

Health: The Basics, 12e (Donatelle)

Chapter 2 Promoting and Preserving Your Psychological Health

1) A term used to encompass mental, emotional, social, and spiritual dimensions of health is

- A) socioemotional.
- B) holistic.
- C) psychiatric.
- D) psychological.

Answer: D

Diff: 1

Skill: Remembering

Section: What Is Psychological Health?

Learning Outcome: 2.1

2) Which of the following is TRUE of psychologically healthy people?

- A) They frequently experience guilt.
- B) They avoid new experiences.
- C) They value human diversity.
- D) They are uncomfortable when put in new social situations.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

3) A mentally healthy student who gets a bad grade on an exam would respond by

- A) becoming withdrawn and avoiding friends.
- B) getting angry at the professor.
- C) drinking for distraction and to relieve tension.
- D) learning from the situation and improving study habits.

Answer: D

Diff: 4

Skill: Analyzing

Section: What Is Psychological Health?

Learning Outcome: 2.1

4) Psychological health encompasses

- A) personal experiences and thoughts of future events.
- B) memories, emotions, and interpretations of life experiences.
- C) thoughts, including spiritual beliefs, relating to the past, present, and future..
- D) thoughts, feelings, interactions with others, and spirituality.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

5) A psychologically healthy person is

- A) cynical.
- B) introverted.
- C) athletic.
- D) resilient.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

6) Which of the following statements is FALSE concerning an individual's emotional health?

- A) Emotional trauma can affect a student's academic performance.
- B) An emotionally healthy person responds appropriately to upsetting events most of the time.
- C) Emotional health interacts with other aspects of an individual's health.
- D) An emotionally healthy person keeps feelings inside to avoid burdening others.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

7) Which of the following represents the primary difference between emotional health and mental health?

- A) Emotional health deals with feelings rather than thought processes.
- B) Mental health does not encompass our responses to stimuli.
- C) Mental health does not assume responsibility for our actions.
- D) Emotional health deals specifically with thought processes rather than feelings.

Answer: A

Diff: 4

Skill: Analyzing

Section: What Is Psychological Health?

Learning Outcome: 2.1

8) A dysfunctional family is defined as a family in which

- A) one or both parents intentionally attempt to undermine children's sense of self-confidence.
- B) one or both parents engage in illicit drug use or other criminal behavior.
- C) the physical or mental illness of one or more family members frequently overwhelms the family's capacity to cope.
- D) there is violence; physical, emotional, or sexual abuse; significant discord; or other negative family interactions.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

9) Marie's parents have given her money for a down payment on a new car; they are providing her with

- A) obligatory support.
- B) social support.
- C) tangible support.
- D) intangible support.

Answer: C

Diff: 3

Skill: Applying

Section: What Is Psychological Health?

Learning Outcome: 2.1

10) Lisa has a strong sense of purpose and meaning to her life. Lisa is demonstrating

- A) spiritual health.
- B) social support.
- C) religiosity.
- D) emotional health.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Psychological Health?

Learning Outcome: 2.1

11) Spiritually healthy people believe

- A) that it is important to give up control over their lives.
- B) in a god or other higher power.
- C) that they are part of a something larger than the purely physical dimension of existence.
- D) in an afterlife.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

12) Keisha has a negative attitude about life and puts herself down all the time. Keisha is displaying

- A) a dysfunctional response.
- B) low self-esteem.
- C) poor self-control.
- D) clinical depression.

Answer: B

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

13) Jose's belief that he can successfully pass his biology midterm is an example of

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

Answer: D

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

14) At the end of each day, Anne writes down five positive affirmations about herself to block out any negative thoughts. Anne is demonstrating

- A) magical thinking.
- B) optimism.
- C) learned optimism.
- D) brainwashing.

Answer: C

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

15) After breaking up with his girlfriend, Lucas has been unable to move on. He is afraid of rejection and doesn't think that women find him attractive. He is probably suffering from

- A) low self-efficacy.
- B) low self-esteem.
- C) failure to self-regulate.
- D) a victim complex.

Answer: B

Diff: 4

Skill: Analyzing

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

16) A person's sense of self-respect or self-worth is referred to as

- A) introversion.
- B) assertiveness.
- C) self-esteem.
- D) conscientiousness.

Answer: C

Diff: 1

Skill: Remembering

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

17) Which of the following situations would be likely to boost your self-esteem?

