Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_\_

**Directions: Use parts of Ch. 3 (p. 61-72) from the textbook to complete the following questions.**

1. People who are mentally and emotionally healthy have the following characteristics:

a.

b.

c.

d.

2. Mentally and emotionally healthy people are more likely to reach   
  
\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. What was Abraham Maslow’s belief in regards to reaching self-actualization?

4. Describe each stage of Maslow’s Hierarchy of Needs:

Self-actualization:

Esteem Stage:

Social Stage:

Safety Stage:

Physical Stage:

5. Denying an emotion will not make it go away. Instead, what could happen?

6. What is one way that the text suggests that someone could practice expressing emotion in a positive way?

7. There are 3 suggestions given to help someone manage their emotions. List them below:

1.

2.

3.

8. What is guilt? Define guilt and explain one way to deal with guilty feelings.

9. Define ‘defense mechanism.’

10. List and describe 2 examples of defense mechanisms.

1.

2.

11. True or False?: The way a person expresses his or her emotions is learned by their family   
  
interactions as they grow up and cannot be changed. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. What is a mental disorder?

13. Why are mental disorders often misunderstood?

14. Who can diagnose a mental disorder?

15. What percentage of:  
 Americans are suffering from depression? \_\_\_\_\_\_\_%  
 Children are suffering from a mental disorder? \_\_\_\_\_\_\_%  
 Americans have a mental disorder? \_\_\_\_\_\_\_%

16. List 4 of the symptoms described that may be experienced with mental disorders:

a.

b.

c.

d.

17. What are 3 symptoms specifically related to depression?

a.

b.

c.

18. What is depression?

19. What are 3 suggestions provided in the text for someone who is experiencing depression?

1.

2.

3.

20. What does ADHD stand for?   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

21. Describe the difference between a panic disorder and a phobia.

22. What is obsessive-compulsive disorder (OCD)? What does each term ‘obsessive’ and ‘compulsive’ mean?

23. List at least 2 possible causes of mental disorders discussed in the text.

a.

b.

24. Describe bipolar disorder.

25. Describe hypochondria.

26. The text identifies three types of help for mental disorders. Briefly describe each of the types listed below:

a. Psychotherapy –

b. Group therapy –

c. Medication –

27. List 5 mental disorders discussed or mentioned in the chapter.

1.

2.

3.

4.

5.

28. If you think that you are suffering from a phobia, what type of treatment should you seek?

REVIEW:  
29. What is stress?

30. What is one effective way to deal with or cope with stress?