughts.

F. Psychologically healthy people live their everyday lives in creative ways – they are open to new experiences and even find uncertainty attractive.

G. Psychological health is not the same as psychological normality.

II. Meeting Life's Challenges

A. Growing up psychologically means developing coping mechanisms to suit life's challenges.
   1. According to Erik Erikson, the development of personality and identity proceeds through eight stages that increase the potential for psychological growth.
   2. Development of adult identity means having a unified sense of self, of one's roles and place in the world, of one's uniqueness; it means realistic self-assessment and the ability to interact with others.
   3. Identity evolves through interaction with the world. Early identity is based on models supplied by others; it eventually becomes more individual and stable but should not be rigid.
   4. An identity crisis, according to Erikson, is a sense of confusion about who one is, a situation in which self-esteem is impossible.
   5. Learning to live intimately with others and finding a productive role in society are important parts of the ongoing tasks of adulthood.

B. Striving for spiritual wellness.
   1. Spiritual wellness is associated with greater coping skills and higher levels of overall wellness.
   2. Achieving greater spiritual wellness is linked to longer life expectancy, reduced risk of disease, faster recovery, and improved emotional health

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3. Meaning of spiritual wellness is different for different people. For some it refers to their religious belief, while for others it perhaps refers to the development of a set of beliefs, principles or values that provide them with a purpose and meaning of life.
4. Religion is one of the most commonly used paths to spiritual wellness, however spiritual wellness can be attained through other ways. For example, some people spend time in nature or work on environmental issues thereby giving them a purpose and meaning in life.

LO2: Explain how to develop and maintain a positive self-concept and healthy self-esteem

C. Achieving healthy self-esteem means developing a positive self-concept.
   1. Self-esteem is grounded in the positive experiences of love received in childhood. Although children originally build their self-concepts on characteristics adopted from parents, a healthy self-concept is integrated – resulting in a new, individual personality.
   2. Those who do not have a stable self-concept have conflicting, polar views of themselves, which makes it impossible to see themselves and others realistically.
   3. All adults encounter situations that challenge their self-concepts, and they can choose to react in several ways – from acknowledging that something went wrong and starting again, to denying that anything went wrong and blaming someone else (psychological defenses), to developing a lasting negative self-concept in which they feel bad, unloved, and ineffective or demoralized.
   4. It is possible to fight demoralization by recognizing one's own negative thoughts or assumptions and noting exactly when unpleasant emotions occur, identifying their cause, and keeping a journal.
   5. Demoralized people tend to use all-or-nothing thinking and to overgeneralize from negative events.
   6. It is possible to change the behaviour patterns of jumping to a negative conclusion by developing realistic self-talk. Thoughts should be as logical and accurate as possible.
   7. Demoralized people who are unable to use techniques to change may create a self-fulfilling prophecy whereby they turn themselves into the unworthy person they imagine themselves to be.

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D. Defence mechanisms allow people to rearrange thoughts and feelings to resolve conflicts.
   1. Some defense mechanisms, like repression or denial, are dead ends that make real solutions impossible.
   2. Others, like substitution and humour, can be useful if they do not interfere with the life you want to lead.
E. Pessimism can be a root cause of depression.
   1. Pessimism is a learned point of view, usually starting at a young age.
   2. Pessimists can learn to be more optimistic by recognizing and disputing the negative self-statements they make about themselves.

LO3: Discuss the importance of an optimistic outlook, good communication skills, and constructive approaches to dealing with loneliness and anger

F. Maintaining honest communication with others is a critical step toward being psychologically healthy.
   1. Assertiveness requires recognizing what one wants to say and being able to say it clearly.
   2. It is important to avoid using the jargon of pop psychology; "sharing" all feelings and letting feelings be a guide to important decisions are not ways to achieve psychological health.
G. Learning to deal with loneliness and discovering how to be happy by yourself are important to psychological health.
   1. Being alone can sometimes be interpreted as rejection.
   2. Unrealistic expectations that everyone you meet must like you can result in feelings of inadequacy.
   3. Feeling shy or isolated from people requires a person to act. Join an organization that genuinely interests you and stay in touch with absent friends.

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H. Flexibility – finding a reasonable level of self-assertiveness that allows you to adjust based on needs and circumstances – may be the best approach to dealing with anger.
   1. At one extreme are people who have great trouble expressing any anger.
   2. At the other extreme are people who express their anger explosively and inappropriately.
   3. To manage anger, try to "reframe" the incident by being less defensive and more analytical.
   4. Substituting a distraction of counting to 10 or waiting 24 hours before responding can help diffuse anger. A rational problem-solving approach may become successful later.
   5. When dealing with an angry person, react calmly and allow the person to explain his/her position. If the person cannot be calmed, disengage until the anger has subsided enough to allow communication.

LO4: Describe common psychological disorders

III. Psychological Disorders

A. Anxiety disorders involve feelings of fear that are experienced on a recurring basis or in response to typical, unavoidable life situations. They have no basis in specific threats to one's well-being.
   1. Simple phobias include fear of specific animals, high places, enclosed spaces, and air travel. The fears may originate in bad experiences with the feared object.
   2. Social phobias, the fear of humiliation or embarrassment while being watched by others, occur in interpersonal settings; very shy people may experience these fears in nearly any social situation.
   3. Panic disorders are characterized by sudden, unexpected surges in anxiety. Symptoms include rapid heartbeat, shortness of breath, loss of physical equilibrium, and a feeling of losing mental control. People with panic disorder may severely curtail their activities.
   4. Generalized anxiety disorder (GAD) is a diagnosis given to people who worry about ordinary future threats, such as financial concerns or passing an upcoming exam. The result is a persistent feeling of nervousness, often accompanied by depression.
   5. Obsessive-compulsive disorder (OCD) is a diagnosis given to people with obsession or compulsion or both. Obsessions are recurrent, unwanted thoughts or impulses that are not ordinary concerns. Compulsions are repetitive, difficult-to-resist actions usually associated with obsessions, such as hand washing. Feeling anxious, out of control, and embarrassed are common emotions of people with OCD.
   6. Post-traumatic stress syndrome and disorder is a physiological and emotional reaction to events that produce a sense of terror and hopelessness; these include assaults, military combat, and natural disaster.
      a. Symptoms often decrease substantially within 3 months, and about half of individuals recover fully within six months.
      b. The terrorist attacks on September 11, 2001, brought PTSD into the spotlight.
   7. Treatment for anxiety disorders ranges from medication to psychological interventions.