- A) handling all of your personal problems alone
- B) expecting to get perfect grades every term
- C) keeping in contact with old friends and family members
- D) doubting your ability to succeed

Answer: C

Diff: 4

Skill: Analyzing

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

18) Psychologically healthy people

- A) engage in vengeful acts.
- B) never think a negative thought.
- C) make time for others but not themselves.
- D) feel comfortable interacting with others.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

19) Which of the following is TRUE of Maslow's hierarchy of needs?

- A) Failure to meet a lower-level need will interfere with fulfilling higher-level needs.
- B) Social needs are the most basic and essential needs.
- C) A self-actualized person has met basic needs but has not fully reached his or her potential.
- D) Esteem needs are more basic than survival needs.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

20) Recently, Kevin has been spending a lot of time playing online poker. Last weekend, he decided on a whim to fly to Las Vegas to try his hand at "the real thing." He lost over \$5,000. This behavior indicates that Kevin may have

- A) bipolar disorder.
- B) borderline personality disorder.
- C) schizophrenia.
- D) generalized anxiety disorder.

Answer: B

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

21) Which of the following is NOT a common sign of major depression?

- A) memory lapses
- B) sleeping too much
- C) weight loss or gain
- D) feeling highly energetic

Answer: D

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

22) Sharon has lost two jobs in the past year. She blames her coworkers, who she says didn't like her. She claims that they were purposely trying to sabotage her and that she did absolutely nothing wrong. From her behavior, it is likely that Sharon has developed

- A) learned optimism.
- B) learned helplessness.
- C) low self-esteem.
- D) narcissism.

Answer: B

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

23) Which of the following is TRUE about laughter?

- A) It increases anxiety in people under stress.
- B) It is characteristic of serious or studious people.
- C) It has no effect on everyday experiences.
- D) It reduces levels of stress hormones.

Answer: D

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

24) Together, self-awareness, self-management, internal motivation, empathy, and social skills are MOST closely associated with

- A) intellectual health.
- B) emotional intelligence.
- C) psychoneuroimmunology.
- D) happiness.

Answer: B

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

25) Alicia has been experiencing persistent sadness, despair, and hopelessness. She is displaying symptoms of

- A) exhaustion.
- B) a personality disorder.
- C) an eating disorder.
- D) a chronic mood disorder.

Answer: D

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

26) Which of the following is TRUE about major depression in college students?

- A) About 2-3 percent of college students report having been diagnosed with or treated for depression in an average year.
- B) The majority of students do not feel overwhelmed by their responsibilities.
- C) Many students do not seek help for depression because of the stigma associated with seeing a counselor.
- D) Depression among college students is typically a temporary issue and not a major barrier to academic success.

Answer: C

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

27) Recent studies indicate that fostering self-esteem in children can lead to an increased risk for

- A) narcissism.
- B) depression.
- C) passivity.
- D) substance abuse.

Answer: A

Diff: 1

Skill: Remembering

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

28) Which of the following is TRUE about major depression?

- A) It is about the same as feeling down after a bad experience.
- B) Symptoms include fatigue and difficulty concentrating.
- C) Symptoms are distressing, but usually do not interfere with work, academics, or relationships.
- D) People can snap out of it if they choose.

Answer: B

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

29) Which of the following is TRUE about persistent depressive disorder?

- A) It is a mild but chronic form of depression.
- B) It is a version of manic depression.
- C) It is not treated unless it progresses to major depression.
- D) It is easy to diagnose.

Answer: A

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

30) Anxiety disorders have become the

- A) most common mental health problem in the United States.
- B) least costly of mental health disorders to treat.
- C) acceptable condition of the majority of employees in the workplace.
- D) main type of disorder affecting adults over the age of 65.

Answer: A

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

31) Melody has been experiencing severe mood swings, feeling highly energized for a period and then experiencing extreme depression. These symptoms are most closely associated with

- A) borderline personality disorder.
- B) generalized anxiety disorder.
- C) bipolar disorder.
- D) seasonal affective disorder.

Answer: C

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

32) Which of the following is TRUE about panic attacks?

- A) They typically last for 5 to 10 minutes.
- B) They typically come on gradually.
- C) They are not linked to heredity.
- D) They can lead to social isolation.

Answer: D

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

33) Jake is being treated for depression by a medical doctor who provides talk therapy and has also prescribed medication for his condition. Which type of mental health professional is Jake seeing?

- A) psychiatrist
- B) social worker
- C) psychologist
- D) licensed marriage and family therapist

Answer: A

Diff: 2

Skill: Understanding

Section: Seeking Professional Help

Learning Outcome: 2.5

34) Celia spends a good deal of her time worrying, feels on edge, is easily fatigued, and often has difficulty concentrating, which is affecting her grades. Her symptoms may characterize

- A) obsessive-compulsive disorder.
- B) generalized anxiety disorder.
- C) panic disorder.
- D) bipolar disorder.

