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Chapter 02 Your Psychological and Spiritual Well Being

TRUEFALSE

1. Just like physical health, psychological well-being can be measured, tested, X-rayed, and dissected.

(A) True

(B) False

Answer : (B)

2. Sigmund Freud was the human theorist who believed that human needs are the motiviating factors in personality development.

(A) True

(B) False

Answer : (B)

3. Prayer and other religious experience, including meditation, may actually change the brain - for the better.

(A) True

(B) False

Answer : (A)

4. The use of prescription sleeping pills has more than doubled in the past decade.

(A) True

(B) False

Answer : (A)

5. Psychiatric symptoms have no effect on the risk of developing other disorders.

(A) True

(B) False

Answer : (B)

6. Depression is the world's most common mental ailment, and affects more than 13 million adults in

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the United States every year.

(A) True

(B) False

Answer : (A)

7. Anxiety disorders are more common than depression.

(A) True

(B) False

Answer : (A)

8. Found in all racial, ethnic, and socioeconomic groups, autism is four times more likely to occur in boys than in girls.

(A) True

(B) False

Answer : (A)

9. An average of 50 suicides occur in the United States every day.

(A) True

(B) False

Answer : (B)

10. Individuals with one mental disorder are at high risk of having a second one; this is called *comorbidity*.

(A) True

(B) False

Answer : (A)

MULTICHOICE

11.

Incorporating regular exercise, a healthful diet, moderate alcohol use, and non-smoking behaviors can help combat depression, stress, and poor mental health, while working to ensure optimal ___.

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(A) psychological health

(B) emotional health

(C) spiritual health

(D) financial health

(E) mental health

Answer : (A)

12.

Which factors are most relevant to overall psychological health?

(A) physical and mental illness

(B) mental state and social health

(C) emotional and mental states

(D) mental health only

(E) emotional and cultural awareness

Answer : (C)

13.

Perceiving reality as it is, responding to its challenges, and developing rational strategies demonstrates ____.

(A) mental health

(B) emotional health

(C) spiritual health

(D) social health

(E) financial health

Answer : (A)

14.

Which set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group?

(A) morals

(B) beliefs

(C) laws

(D) culture

(E) political affiliation

Answer : (D)

15.

Instead of engaging in self-criticism and focusing on her failures, Rachel decided to accept herself and her flaws. This is called ____.

(A) self-esteem

(B) self-compassion

(C) self-awareness

(D) self-motivation

(E) self-worth

Answer : (B)

16.

John does not understand very much about himself and does not relate well with others. John has a low _____.

(A) emotional intelligence

(B) self-esteem

(C) psychological profile

(D) self-compassion

(E) world-view

Answer : (A)

17.

According to Maslow, which human need is most basic?

(A) self-respect

(B) food and shelter

(C) protection from harm

(D) receiving affection

(E) fulfillment of one's potential

Answer : (B)

18.

According to Maslow's Hierarchy of Needs, what would be achieved by individuals who function at the highest possible level?

(A) marital bliss

(B) terminal happiness

(C) self-actualization

(D) basic fulfillment

(E) independence

Answer : (C)

19.

_____ has a greater impact on happiness than does income, but pain and anxiety take an even greater toll.

(A) Fear

(B) Poverty

(C) Change

(D) Health

(E) Sadness

Answer : (D)

20.

What describes a sustained emotional state that colors one's view of the world for hours or days?

(A) a feeling

(B) an idea

(C) a mood

(D) a thought

(E) a belief

Answer : (C)

21.

An effective way to manage a bad mood you are experiencing is to ___.

(A) Blame others for your bad mood.

(B) Change what caused the bad mood.

(C) Use alcohol or drugs to numb the feeling and make it go away.

(D) Distract yourself by keeping busy.

(E) Sleep it off.

Answer : (B)

22.

Which type of health involves the ability to identify one's basic purpose in life, and to experience the fulfillment of achieving one's full potential?

(A) emotional health

(B) spiritual health

(C) social health

(D) intellectual health

(E) financial health

Answer : (B)

23.

What is the key difference between "spirituality" and "spiritual intelligence"?

(A) Old-fashioned morality is the key in spiritual intelligence.

(B) Spiritual intelligence does not focus on a God above.