B. Mood disorders vary in kind and degree; the most common forms are depression and bipolar disorder.
   1. Severe depression may result from specific events, but sometimes no trigger event is obvious. Symptoms can include some of the following:
      a. Feelings of sadness and hopelessness
      b. Loss of pleasure in usual activities
      c. Poor appetite and weight loss, or overeating
      d. Insomnia or disturbed sleep
      e. Restlessness or, alternatively, fatigue
      f. Thoughts of worthlessness and guilt
      g. Trouble concentrating or making decisions
      h. Thoughts of death or suicide

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2. In major depression, symptoms are often severe; a diagnosis of dysthymic disorder may be applied to people who experience persistent symptoms of mild or moderate depression for 2 or more years.

LO5: List the warning signs of suicide

3. Suicide is a danger associated with severe depression. Signs that indicate a person is suicidal include the following:
   a. Expressing a wish to be dead or discussing methods of suicide
   b. Increasing social withdrawal or isolation
   c. Sudden, unexplained lightening of mood, which may indicate the decision to commit suicide has been made
4. Risk factors that increase the likelihood of suicide include the following:
   a. A history of previous attempts
   b. A suicide by family member or friend
   c. Readily available means
   d. A history of substance abuse or eating disorders
   e. Serious medical problems
5. Encouraging someone who might be suicidal to discuss problems and possible solutions can be helpful, but further help from a mental health professional is essential.
6. In Canada, men have much higher suicide rates than women, and Indigenous peoples, especially Indigenous youth, have five to seven times the national average; Canadian men between the ages of 55 and 59 have the highest suicide rate. Women attempt suicide three times as often as men, but men succeed at a rate more than three times that of women.
7. Treatment for depression depends on its severity and may involve drug therapy, often combined with psychotherapy, hospitalization, or electroconvulsive therapy. Seasonal affective disorder, (SAD) where depression worsens during winter months, is treated with light therapy.
8. Mania is a mood disorder characterized by restlessness, excessive energy, insomnia, and extremes of behaviour. A person who has bipolar disorder swings between manic and depressive states.
9. Women are nearly twice as likely as men to be clinically depressed; numbers of men and women with bipolar disorder are about equal.

C. Schizophrenia is a relatively common disorder. Although we are uncertain about the exact causes, they have identified possible chemical and structural differences in the brain. Several genes appear to increase risk.
   1. It includes the following general characteristics, which are not invariably present in all schizophrenic people.
      a. Disorganized thoughts, expressed in a vague or confusing way
      b. Inappropriate emotions or the absence of emotion
      c. Delusions, or firmly held false beliefs
      d. Auditory hallucinations – schizophrenic people may hear voices when no one is present
      e. Deterioration of function at work or in social situations
   2. Since schizophrenics are at risk for suicide, professional help and regular medication are necessary.

IV. Models of Human Nature and Therapeutic Change

A. Four useful models of human nature are the biological, behavioural, cognitive, and psychodynamic models.
   1. The biological model emphasizes that the mind's activity depends on an organic structure, the brain, whose composition is genetically determined.
      a. Genetic influences, chemicals, and brain structure all affect our psychology.
      b. The most important treatment in this model is pharmacological therapy.

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(1) Antidepressants (e.g., Prozac) are effective in treating panic disorder, some types of chronic anxiety, depression, and symptoms of obsessive-compulsive disorder.

(2) Mood stabilizers, antipsychotics, anxiolytics and hypnotics, stimulants, and anti-dementia drugs may also be used for treatment.

c. The revolution in pharmacological therapy has sparked debate over the ethics of altering personality traits with drugs.

2. The behavioural model focuses on people's overt behaviour rather than on brain structure of consciousness.
   a. Behaviourists analyze behaviour in terms of stimulus, response, and reinforcement.
   b. Clients expose themselves in small amounts to the situations they fear or imagine doing so.
3. The cognitive model looks for complicated attitudes, expectations, and motives.
   a. Identifying and exposing false ideas relieves anxiety and depression.
   b. People are taught to notice their unrealistic thoughts and test their assumptions.
4. The psychodynamic model also emphasizes thoughts. Proponents of this model do not believe thoughts can be changed directly because they are fed by other unconscious ideas and impulses.

B. The implications for the four models are broad, and advocates of one model often will attack or criticize proponents of another, but each model does represent certain truths about human beings and can help to improve psychological health.

LO6: Describe the different types of help available for psychological problems

V. Getting Help

A. Self-help, using behavioural and cognitive approaches, can succeed and provide self-awareness, increased assertiveness, improved self-esteem, and improved communication.
   1. Information is available through books, but it is important to be wary of approaches that deviate from mainstream approaches.
   2. Writing in a journal can help one cope with similar situations in the future.

B. Peer counselling and support groups allow you to share your concerns with others; religious groups provide both social support and a path for transformation.

C. Traditional mental health support for Indigenous Peoples in Canada are grounded in ceremony (e.g., sweatlodge) and involve holistic approaches that highlight the need for balance among emotion, mind, body, and spirit or soul; methods often link nature and spirituality, family, and community.

D. Professional help is sometimes a matter of individual choice but is indicated when:
   1. Depression, anxiety, or other emotional problems seriously interfere with school, work, or relationships.
   2. Suicide is attempted or seriously considered.
   3. Hallucinations, delusions, memory loss, or incoherent speech occurs.
   4. Alcohol or drugs impair normal functioning or reducing the amount ingested leads to psychological withdrawal symptoms.

E. Professionals involved in health care include:
   1. Psychiatrists, specialized medical physicians who can prescribe medications and determine whether there is a medical cause or connection for the patient's medical problems.
   2. Clinical psychologists, who usually have a Ph.D. degree. Generally, their treatment is based on behavioural and cognitive therapies.
   3. Social workers, who have a master's degree. Generally, they are skilled in finding community support.
   4. Licensed counsellors, whose requirements vary by province/territory.
   5. Clergy who have additional training in counselling.

CLASSROOM ACTIVITIES

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1. Self-worth is the foundation of self-esteem. Typically, we are aware of our weaknesses but rarely balance this perception with recognition of our strengths and positive qualities. Have students list 5 strengths and 5 weaknesses that they possess. The instructor will observe how readily students complete the list of weaknesses and whether they struggle to think of more than three or four strengths.

    a. Ask students to discuss their reasons for difficulty in completing this assignment. Remind them that a positive self-worth means seeing and accepting both our strengths and weaknesses. Ask students to think of how often they "self-talk" their weaknesses and how infrequently they mentally talk to themselves about their strengths. Negative or critical "self-talk" can damage self-esteem.

    b. Every day for a week, ask students to review their self-image lists and remind themselves that they are unique individuals with many characteristics. Ask them to verbally review their strengths each day. All these qualities belong to them and they can use, enjoy, or change any of them as they choose.