Answer: B

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

35) Paulo cannot recall a time when he did not feel terrified of spiders. He could be experiencing a(n)

- A) obsession.
- B) compulsion.
- C) phobia.
- D) hysteria.

Answer: C

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

36) Most commonly, a person diagnosed with social anxiety disorder has a fear of

- A) leaving his or her room.
- B) public events and gatherings.
- C) spending time alone.
- D) contracting an infection from others.

Answer: B

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

- 37) Seasonal affective disorder (SAD) is associated with
- A) malfunction of the thyroid gland.
 - B) a lack of social interaction.
 - C) too much external stimuli.
 - D) reduced exposure to sunlight.

Answer: D

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

- 38) Which of the following living environments would likely increase your chances of suffering from seasonal affective disorder (SAD)?

- A) a northern state that experiences long winter nights
- B) a desert region in California
- C) a region close to the equator with little seasonal variation
- D) a southern state that experiences hot, humid summers

Answer: A

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

- 39) Which of the following statements about schizophrenia is TRUE?

- A) Schizophrenia is caused by an environmental factor.
- B) Schizophrenia is a biological disease of the brain.
- C) Schizophrenia can be cured.
- D) Symptoms most commonly appear in early childhood.

Answer: B

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

- 40) Treatment for schizophrenia includes hospitalization and a combination of

- A) medication and psychotherapy.
- B) medication and light therapy.
- C) light therapy and electroconvulsive therapy.
- D) psychotherapy and electroconvulsive therapy.

Answer: A

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

41) Which of the following is TRUE with respect to attention-deficit/hyperactivity disorder (ADHD)?

- A) ADHD causes people to be very organized.
- B) ADHD rarely occurs concurrently with other mental disorders.
- C) ADHD is only diagnosed in children.
- D) ADHD makes it more difficult to relate to others.

Answer: D

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

42) Adults with attention-deficit/hyperactivity disorder (ADHD) often have difficulty

- A) completing tasks.
- B) remembering their name.
- C) being spontaneous.
- D) gaining weight.

Answer: A

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

43) Warning signs of suicide include all of the following EXCEPT

- A) unexplained demonstration of happiness following a period of depression.
- B) preoccupation with themes of death.
- C) giving away prized possessions.
- D) compulsion to repeatedly perform rituals.

Answer: D

Diff: 2

Skill: Understanding

Section: Suicide: Giving Up on Life

Learning Outcome: 2.4

44) College students are

- A) less at risk for suicide if they drink alcohol.
- B) at increased risk for suicide if they identify as LGBT.
- C) more able to handle pressures that can lead to suicide than their younger peers.
- D) at higher risk of suicide than people of the same age who are not in college.

Answer: B

Diff: 2

Skill: Understanding

Section: Suicide: Giving Up on Life

Learning Outcome: 2.4

45) Suicide prevention techniques include

- A) downplaying a person's statement that they'd like to die.
- B) asking directly if the person intends to hurt himself or herself.
- C) reassuring a person that nothing could be so bad as to make suicide an option.
- D) keeping all conversations with the person confidential.

Answer: B

Diff: 2

Skill: Understanding

Section: Suicide: Giving Up on Life

Learning Outcome: 2.4

46) The mental health professional whose treatment is most likely to be based on Freud's theories is a

- A) clinical psychologist.
- B) psychoanalyst.
- C) social worker.
- D) psychiatrist.

Answer: B

Diff: 2

Skill: Understanding

Section: Seeking Professional Help

Learning Outcome: 2.5

47) You can expect a therapist to

- A) ask you about your history and various aspects of your life.
- B) tell you what to do and how to behave.
- C) offer to medicate you.
- D) require you to make more than one visit.

Answer: A

Diff: 4

Skill: Analyzing

Section: Seeking Professional Help

Learning Outcome: 2.5

48) A network of people who share ties and provide various types of services for each other is

- A) psychological support.
- B) emotional support.
- C) social support.
- D) community support.

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Psychological Health?

Learning Outcome: 2.1

49) An awareness of what others might be going through is called

- A) self-awareness.
- B) openness.
- C) extroversion.
- D) empathy.

Answer: D

Diff: 1

Skill: Remembering

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

50) People who have experienced repeated failures may develop a pattern of response in which they give up and fail to take any positive action. This is called

- A) resistance.
- B) learned helplessness.
- C) learned optimism.
- D) laziness.