(C) Spirituality is more "happy and peace" based.

(D) Spiritual intelligence is more value-oriented than spirituality.

(E) Spirituality is dependent on following a set of moral rules.

Answer : (B)

24.

_____ are the criteria by which one evaluates things, people, events, and themselves, making the best choices reflecting what is most important.

(A) Values

(B) Beliefs

(C) Religion

(D) Expectations

(E) Culture

Answer : (A)

25.

Which of the following is the most commonly used form of complementary and alternative medicine?

(A) prayer

(B) acupuncture

(C) massage

(D) homeopathy

(E) chiropractic

Answer : (A)

26.

People who experience more frequent and intense positive emotions, possess positive views of their social environment, sleep better, and appreciate life are _____.

(A) grateful

(B) forgiving

(C) happy

(D) healthy

(E) positive

Answer : (A)

27.

_____ can cause psychological symptoms, such as irritability, impatience, inability to concentrate, lack of motivation, moodiness, and lower long-term life satisfaction.

(A) Weight gain

(B) Stress

(C) Sleep deprivation

(D) Too much sleep

(E) Hunger

Answer : (B)

28.

According to the Centers for Disease Control and Prevention (CDC), only ____ of Americans say they get enough sleep.

(A) one-fourth

(B) one-third

(C) two-thirds

(D) 50 percent

(E) five in ten

Answer : (B)

29.

The most widely publicized dietary supplement is the hormone ____, which may help to control your body's internal clock.

(A) estrogen

(B) testosterone

(C) epinephrine

(D) melatonin

(E) Ambien

Answer : (B)

30.

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_____ healthy individuals value themselves, perceive reality as it is, accept their limitations and possibilities, carry out their responsibilities, establish and maintain close relationships, pursue work that suits their talent and training, and feel a sense of fulfillment that makes the efforts of daily living worthwhile.

(A) Physically

(B) Mentally

(C) Emotionally

(D) Psychologically

(E) Spiritually

Answer : (B)

31.

Experiencing feelings of emptiness, hopelessness, and a sadness that does not end is a distinguishing characteristic of which of the following?

(A) anxiety

(B) phobias

(C) major depression

(D) a panic disorder

(E) schizophrenia

Answer : (C)

32.

George is experiencing feelings of hopelessness and sadness that do not end. He has lost interest in friends, food, and sex, and is unable to concentrate and has feelings of suicide. George is experiencing ____.

(A) stress

(B) bipolar disorder

(C) major depressive disorder

(D) laziness

(E) grief

Answer : (C)

33.

Which condition is characterized by feeling euphoric and energetic, alternated with depressive states of utter despair?

(A) major depression

(B) panic attacks

(C) bipolar disorder

(D) acrophobia

(E) schizophrenia

Answer : (C)

34.

Another name for bipolar disorder is ____.

(A) major depression

(B) simple depression

(C) common depression

(D) manic depression

(E) mood swings

Answer : (D)

35.

What is a group of psychological disorders involving episodes of apprehension, or uneasiness, stemming from the anticipation of danger and sometimes accompanied by physical symptoms, which cause significant distress and impairment to an individual?

(A) anxiety disorders

(B) major depressive disorders

(C) eating disorders

(D) mental illness

(E) panic disorders

Answer : (A)

36.

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An anxiety disorder marked by an inordinate fear of an object, a class of objects, or a situation, resulting in extreme avoidance behaviors is known as ____.

(A) a panic attack

(B) a phobia

(C) anxiety

(D) obsession

(E) stress

Answer : (B)

37.

A fear of heights is known as ____.

(A) arachnophobia

(B) agoraphobia

(C) acrophobia

(D) astraphobia

(E) claustrophobia

Answer : (C)

38.

The fear of closed spaces is called ____.

(A) claustrophobia

(B) agoraphobia

(C) anachrophobia

(D) acrophobia

(E) astraphobia

Answer : (A)

39.

When determining a treatment for panic attacks, what is typically the best method?

(A) systematic desensitization

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(B) medication and cognitive-behavior therapy

(C) hospitalization

(D) medication only

(E) psychotherapy

Answer : (B)

40.