2. One important step in strengthening emotional health is building a support system. Ask students to list three people in each of the following categories:

    a. Who would I call if I needed support?

    b. Who can call on me for support?

    c. What relationships could I develop to increase my support system?

3. All of us struggle with problems throughout our lives, and the decision of when to seek professional help remains unclear. Have students discuss the kinds of feelings and behaviours that are clues or symptoms indicating that a problem has evolved into a serious issue. Most of us believe that counselling may be appropriate for serious events, such as death, divorce, and the ending of relationships. Instructors need to remind students that common life experiences can be overwhelming and debilitating. Seeking professional help does not mean a person has a mental illness. Counselling can often help us reaffirm our feelings and give us direction for change and coping strategies.

4. Divide students into groups of no more than five. Have each group discuss characteristics they might observe in someone who was potentially suicidal and then compare lists. Discuss ways to approach people who exhibit these characteristics.

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INTERNET RESOURCES

ORGANIZATIONS, HOTLINES, AND WEBSITES

The Internet addresses listed here were accurate at the time of publication.

Alzheimer Society of Canada. A national organization dedicated to providing help for people with Alzheimer's disease and other dementias and their caregivers.
alzheimer.ca

Canadian Agency for Drugs and Technologies in Health. A national body that provides Canada's federal, provincial, and territorial health care decision makers with credible, impartial advice and evidence-based information about the effectiveness and efficiency of drugs and other health technologies.
cadth.ca

Canadian Association for Suicide Prevention. Aims to reduce the suicide rate in Canada and to minimize the consequences of suicide behaviour.
suicideprevention.ca

Canadian Centre for Addiction and Mental Health. Provides information to help Canadians impacted by mental health and addiction issues.
camh.ca

Canada Suicide Support Groups. Provides information about suicide support groups throughout Canada.
suicide.org

Canadian Mental Health Association. Provides information and resources on many aspects of mental health impacting Canadians.
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cmha.ca

Centre for Suicide Prevention. The purpose of the Centre is to inform and equip people with additional knowledge and skills in the prevention of suicide.
suicideinfo.ca

Internet Mental Health. An encyclopedia of mental health information, including medical diagnostic criteria.
mentalhealth.com

Mental Health Commission of Canada. Leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.
mentalhealthcommission.ca/English/

Mood Disorders Society of Canada: Provides information on various mood disorders, and quick facts on mental illness and addiction in Canada.
mdsc.ca

National Institute of Mental Health (NIMH). Provides helpful information about anxiety, depression, eating disorders, and other challenges to psychological health.
nimh.nih.gov

Organization for Bipolar Affective Disorder. The mission of this organization is to help people affected directly or indirectly by bipolar disorder, depression, and anxiety live better lives. There is substantial information on their website to help meet this goal.
obad.ca/

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CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) The most contemporary definition of psychological health is the absence of psychological illness.
   - ◎ true
   - ◎ false

2) In Maslow's hierarchy of needs, safety and security are more basic needs than is being loved.
   - ◎ true
   - ◎ false

3) A characteristic of the self-actualized person is that they are self-accepting.
   - ◎ true
   - ◎ false

4) Other-directed individuals are more likely to be influenced by external forces.
   - ◎ true
   - ◎ false

5) Inner-directed people make choices that satisfy themselves instead of making choices that satisfy others.
   - ◎ true
   - ◎ false

6) Physical intimacy, as it relates to psychological health, is the same as sexual intimacy.
   - ◎ true
   - ◎ false

7) Being able to engage in open communication and risk having hurt feelings is necessary for developing a capacity for intimacy.
   - ◎ true
   - ◎ false

8) Without becoming self-actualized, we fail to become mentally healthy.
   - ◎ true
   - ◎ false

9) Most people intent on committing suicide warn a friend or family member.
   - ◎ true
   - ◎ false

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10) A primary developmental task of adolescence is the development of identity.
- ◎ true
- ◎ false

11) A person's earliest identity is most likely modelled after their parents.
- ◎ true
- ◎ false

12) Identity is a way of viewing oneself and the world.
- ◎ true
- ◎ false

13) Individuals who do not establish a firm sense of identity may have difficulty establishing relationships.
- ◎ true
- ◎ false

14) A thinking pattern common to demoralized individuals is an all-or-nothing view of events.
- ◎ true
- ◎ false

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15) Cognitive distortions are patterns of thinking that make events seem better than they are.
- ◎ true
- ◎ false

16) Realistic self-talk is based on substituting a positive thought for a negative one.
- ◎ true
- ◎ false

17) Expecting the worst and expecting perfection are both examples of negative self-talk.
- ◎ true
- ◎ false

18) Negative beliefs can be so strong that they become self-fulfilling prophesies.
- ◎ true
- ◎ false

19) An optimist is one who expects failure and accepts it as deserved.
- ◎ true
- ◎ false

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20) About 12% of Canadians currently have an anxiety disorder.
- ◎ true
- ◎ false

21) Fear of public speaking is categorized as a simple phobia.
- ◎ true
- ◎ false

22) People who suffer from panic disorders usually first experience them in childhood.
- ◎ true
- ◎ false

23) Generalized anxiety disorder can impair one's ability to enjoy life.
- ◎ true
- ◎ false

24) It is important not to discuss suicide in front of someone you believe is contemplating suicide because you may give them ideas.
- ◎ true
- ◎ false

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25) People with enough willpower can snap out of their depression.
- ◎ true
- ◎ false

26) Schizophrenia is a heredity and rare mental disorder.
- ◎ true
- ◎ false

27) For major depression, treatment should always begin with antidepressants.
- ◎ true
- ◎ false

28) Medication is a main factor in treating schizophrenia.
- ◎ true
- ◎ false

29) Once a person has attempted suicide once, they are unlikely to attempt it again.
- ◎ true
- ◎ false

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30) The behavioural model of human nature focuses on how people act.
- ◎ true
- ◎ false

31) The cognitive model of human nature emphasizes the effect of ideas on our behaviours and feelings.
- ◎ true
- ◎ false

32) The only way to treat a mental health problem is to seek professional help.
- ◎ true
- ◎ false

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

33) Which of the following statements regarding psychological health is TRUE?
- A) Psychological health is independent of physical health.
- B) Psychological health is a myth.
- C) Psychological health is freedom from all disorders.
- D) Psychological health and physical health are linked.