Answer: B

Diff: 1

Skill: Remembering

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

51) According to Maslow's hierarchy, individuals who have satisfied their basic needs and have attained their full potential are

- A) emotionally healthy.
- B) mature.
- C) self-actualized.
- D) self-aware.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

52) A treatment for depression that involves correcting consistently pessimistic or faulty thought patterns is

- A) cognitive therapy.
- B) behavioral therapy.
- C) psychodynamic therapy.
- D) antidepressant therapy.

Answer: A

Diff: 2

Skill: Understanding

Section: Seeking Professional Help

Learning Outcome: 2.5

53) Being flexible in making plans with friends demonstrates

- A) optimism.
- B) self-esteem.
- C) agreeableness.
- D) self-efficacy.

Answer: C

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

54) Writing down five positive traits about yourself and resisting your inner critic is an exercise in

- A) learned optimism.
- B) narcissism.
- C) learned support.
- D) self-efficacy.

Answer: A

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

55) A person who experiences flashbacks after a violent mugging might be suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: B

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

56) Marcella has a persistent fear of social situations; she is suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: A

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

57) Evan washes his hands more than 50 times a day because of an ongoing fixation on germs; he is most likely suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: C

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

58) An acute anxiety attack that brings on intense physical symptoms is a(n)

- A) flashback.
- B) generalized anxiety disorder.
- C) obsessive-compulsive symptom.
- D) panic attack.

Answer: D

Diff: 1

Skill: Remembering

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

59) Research suggests that anxiety disorders

- A) are highly resistant to treatment.
- B) have essentially no biological basis.
- C) can develop as a learned response to a recurrent stress-inducing situation.
- D) are most prevalent among adults age 65 or older.

Answer: C

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

60) Although he is often dispirited, exhausted, and pessimistic, for the last few days Jirou has been studying, working out, and socializing with so much energy and enthusiasm that he has not had more than two or three hours of sleep each night. Jirou might be suffering from

- A) a personality disorder.
- B) panic disorder.
- C) post-traumatic stress disorder.
- D) bipolar disorder.

Answer: D

Diff: 3

Skill: Applying

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

61) Intense feelings or patterns of feelings that people experience are

- A) emotions.
- B) dreams.
- C) desires.
- D) needs.

Answer: A

Diff: 1

Skill: Remembering

Section: What Is Psychological Health?

Learning Outcome: 2.1

62) The personality trait that involves the ability to adapt to a social situation and demonstrate assertiveness is known as

- A) emotional stability.
- B) resiliency.
- C) extroversion.
- D) conscientiousness.

Answer: C

Diff: 1

Skill: Remembering

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

63) According to the PERMA model, which of the following strategies is most likely to enhance your well-being?

- A) Start seeing a therapist who can help you recall early traumas that may be blocking your personal growth.
- B) Set realistic goals and pursue them with effort.
- C) Vent to all your friends on a regular basis to remind them of what you are going through.
- D) Indulge in unhealthy foods once in a while to reward and calm yourself.

Answer: B

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

64) The general term for a disorder that disrupts thoughts, feelings, moods, and behavior to the extent that it interferes with daily life is

- A) neuroticism.
- B) mental illness.
- C) neurological impairment.
- D) cognitive disorder.

Answer: B

Diff: 1

Skill: Remembering

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

65) A collective term for several positive states in which individuals actively embrace the world around them is

- A) happiness.
- B) satisfaction.
- C) openness.
- D) conscientiousness.

Answer: A

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

66) Mental illnesses characterized by ongoing worry and a sense of threat are

- A) substance-abuse disorders.
- B) compulsive disorders.
- C) mood disorders.
- D) anxiety disorders.

Answer: D

Diff: 1

Skill: Remembering

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

67) A type of mental illness that involves inflexible patterns of thought that, in many cases, lead to inappropriate behavior is a(n)

- A) bipolar disorder.
- B) obsessive-compulsive disorder.
- C) personality disorder.
- D) anxiety disorder.

Answer: C

Diff: 1

Skill: Remembering

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

68) All of the following are common side effects of psychotropic drugs EXCEPT

- A) nausea.
- B) weight loss.
- C) headaches.
- D) sexual dysfunction.

Answer: B

Diff: 1

Skill: Remembering

Section: Seeking Professional Help

Learning Outcome: 2.5

69) Interpersonal therapy focuses on

- A) social roles and relationships.
- B) the psychological roots of emotional problems.
- C) the impact of thoughts and ideas on feelings and behavior.
- D) the therapist-patient relationship as a window into other relationship patterns.