What is a disorder is best characterized by excessive or unrealistic apprehension that causes physical symptoms, such as restlessness, fatigue, and muscle tension, and lasts for six months or longer?

(A) panic disorder

(B) major depressive disorder

(C) generalized anxiety disorder

(D) obsessive-compulsive disorder

(E) bipolar disorder

Answer : (C)

41.

Which of the following best describes an obsession?

(A) an unrealistic apprehension that causes physical symptoms

(B) a recurring thought, idea, or image that has no tangible cause

(C) repetitive behavior performed according to certain rules

(D) irrational, intense fear of certain objects

(E) alternating states of euphoria and despair

Answer : (B)

42.

Which of the following best describes a compulsion?

(A) an unrealistic apprehension that causes physical symptoms

(B) a recurring thought, idea, or image that has no tangible cause

(C) repetitive behavior performed according to certain rules

(D) irrational, intense fear of certain objects

(E) alternating states of euphoria and despair

Answer : (C)

43.

An individual who feels the need to check and recheck repeatedly whether or not the stove was turned off is probably suffering from _____.

(A) an obsessive-compulsive disorder

(B) a phobia

(C) generalized anxiety disorder

(D) depression

(E) memory loss

Answer : (A)

44.

_____ is a spectrum of difficulties in controlling motion and sustaining attention, including hyperactivity, impulsivity, and distractibility.

(A) Obsessive-compulsive disorder

(B) Autism

(C) Generalized anxiety disorder

(D) Attention-deficit/hyperactivity disorder (ADHD)

(E) Schizophrenia

Answer : (D)

45.

The most important risk factors for ____ appear to be impulsivity, high levels of arousal and aggression, and past suicidal behavior.

(A) autism

(B) attention deficit/hyperactivity disorder

(C) major depression

(D) suicide

(E) schizophrenia

Answer : (D)

46.

What are the most common two mental disorders that account for two-thirds of all suicides?

(A) autism and depression

(B) alcoholism and depression

(C) drug addiction and depression

(D) eating disorders and depression

(E) schizophrenia and depression

Answer : (B)

47.

____ is a treatment designed to produce a response by psychological rather than physical means, such as suggestion, persuasion, reassurance, and support.

(A) Behavioral therapy

(B) Psychotherapy

(C) Support group therapy

(D) Play therapy

(E) Cognitive therapy

Answer : (B)

48.

____ is a treatment in which behaviors are interpreted in terms of early experiences and unconscious influences.

(A) Behavioral therapy

(B) Psychotherapy

(C) Psychodynamic therapy

(D) Play therapy

(E) Cognitive therapy

Answer : (C)

49.

What is a technique used to identify an individual's beliefs and attitudes, recognize negative thought patterns, and educate in alternative ways of thinking?

(A) behavioral therapy

(B) psychotherapy

(C) psychodynamic therapy

(D) play therapy

(E) cognitive therapy

Answer : (E)

50.

What technique emphasizes application of the principles of learning to substitute desirable responses and behavior patterns for undesirable ones?

(A) behavioral therapy

(B) psychotherapy

(C) psychodynamic therapy

(D) play therapy

(E) cognitive therapy

Answer : (A)

SHORTANSWER

51. Match the items.

a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD

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i. optimism
j. self-esteem

realizing your fullest potential
Answer : d

52. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

"You're worth it. You can do it. You're okay."
Answer : j

53. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

feelings and moods
Answer : f

54. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

anticipating positive outcomes
Answer : i

55. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

ability to monitor and use emotions to guide thinking
Answer : g

56. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

represent what's most important to an individual
Answer : a

57. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

healthy form of self-acceptance
Answer : e

58. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization

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e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

belief in a higher power
Answer : b

59. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

inattention, hyperactivity, impulsivity
Answer : h

60. Match the items.
a. values
b. spirituality
c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional quotient
h. ADHD
i. optimism
j. self-esteem

sustained emotional state
Answer : c

61. _____ health is the ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.
Answer : Emotional

62. _____ is the ability to perceive reality as it is, respond to its challenges, and develop rational strategies for living.
Answer : Mental

63. The scientific study of ordinary human strengths and virtues which focuses on the aspects of the human condition that lead to happiness, fulfillment, and flourishing is _____.