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34) In terms of managing explosive anger, which of the following is NOT an important step?
- A) Try to reframe what one is thinking.
- B) Try to act differently than in the past.
- C) Try to act impulsively.
- D) Try to distract yourself until you feel calmer.

35) Which of the following is most likely to separate individuals with psychological problems from those with enjoy psychological health?
- A) Ideas and attitudes that vary from the norms.
- B) Conforming to social demands.
- C) Always having a smile on their face.
- D) Denying the reality of problems.

36) Which of the following statements is most TRUE regarding psychological health?
- A) Being normal is the same as being psychologically healthy.
- B) It is as difficult to define it as it is important to understand it.
- C) Freedom from psychological disorders is a comprehensive definition of psychological health.
- D) Psychological health is the absence of anxiety.

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37) According to Maslow, basic human needs are ranked in the following order as they DECREASE in urgency:
A) physiological needs, safety, being loved, maintaining self-esteem, self-actualization.
B) safety, maintaining self-esteem, physiological needs, being loved, self-actualization.
C) safety, physiological needs, maintaining self-esteem, self-actualization.
D) self-actualization, physiological needs, safety, maintaining self-esteem, being loved.

38) Being self-actualized is characterized by
A) passivity.
B) strong work habits.
C) good physical and mental health.
D) realism.

39) Maslow would NOT have described a self-actualized person as
A) knowing the difference between what is and what one wants.
B) willing to accept evidence that contradicts what one wants to believe.
C) remaining focused on the idea of the way things should be.
D) not wasting energy trying to force people into the ideal picture of the way they should be.

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40) People with acceptance usually
A) have a positive but realistic perception of themselves.
B) have a lower opinion of themselves than is healthy.
C) feel good about themselves but are not likely to live up to their positive self-image.
D) have big egos.

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41) Being inner-directed is most closely associated with
A) acceptance.
B) autonomy.
C) intimacy.
D) creativity.

42) Which of the following statements describes people who are autonomous?
A) They don't express their feelings because of fear of disapproval.
B) They respond only to what they feel as outside pressure.
C) They act because they feel driven.
D) They are inner-directed.

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43) Other-directed decision making refers to
A) intrinsic decision making.
B) value-based decision making.
C) satisfying your own desires.
D) seeking the approval of others.

44) People not afraid to be themselves and be "real" are best described as
A) authentic.
B) creative.
C) extroverted.
D) successful.

45) The ability to share feelings without fear of rejection is most closely associated with
A) acceptance.
B) autonomy.
C) capacity for intimacy.
D) creativity.

46) An openness to new experiences is most closely associated with
A) self-esteem.
B) autonomy.
C) capacity for intimacy.
D) creativity.

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47) Alex lives in a safe and friendly community, has a stable job, and is in a relationship with a loving and supportive partner. According to Maslow, Alex has a chance of attaining
A) mastery in life accomplishments.
B) self-actualization.
C) psychological freedom.
D) complete autonomy.

48) Being psychologically normal is equivalent to
A) being mentally normal.
B) being above average mentally.
C) being psychologically healthy.
D) being psychologically unhealthy.

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49) The stages of Erikson's model of psychological development are experienced
A) beginning in the teen years.
B) sequentially.
C) randomly.
D) simultaneously.

50) Development of trust begins
A) in infancy.
B) in early childhood.
C) in adolescence.
D) in early adulthood.

51) The conflict of Erikson's first stage of development is between
A) trust and mistrust.
B) freedom and responsibility.
C) inner-directed and outer-directed behaviour.
D) autonomy and shame/self-doubt.

52) A 10-year-old child learning about their capabilities in the classroom and on the playground would be in Erikson's stage of
A) industry vs. inferiority.
B) identity vs. role confusion.
C) autonomy vs. shame and doubt.
D) integrity vs. despair.

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53) According to Erikson's stages of development, the conflict stage for a typical young adult involves
A) industry vs. inferiority.
B) integrity vs. despair.
C) autonomy vs. shame and doubt.
D) intimacy vs. isolation.

54) Our early identity models are most likely to be
A) parents.
B) celebrities.
C) peers.
D) political leaders.

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55) Maya, a third-year university student, is changing her major for the fourth time. She expresses frustration about her attempts to choose a course of study that reflects who she is and what her interests are rather than taking the career path her family expects. According to Erikson, Maya is
A) experiencing an identity crisis.
B) subconsciously rebelling against her parents.
C) afraid of making a commitment.
D) feeling overwhelmed by too many career options.

56) One's identity
A) is established early in life.
B) is a lifelong process.
C) rarely changes from year to year.
D) changes profoundly as an adult.

57) People with established identities tend to do all the following, EXCEPT:
A) form intimate, lasting relationships.
B) remain isolated.
C) share open communication.
D) love and be loved.

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58) Which statement is FALSE regarding the development of self-esteem?
A) It is based on experiences that occur with family and friends.
B) It is influenced by personality.
C) Rejected children may not develop feelings of self-worth.
D) Children knowingly build images of themselves based on the models of their parents.

59) Stability, as it relates to self-esteem, is best described as
A) a complete absence of mixed messages about oneself from others.
B) an integration of the self.
C) an unwavering positive self-image.
D) a necessary component for the establishment of a sense of love and belonging.

60) A demoralized person would do each of the following, EXCEPT:
A) use all-or-nothing thinking.
B) minimize the success of others.
C) take responsibility for poor outcomes.
D) engage in cognitive distortions.

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61) A technique that may aid in fighting demoralization is
A) giving up.
B) keeping a journal of self-talk.
C) recognizing failure.
D) use of defence mechanisms.

62) Which of the following statements is an example of negative self-talk?
A) "I wonder why my boss wants to see me? I guess I'll just have to wait and see."
B) "I'll have to start working on that next paper earlier."
C) "I won the speech contest, but only because none of the other speakers was very good."
D) "Too bad I missed the one problem through carelessness, but overall I did pretty well on this test."

63) Defence mechanisms like humour and substitution might best be described as
A) temporary means of coping.
B) effective solutions to minor problems.
C) personality characteristics.
D) age-specific responses to stress.

64) A person who expects failure and accepts it as deserved is called a(n)
A) optimist.
B) realist.
C) masochist.
D) pessimist.

65) A psychological defence by which unacceptable feelings are transferred from one event or person to a less threatening one is
A) repression.
B) projection.
C) rationalization
D) displacement.

66) A defence mechanism by which unacceptable thoughts or wishes are excluded from consciousness is
A) repression.
B) projection.
C) rationalization.
D) displacement.