Answer: A

Diff: 1

Skill: Remembering

Section: Seeking Professional Help

Learning Outcome: 2.5

70) Psychologically healthy people take time to enjoy and appreciate their surroundings.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

71) Any one dimension of psychological health can affect the others.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

72) Keeping in touch with your best friend from high school is one way of enhancing your social health.

Answer: TRUE

Diff: 3

Skill: Applying

Section: What Is Psychological Health?

Learning Outcome: 2.1

73) Happiness derived from helping your grandmother learn to use her new iPad can boost your health more than happiness derived from watching your favorite TV show.

Answer: TRUE

Diff: 3

Skill: Applying

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

74) A leading personality theory called the five-factor model proposes that, in most people, personality is influenced by five key factors, including genetics, parenting, and level of education.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

75) Studies have found no evidence of a genetic basis for happiness.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

76) Our personalities can be altered through behavior change.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

77) Behavioral therapy focuses on changing a person's habitual attitudes to become more positive and productive.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Seeking Professional Help

Learning Outcome: 2.5

78) Psychoneuroimmunology studies the effects of disease on emotional health.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

79) People with major depression experience physical effects such as sleep disturbance as well as persistent sadness and despair.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

80) Cutting or self-mutilation can be a sign of borderline personality disorder.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

81) The term *social health* is often used interchangeably with *mental health*.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: What Is Psychological Health?

Learning Outcome: 2.1

82) Children raised in dysfunctional families who have experienced violence or abuse may have a harder time adjusting to life and run an increased risk of psychological problems.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Psychological Health?

Learning Outcome: 2.1

83) A person who is content with life, usually feels good, and has an uplifting sense of inner peace is experiencing subjective well-being.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Keys to Enhancing Psychological Health

Learning Outcome: 2.2

84) People with bipolar disorder display a limited range of emotions.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

85) Changes in biochemistry due to drug abuse can trigger mental disturbances.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

86) A majority of U.S. adults with mental illness receive no mental health services.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

87) Some physical conditions, such as thyroid disorders and anemia, can cause depression-like symptoms.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Seeking Professional Help

Learning Outcome: 2.5

88) Do you believe that there is a stigma attached to mental illness? Provide information from the chapter to support your answer.

Answer: Yes, there is a stigma towards mental illness; many college students will not see a counselor for treatment of mental health issues because of the stigma attached and a fear that they will be criticized, made fun of, or ostracized by peers.

Diff: 5

Skill: Evaluating

Section: Seeking Professional Help

Learning Outcome: 2.5

89) Why do you think anxiety disorders have become the number one mental health problem in the United States? Provide information from the chapter and reflect on your own experiences to support your answer.

Answer: Answers will vary. There are many proposed explanations for anxiety disorders, which include environmental factors, biology, and social and cultural roles. Weakening social ties, changing cultural roles and responsibilities, and growing inequality may cause the excess stress, concern, and worry that give rise to these disorders. It is also possible that increased public awareness and physician diagnosis of anxiety disorders contribute.

Diff: 5

Skill: Evaluating

Section: What Is Psychological Health? and When Psychological Health Deteriorates

Learning Outcome: 2.1 and 2.3

90) What stressors or circumstances do you believe contribute the most to depression among college students? Provide information from the chapter and reflect on your own experiences to support your answer.

Answer: Answers will vary. Anxiety over relationships, pressure to get good grades, striving to win social acceptance, poor diet, abuse of alcohol and other drugs, and lack of sleep are factors.

Diff: 5

Skill: Evaluating

Section: When Psychological Health Deteriorates

Learning Outcome: 2.3

91) Propose at least two reasons that LGBT youth are more likely to attempt suicide than are their heterosexual peers. Also list five factors that may help reduce such attempts.

Answer: Reasons might include the fact that some LGBT youth have been rejected by their families or peers, or have been bullied in school. They may struggle with low self-esteem if, as children, they were taught to view homosexuality, bisexuality, and transgenderism as unnatural, abhorrent, or sinful. In general, they face a more difficult social environment than do their heterosexual peers. And they may be more likely to experience discrimination in housing, employment, health care, and other domains in some communities. Factors that may help prevent suicide include:

- Immediate and effective medical and mental health care
- Coping, problem-solving, and conflict-resolution skills
- Restricted access to highly lethal means of suicide
- Strong connections to family and friends
- Family acceptance of sexual orientation and/or gender identity
- School safety, support, connectedness, and peer groups

Diff: 4

Skill: Analyzing

Section: Suicide: Giving Up on Life

Learning Outcome: 2.4