Answer : positive psychology

64. _____ is a healthy form of self-acceptance in the face of perceived inadequacy or failure.
Answer : Self-compassion
Answer : Self compassion

65. _____ is used by psychologists when evaluating the capacity of people to understand themselves and relate well to others.
Answer : Emotional intelligence

66. _____ is the belief or pride in ourselves that gives us confidence to achieve at school or work, and to reach out to others to form friendships and close relationships.
Answer : Self-esteem
Answer : Self esteem

67. _____ is the tendency to seek out, remember, and expect pleasurable experiences.
Answer : Optimism

68. The capacity to sense, understand, and tap into ourselves, others, and the world around us is known as _____.
Answer : spiritual intelligence

69. _____ is an appreciation, not just for a special gift, but for everything that makes life a bit better.
Answer : Gratitude

70. The word *forgive* comes from the Greek word for _____.
Answer : letting go

71. Lack of _____ is linked to higher overall death rates, higher rates of road accidents, increased weight gain, altered immune function, and cardiovascular disease.
Answer : sleep

72. A(n) _____ is a behavorial or psychological syndrome associated with distress or disability or with a significantly increased risk of suffering death, pain, disability, or loss of freedom.
Answer : mental disorder

73. _____ are a drug used primarily to treat symptoms of depression.
Answer : Antidepressants

74. _____ _____ is severe depression alternating with periods of manic activity and elation.
Answer : Bipolar disorder

75. _____ are the most prevalent type of anxiety disorder.
Answer : Phobias

76. _____ is an anxiety disorder in which the apprehension or experience of recurring panic attacks is so intense that normal functioning is impaired.
Answer : Panic disorder

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77. The best treatment for relieving phobias employs the behavioral therapy technique of gradual, systematic exposure to the feared object and is known as _____.
Answer : systematic desensitization

78. _____ is a neurodevelopmental disorder that causes social and communication impairments.
Answer : Autism spectrum disorder
Answer : ASD

79. _____ is a general term for a group of mental disorders with characteristic psychotic symptoms, such as delusions, hallucinations, and disordered thought patterns during the active phase of the illness, and a duration of at least six months.
Answer : Schizophrenia

80. A diagnosis of _____ _____ is based on intentional self-damage occurring on five or more days within the past year.
Answer : nonsuicidal self-injury
Answer : nonsuicidal self injury

ESSAY

81. What the characteristics of an emotionally healthy person? What are the characteristics of a mentally healthy person?

Answer :

Emotional health: determination and effort to be healthy; flexibility and adaptability; sense of meaning and affirmation in life; compassion for other; unselfish in serving and relating to others; increased depth and satisfaction in intimate relationships; and sense of control over mind and body.Mental health: ability to function and carry out responsibilities; ability to form relationships; realistic perceptions of the motivations of others; rational, logical thought processes; and ability to adapt to change and cope with adversity.

82. Discuss how spirituality can create a connectedness with one's inner self and help bring peace and harmony to one's mental health.

Answer :

A personal belief about a higher deity can give rise to a strong sense of purpose, values, morals, and ethics. This can bring harmony and connectedness, knowledge that one is doing the right thing, and the joy and peace that are the foundations of positive mental health.

83. An estimated 1.9 to 3.3 percent of Americans have an obsessive-compulsive disorder. Some of these individuals suffer only from an obsession. Some suffer only from a compulsion. What is the

difference between the two?

Answer :

Answer may vary. Examples:
Obsession: a recurring idea, thought, or image that they realize, at least initially, is useless. Examples are repetitive thoughts that usually involve harm and danger; contamination; and doubt (of having completed an act or task).Compulsion: a repetitive behavior performed according to certain rules or in a stereotyped fashion.Examples are handwashing; cleaning; repeating words silently; counting; and checking (doors are locked, etc.).

84. What are the factors that lead to suicide?

Answer :

- suicidal behavior disorder
- mental disorders
- substance abuse
- hopelessness
- stress
- family history
- physical illness
- brain chemistry
- access to guns
- other factors

85. What are the most common reasons for taking psychiatric drugs?

Answer :

- depression
- anxiety
- a sleep difficulty
- an eating disorder
- alcohol or drug dependence
- impaired memory
- another disorder that disrupts the intricate chemistry of the brain