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67) A defence mechanism by which unacceptable inner impulses are attributed to others is
A) displacement.
B) rationalization.
C) projection.
D) repression.

68) What is the defence mechanism that allows a false, acceptable reason to be given when the real reason is unacceptable?
A) repression
B) projection
C) rationalization
D) displacement

69) A person tells a co-worker, with whom they compete for assignments, that they will help them with a report but never follows through. This is an example of which defence mechanism?
A) Projection
B) Passive-aggressive behaviour
C) Displacement
D) Substitution

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70) Expressing wishes forcefully, but not necessarily hostilely, describes being
A) aggressive.
B) assertive.
C) passive.
D) overbearing.

71) A part of assertiveness is characterized most by
A) aggressiveness.
B) honest communication.
C) dominating others.
D) getting what you want.

72) Each of the following are positive reasons to socialize, EXCEPT:
A) fear of being alone.
B) enjoying the company of others.
C) meeting new people.
D) improving your personal knowledge base.

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73) If someone feels explosive anger coming on, they should
- A) reframe what they are thinking in the moment.
- B) replay scenes from the past to help act in the present.
- C) avoid the issue/person that is upsetting them.
- D) go to the hospital.

74) If you are dealing with anger in another person, you should NOT
- A) react in a calm manner.
- B) attempt to validate the other person.
- C) accept the verbal abuse, as it is usually a temporary display.
- D) safely disengage for the time being.

75) Which of the following is NOT a recommended strategy for heading off explosive anger?
- A) Having a drink.
- B) Reframing your thoughts.
- C) Distracting yourself.
- D) Taking a cooling off period.

76) People exposed to a higher number of traumatic life events than others typically
- A) have greater vulnerabilities to future traumas.
- B) develop worse coping skills. TBEXAM.COM
- C) have a genetic predisposition to these events.
- D) develop strong communication skills.

77) Psychological disorders may be a result of all of the following, EXCEPT:
- A) genetic differences.
- B) exposure to traumatic events.
- C) poor communication skills.
- D) life experience.

78) Which of the following statements about fear is false?
- A) It is a basic and useful emotion.
- B) It is a problem if it is out of proportion to real danger.
- C) It is another word for anxiety.
- D) It should dictate your behaviour.

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79) An example of a simple phobia is fear of
A) dogs.
B) public speaking.
C) interaction.
D) embarrassment.

80) Which of the following is a social phobia?
A) Fear of animals.
B) Fear of high places.
C) Fear of seeing blood.
D) Fear of embarrassment.

81) Which of the following does NOT play a major part in psychological disorders?
A) Genetics.
B) Culture.
C) Biology.
D) Employment.

82) People usually develop panic disorder in their
A) early twenties.
B) teenage years.
C) late adulthood.
D) early childhood.

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83) Panic disorder is
A) a form of depression.
B) a traumatic disorder.
C) a characteristic of bipolar disorder.
D) a type of anxiety disorder.

84) Symptoms of panic disorder typically include
A) a sudden drop in blood pressure.
B) a loss of physical equilibrium.
C) lethargy.
D) a depressed heart rate.

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85) A person with panic disorder
A) will eventually develop agoraphobia.
B) can often function normally in feared situations if someone they trust is with them.
C) will develop the disorder in their early teenage years.
D) is not alone as approximately 2% of Canadians experience them.

86) A condition that causes the sufferer to fear future threats, pushing out all other thoughts, is called
A) obsessive compulsive disorder.
B) generalized anxiety disorder.
C) panic disorder.
D) simple phobia.

87) An obsession is a _____ thought.
A) rational, unwanted
B) cultivated, irrational
C) cultivated, rational
D) recurrent, unwanted

88) Repetitive, hard-to-resist actions associated with obsessions are
A) delusions.
B) phobias.
C) hallucinations.
D) compulsions.

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89) What percentage of Canadians will have a specific phobia in their lifetime?
A) 1
B) 5
C) 13
D) 21

90) An example of a compulsion is
A) the impulse to hurt a family member.
B) anxiety about contracting HIV infection from a sneeze.
C) uncontrollable worry about an accident.
D) constant and repetitive hand washing.

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91) An example of an obsession is
A) constant hand washing.
B) repeating someone's name five times every time you see her.
C) concern of contracting syphilis from a handshake.
D) repeatedly checking to see if the stove is turned off.

92) What percentage of Canadians aged 15 years and older experience Generalized Anxiety Disorder?
A) 5.2%
B) 8.7%
C) 14.3%
D) 17.3%

93) Symptoms of post-traumatic stress disorder
A) include re-experiencing the trauma in dreams and intrusive memories.
B) include actively seeking out anything associated with the trauma.
C) will often decrease in intensity but will never go away.
D) usually do not include symptoms of depression.

94) Post-traumatic stress disorder is most likely to occur after
A) rape.
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B) nightmares.
C) failure in school.
D) prolonged compulsive behaviour.

95) Which of the following statements is most TRUE about shyness?
A) It is the same as being introverted.
B) Shyness is often hidden from others.
C) It usually doesn't appear as part of a person's personality until adolescence.
D) Shy people are prevented from fulfilling their desire for social interaction by the actions of others.

96) Symptoms of post-traumatic stress disorder include
A) loss of memory.
B) re-experiencing of trauma in dreams.
C) aggressive attempts to relive the stressful situation.
D) uncontrollable fear of failure.

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97) Which of the following is a characteristic of depression?
- A) Loss of pleasure in doing formerly pleasurable things.
- B) Autonomy.
- C) Obsession with exercise.
- D) Increased social interaction.

98) Which of the following is NOT a characteristic of depression?
- A) Too much or disturbed sleep.
- B) Thoughts of worthlessness or guilt.
- C) Poor appetite and weight loss.
- D) Overeating.
- E) increased energy

99) Which of the following is a risk factor that increases the likelihood of suicide?
- A) Multiple minor health problems.
- B) Suicide of a family member or friend.
- C) Increased social interactions.
- D) Obsession with social causes.

100) Which of the following is NOT a risk factor for suicide?
- A) A history of previous attempts.
- B) Readily available means.
- C) Abuse of alcohol or drugs.
- D) A high anxiety level.

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101) What percentage of female Canadian university students self-report experiencing depression?
- A) 5.9%
- B) 21.6%
- C) 11.4%
- D) 8.5%

102) What percentage of male Canadian university students self-report experiencing depression?
- A) 5.9%
- B) 21.6%
- C) 11.4%
- D) 8.5%

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103) Which of the following is the best initial treatment for a person with moderate to severe depression?
A) Drug therapy exclusively.
B) Electroconvulsive therapy.
C) Psychoanalysis and amphetamines.
D) Drug therapy combined with psychotherapy.

104) The neurotransmitter that seems to be the most important in the treatment of depression is
A) serotonin.
B) acetylcholine.
C) GABA.
D) norepinephrine.

105) A treatment used for severe depression when other approaches fail is
A) psychoanalysis.
B) drug therapy.
C) electroconvulsive therapy.
D) herbal therapy.

106) The preferred method of treatment for seasonal affective disorder is
A) psychotherapy.
B) light therapy.
C) hypnosis.
D) electroconvulsive therapy.

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107) Seasonal affective disorder
A) is more prevalent during the summer months.
B) is more prevalent among people living at higher latitudes.
C) has no effective treatment.
D) is more prevalent during seasons with more sunlight and snow.

108) The neurotransmitters _____ and _____ are responsible for mood, attentiveness level, and other psychological states.
A) serotonin; norepinephrine
B) serotonin; estrogen
C) estrogen; norepinephrine
D) endorphins; serotonin

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109) Which of the following attributes best characterizes manic behaviour?
A) Classical depression.
B) Decreased sexual activity.
C) Lack of appetite.
D) Increased energy.

110) Manic disorders are characterized by
A) high energy levels.
B) the individual's limited vision of his or her potential.
C) slow, slurred speech.
D) very focused thinking.

111) A drug commonly used to prevent mood swings associated with bipolar disorder is
A) thorazine.
B) Haldol.
C) amphetamines.
D) lithium carbonate.

112) What percentage of Canadians over the age of 15 have bipolar disorder?
A) 0.5%
B) 1%
C) 2%
D) 2.5%

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113) A delusion is
A) similar to an auditory hallucination.
B) a form of disorganized thought.
C) a firmly held, false belief.
D) an obsession with a fantasy.

114) Which of the following is NOT a likely characteristic of a schizophrenic disorder?
A) Auditory hallucinations.
B) Compulsive organization.
C) Delusions.
D) Deteriorating social functioning.

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115) Schizophrenic disorders are characterized by all of the following, EXCEPT:
A) disorganized thoughts.
B) inappropriate emotions.
C) extremely high energy levels.
D) auditory hallucinations.

116) Which of the following statements is TRUE of schizophrenia?
A) Medication is not effective in treating it.
B) People with schizophrenia are often logical in their thinking.
C) Schizophrenia is another name for "split personality."
D) An individual can manage schizophrenia without professional help.

117) Which statement regarding individuals with schizophrenia is false?
A) They may act to obey inner voices.
B) They are not at risk for suicide.
C) They may also have some form of depression.
D) They may require the help of a mental health professional.

118) The model of human nature that proposes that the mind's activity depends on organic structure and genetics is the _____ model.
A) biological
B) behavioural
C) cognitive
D) psychodynamic

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119) Biological researchers have found genetic influences on
A) social phobia.
B) simple phobia.
C) schizophrenia.
D) post-traumatic stress syndrome.

120) All of the following drug categories are prescribed for treatment of psychological disorders, EXCEPT:
A) antidepressants.
B) antipsychotics.
C) stimulants.
D) alcohol.

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121) The model of human nature that focuses on what people do is the _____ model.
A) biological
B) behavioural
C) cognitive
D) psychodynamic

122) All of the following terms are used in the behaviourist's analysis of behavioural dysfunction, EXCEPT:
A) reinforcement.
B) intervention.
C) stimulus.
D) response.

123) The technique of exposure is used to
A) encourage people to face their fears.
B) discourage people from encountering their fears.
C) promote avoidance of the feared situation.
D) introduce people to other frightening situations.

124) The model of human nature that emphasizes the effects of ideas on behaviours and feelings is the _____ model.
A) biological
B) behavioural
C) cognitive
D) psychodynamic

125) All of the following are characteristic of the cognitive therapeutic approach, EXCEPT:
A) showing there is enough evidence for the idea fuelling the anxiety.
B) suggesting different ways of looking at the situation.
C) showing that no disaster is going to occur.
D) mentally rehearsing the situation in a positive way before you actually experience it.

126) The model of human nature that emphasizes behaviour as a complex system hidden by active defences is the _____ model.
A) biological
B) behavioural
C) cognitive
D) psychodynamic

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127) According to the psychodynamic model, the basis of human behaviour is
A) rooted in the unconscious mind.
B) rooted in reasoned intellectual responses.
C) established through imitation and practice of life experiences.
D) generated from an innate desire to be mentally healthy.

128) Cognitive-behavioural therapies have been developed for all of the following, EXCEPT:
A) panic disorder.
B) seasonal affective disorder.
C) general anxiety disorder.
D) obsessive-compulsive disorder.

129) Psychodynamic therapies allow the patient to
A) speak freely with a supportive but objective person.
B) consume prescription medications in a safe environment.
C) think cognitively about his or her problem.
D) receive reinforcement for inappropriate behaviour.

130) Religious belief
A) undermines problem solving.
B) is a substitute for a positive self-concept.
C) promotes psychological health for some individuals.
D) has little bearing on mental health.

131) For some, self-help can be very useful. This includes
A) ignoring self-defeating actions and ideas.
B) becoming more passive.
C) raising self-esteem by counteracting negative thoughts and people.
D) avoiding objects and people that are feared.

132) Which of the following statements regarding professional help for psychological health is TRUE?
A) Never seeking professional health for personal problems means you are psychologically healthy.
B) Seeking professional help for personal problems proves that you have a psychological illness.
C) For some, professional help is a choice; for others, it is a necessity.
D) Everyone will need professional help at some point in their life.

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133) Which of the following mental health professionals is a licensed physician?
A) Clinical psychologist.
B) Psychiatrist.
C) Social worker.
D) Counsellor.

134) Which of the following professionals requires a medical degree?
A) Nurse-practitioner.
B) Psychiatrist
C) Social worker.
D) Counsellor.

135) University students can typically find inexpensive mental health care through all of the following ways EXCEPT:
A) on-campus counselling centres.
B) psychology or education departments.
C) support groups.
D) professors.

136) To help reduce social anxiety,
A) realize your nervousness is not as visible as you think.
B) avoid taking breaks during anxious situations whenever possible.
C) get out of the situation if you feel stress.
D) imagine you are on a warm tropical island.

137) Living according to values does NOT mean doing the following:
A) considering your options carefully before making a choice.
B) standing up to outside pressures that oppose your values.
C) agreeing to do something simply because it will make someone happy.
D) making a choice and acting on it rather than doing nothing.

138) A defence mechanism in which hostility is expressed toward someone by being covertly uncooperative or passive is
A) displacement.
B) passive-aggressive behaviour.
C) projection.
D) repression.

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139) What percentage of Canadian children and youth are affected by mental illness at any given time?
A) 5%
B) 15%
C) 20%
D) 30%

140) All of the following are characteristic of individuals experiencing an intermittent explosive disorder (IED), EXCEPT:
A) often accompanied by depression or another disorder.
B) may not think straight or act in their own best interest.
C) may lash out uncontrollably, hurting someone else or destroying property.
D) expresses oneself constructively and assertively.

141) What percentage of Canadians currently have a specific phobia?
A) 5%
B) 13%
C) 18%
D) 25%

142) Agoraphobia is characterized by all of the following, EXCEPT:
A) fear of being unable to escape.
B) fear of being far from medical help.
C) inability to leave home (in extreme cases).
D) decreased heart rate and blood pressure.

143) What percentage of North Americans describe themselves as shy?
A) 10-20%
B) 20-30%
C) 30-40%
D) 40-50%

144) Which of the following is NOT true of depression in Canada?
A) 10% of Inuit have experienced major depression.
B) 11% of Canadians are affected by depression.
C) Females are twice as likely as males to experience.
D) Approximately 11% of male undergraduate students in Canada experience depression.

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145) All of the following may be associated with depression EXCEPT:
A) poor appetite and weight loss.
B) insomnia or disturbed sleep.
C) pleasure in doing normal activities.
D) thoughts of death or suicide.

146) Which of the following is NOT a myth about suicide?
A) Suicide notes are usually left during an attempted suicide.
B) Talking about suicide can cause people to attempt suicide.
C) Children do not die from suicide in Canada.
D) Most people who eventually die by suicide have mentioned it to family or friends.

147) Auditory hallucinations are characteristic of which mental health disorder?
A) Suicide.
B) Schizophrenia.
C) Depression.
D) Bipolar disorder.

148) General characteristics of schizophrenia include all of the following EXCEPT:
A) disorganized thoughts
B) delusions
C) hallucinations
D) enhanced social functioning

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149) According to the cognitive model of therapeutic change, behaviour results from all of the following, EXCEPT:
A) simple, immediate reinforcements.
B) attitudes.
C) expectations.
D) motives.

150) To reduce anxiety in social situations, all of the following are appropriate strategies, EXCEPT:
A) be an active listener.
B) practice realistic self-talk.
C) refocus your attention away from the stress reaction.
D) avoid frequent eye contact.

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151) All of the following are features of intimacy EXCEPT
A) being open to physical pleasure.
B) sharing feelings.
C) fearing rejection.
D) being open to emotional closeness.

152) According to Seligman, the "good life" involves which of the following?
A) Living in the moment.
B) Thinking constructively about the past.
C) Minimizing negative emotions.
D) Using our strengths in service to others.

153) According to Seligman, the "pleasant life" involves which of the following?
A) Investing in meaningful pursuits beyond ourselves
B) Achieving hope and optimism for the future
C) Using our virtues in service to others
D) Using your strengths to cultivate happiness

154) Which is NOT one of the three dimensions of happiness, according to Seligman?
A) The "fulfilling life"
B) "The good life"
C) "The pleasant life"
D) "The meaningful life"

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155) As of 2019, approximately how many Canadians attempt suicide each day?
A) 750
B) 500
C) 275
D) 100

156) Studies have linked spiritual wellness to a number of health benefits. Which is NOT a factor of spirituality that researchers think might contribute to improved health?
A) Being part of a community.
B) Healthy habits, such as reduced meat or alcohol consumption.
C) Moments of relaxation through mediation or prayer.
D) Belief in a higher power.

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157) In national studies, gay and bisexual men have been shown to experience anxiety disorders at a rate _____ times that of heterosexual men.
A) 2-3
B) 4-5
C) 6-7
D) 7-8

158) Recent data suggest all of the following trends for intentional self-harm, including cutting, for adolescents in Canada EXCEPT
A) hospitalizations increased more than 100% for females.
B) hospitalizations increased 35% for males.
C) rates of hospitalizations for self-harm were 4-5 times higher for females than males.
D) self-harm has been on the rise amongst all genders for the past decade.

159) All of the following are traditional healing practices EXCEPT
A) healing or talking circles.
B) engaging with Elders.
C) engaging with traditional healers.
D) engaging with pharmacological treatment first.

160) Which of the following statements is TRUE regarding gender and mental health?
A) Genderqueer individuals experience less anxiety and depression than cisgender individuals.
B) Transgender individuals experience less anxiety and depression than cisgender individuals.
C) Genderqueer individuals experience more anxiety and depression than binary transgender individuals.
D) Cisgender individuals experience more anxiety and depression than binary transgender individuals.

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

161) List and describe three of the characteristics of a self-actualized person.

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162) For each of the following situations, give (1) an example of negative self-talk based on a cognitive distortion and (2) an example of realistic self-talk:

- after a fight with your partner
- upon not receiving an invitation to an event that many of your friends are attending
- after getting a below average grade on a project
- upon receiving a surprise email asking you to meet with your academic advisor
- after drinking too much at a dorm party

163) Kai just graduated and got a job in a marketing firm and wants to advance. His partner has been talking about starting a family and Kai's father has just been diagnosed with prostate cancer. Anxiety disorders have been diagnosed on both sides of Kai's family. Identify and define a specific disorder Kai may be at risk for. What are the symptoms of this disorder, and how might it best be treated?

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164) List five warning signs of severe depression and suicide and describe what actions you should take to help a depressed or suicidal friend.

165) Think about the last time you were upset about receiving a poor exam grade. Write down five positive, healthy self-talk statements that could help you through this.

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166) For each of the following therapeutics, explain generally how they work and suggest one mental health condition they would be useful in treating.
- Prozac
- Lithium divalproex
- Risperdal
- Xanax
- Ritalin

167) For each of the following conditions, describe the symptoms, name one possible cause of the disease, and suggest one possible course of treatment.
- agoraphobia
- depression
- schizophrenia
- obsessive-compulsive disorder
- bipolar disorder

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SECTION BREAK. Answer all the part questions.

168) Julio is a single father of two young girls who has recently become engaged his girlfriend Jas. Julio recently learned his company is downsizing. While he is financially stable, he is worried about losing his job but hasn't told anyone. Jas and the girls have noticed that Julio is irritable and doesn't seem interested in doing things he used to enjoy. He is experiencing headaches, restlessness, and insomnia. Jas talks to Julio and he decides to seek professional help from a cognitive therapist.

168.1) Julio's symptoms are signs of
A) panic disorder.
B) depression.
C) personality disorder.
D) ineffective use of defence mechanisms.

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168.2) Which one of the following approaches is Julio's therapist LEAST likely to use?
A) Telling him there is nothing to worry about.
B) Helping him accept that he isn't going to experience a financial disaster.
C) Encouraging him to identify his fears and examine them logically.
D) Encouraging him to disclose his fears to Jas.

168.3) Which type of therapy might be most useful for Julio?
A) Antidepressant drugs alone.
B) Cognitive behaviour therapy alone.
C) Electroconvulsive therapy.
D) Combined antidepressant drugs and cognitive behavioural therapy.

168.4) If Julio's condition worsened to the point he was considering suicide, Jas should look out for all of the following signs EXCEPT
A) ideation.
B) substance abuse.
C) mood changes.
D) mania.

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Answer Key

Test name: Chapter 02

1) FALSE
2) TRUE
3) TRUE
4) TRUE
5) TRUE
6) FALSE
7) TRUE
8) FALSE
9) TRUE
10) TRUE
11) TRUE
12) TRUE
13) TRUE
14) TRUE
15) FALSE
16) FALSE
17) TRUE
18) TRUE
19) FALSE
20) TRUE
21) FALSE
22) FALSE
23) TRUE
24) FALSE
25) FALSE
26) FALSE
27) FALSE
28) TRUE
29) FALSE
30) TRUE
31) TRUE
32) FALSE
33) D
34) C
35) D
36) B
37) A

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38) D
39) C
40) A
41) B
42) D
43) D
44) A
45) C
46) D
47) B
48) A
49) B
50) A
51) A
52) A
53) D
54) A
55) A
56) B
57) B
58) D
59) B
60) B
61) B
62) C
63) A
64) D
65) D
66) A
67) C
68) C
69) B
70) B
71) B
72) A
73) A
74) C
75) A
76) A
77) C

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78) D
79) A
80) D
81) D
82) A
83) D
84) B
85) B
86) B
87) D
88) D
89) C
90) D
91) C
92) B
93) A
94) A
95) B
96) B
97) A
98) E
99) B
100) D
101) B
102) C
103) D
104) A
105) C
106) B
107) B
108) A
109) D
110) A
111) D
112) B
113) C
114) B
115) C
116) B
117) B

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118) A
119) C
120) D
121) B
122) B
123) A
124) C
125) A
126) D
127) A
128) B
129) A
130) C
131) C
132) C
133) B
134) B
135) D
136) A
137) C
138) B
139) C
140) D
141) B
142) D
143) D
144) A
145) C
146) D
147) B
148) D
149) A
150) D
151) C
152) A
153) B
154) A
155) C
156) D
157) A

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158) C
159) D
160) C
161) Short Answer
Answers may vary.

Realistic – knowing the difference between what is real and what is not.
Acceptance – accepting one's self as they are.
Autonomy – ability to act independently outside of one's social environment.
Authenticity – being unafraid to be one's self.
Capacity for intimacy – both physical and emotional.

162) Short Answer
Answers may vary.
• They must like someone else, this is over/I will give them time to cool off and we can talk tomorrow.
• They are all jerks. I didn't want to go anyway/I am going to make an effort to meet new people and try new things.
• I am going to fail this course and might as well drop/I am going to get a tutor and start working harder.
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• I knew I bombed my presentation; this must be bad/I had some questions for the prof and this will be a good chance to ask them.
• I made such a fool of myself. Everyone's laughing at me/I had too much and I know better. Next time I'll stay sober and have a sober buddy.

163) Short Answer
Answers may vary.
Kai may be at risk for generalized anxiety disorder. Symptoms include excessive worry, a persistent feeing of nervousness, often accompanied by depression. Kai should try to minimize stressors and may consider talking to a professional who can help with cognitive behavioural therapy or drug therapy if other methods aren't successful.

164) Short Answer

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Answers many vary.
Warning signs include:
Feelings of sadness and hopelessness
Feeling of guilt and worthlessness
Increasing social isolation and withdrawal
A sudden inexplicable lightening of mood
Expression of a desire to die
Actions include:
Talk to them about the possibility of suicide
Be direct and ask questions
Help them connect with a health care professional or crisis line
If imminent, do not leave them alone
If needed, take them to an emergency room

165) Short Answer
Answers may vary.
• I need to prepare better. Next time I will spend more time studying and less time playing video games.
• I'm not doing as well as I normally do with the effort I am putting in. I should talk to my TA about resources.
• This was a hard exam, but I wasn't prepared. I'll talk to my prof to see how I can better prepare next time.
• I'm going to ask my TA to go over the exam with me so I can see where I went wrong and improve next time.
• I've been really busy and my school work is suffering; it's time to rethink my school:work balance and make some changes.

166) Short Answer
Answers may vary
• Prozac: SSRI, increases serotonin levels to improve mood and treat depression
• Lithium divalproex: mood stabilizer calms over excited regions of the brain to treat mania (bipolar) or epilepsy
• Risperdal: antipsychotic calms hallucinations and treats schizophrenia (also bipolar)
• Xanax: anti-anxiety or "sleeping pills" benzodiazepine acts on inhibitory GABA pathways to calm the brain and treat anxiety (and insomnia)
• Ritalin: stimulant increases brain activity and used to treat ADHD.

167) Short Answer

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Answers may vary

• Agoraphobia – anxiety disorder; fear of leaving home due to fear of panic attack, inability to escape or get help. Can be caused by panic disorder or multiple panic attacks. Anti-anxiety drugs like Xanax and/or CBT may help.

• Depression – mood disorder characterized by sadness/hopelessness; loss of pleasure in activities; poor appetite/weight loss; fatigue/insomnia; suicidal thoughts. Anti-depressants like Prozac and/or CBT may help.

• Schizophrenia – psychotic disorder characterized by breaks from reality. Disorganized thoughts; Inappropriate emotions; Delusions; Hallucinations; Poor social function. Anti-psychotic drugs like Risperdal and

• Obsessive-compulsive disorder – anxiety disorder characterized by obsessions (irrational thoughts or impulses) and compulsions (repetitive forced actions). CBT or anti-anxiety drugs may help.

• Bipolar disorder - mood disorder characterized by periods of mania and depression. Mania may involve rapid speech, excessive energy, grandiosity. Mood stabilizers like Lithium or anti-depressants may help.

168) Section Break

168.1) B

168.2) A

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168.3) D

168.4) D

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