

Access to Health, 15e (Donatelle)

Chapter 2 Promoting and Preserving Your Psychological Health

1) The term *psychological health* encompasses which four dimensions of health?

- A) Mental, physical, social, and environmental
- B) Mental, emotional, physical, and environmental
- C) Mental, physical, environmental, and spiritual
- D) Mental, emotional, social, and spiritual

Answer: D

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

2) People who feel good about themselves, deal effectively with life's challenges, and have positive social relationships are known as

- A) codependent.
- B) self-compassionate.
- C) psychologically healthy.
- D) independent.

Answer: C

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

3) According to Maslow's hierarchy of needs theory, an individual's

- A) five levels of need are independent of each other.
- B) basic survival needs must be met before he or she can address more complex needs.
- C) basic survival needs are not related to his or her psychological health.
- D) most basic needs are for shelter, safety, and protection.

Answer: B

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

4) Lana is entering college in the fall. She will be living away from home for the first time and will be responsible for managing her own schedule and finances. If Lana is psychologically healthy, she will react to this situation by

- A) feeling overwhelmed.
- B) becoming more independent.
- C) having uncontrolled anxiety.
- D) seeking social acceptance.

Answer: B

Diff: 3

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

5) Which of the following dimensions of psychological health includes a person's attitudes, beliefs, and problem-solving skills?

- A) Mental health
- B) Emotional health
- C) Social health
- D) Spiritual health

Answer: A

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

6) Intensified feelings or complex patterns of feelings that we experience on a regular basis are known as

- A) values.
- B) emotions.
- C) attitudes.
- D) expressions.

Answer: B

Diff: 1

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

7) Jake's decision to phone his older brother to ask for advice about how to reduce his college expenses best demonstrates

- A) social health.
- B) mental health.
- C) physical health.
- D) spiritual health.

Answer: A

Diff: 3

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

8) Self-actualization can best be described as a sense of

- A) being safe and secure.
- B) self-respect and accomplishment.
- C) creativity and fulfillment of potential.
- D) belonging and acceptance.

Answer: C

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

9) The ability to listen, to express oneself, to act responsibly, and to form healthy attachments with others are important aspects of

- A) social health.
- B) mental health.
- C) physical health.
- D) spiritual health.

Answer: A

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

10) Whenever she has trouble getting motivated to work on the report she's writing about the effects of climate change in her region, Amelia reminds herself of the meaning and purpose she has chosen in life. This response BEST demonstrates

- A) social health.
- B) mental health.
- C) physical health.
- D) spiritual health.

Answer: D

Diff: 3

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

11) Which of the following statements most accurately describes the role of families in the development of psychological health?

- A) Family life has very little influence on psychological health since genetics plays a larger role.
- B) Children of dysfunctional families cannot develop into psychologically healthy adults.
- C) Children raised in a nurturing environment are guaranteed to be psychologically healthy as adults.
- D) A nurturing family fosters the development of psychological health, but it can be achieved without it.

Answer: D

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

12) A family situation in which there is violence; physical, emotional, or sexual abuse; parental discord; or other negative interactions

- A) may psychologically damage family members.
- B) forces children to develop independence.
- C) teaches sound coping and problem-solving skills.
- D) accelerates the development of self-efficacy.

Answer: A

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

13) Extroversion, agreeableness, and openness to experience are

- A) inherited traits.
- B) personality traits.
- C) culturally determined traits.
- D) aspects of mental health.

Answer: B

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

14) Max wants to get in better physical shape and lose 10 pounds. His belief about whether he can successfully begin and maintain a fitness program is directly related to his level of

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

Answer: D

Diff: 3

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

15) Successfully adapting to change, dealing with stress, and bouncing back from life's inevitable disappointments demonstrates

- A) social stability.
- B) resiliency.
- C) emotional stability.
- D) confidence.

Answer: B

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

16) In the last three years, Nathan has experienced a failed marriage, the loss of a job, and bankruptcy. When he develops a serious health problem, he seems to have completely given up and is making little effort to follow his doctor's instructions to get well. Nathan has developed a pattern known as

- A) learned helplessness.
- B) learned optimism.
- C) introversion.
- D) extroversion.

Answer: A

Diff: 3

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

17) According to Maslow's hierarchy, human needs are ranked in the following ascending order.

- A) Esteem, survival, social, security, self-actualization
- B) Survival, security, social, esteem, self-actualization
- C) Self-actualization, esteem, social, security, survival
- D) Survival, social, security, esteem, self-actualization

Answer: B

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

18) Which principle described by psychologist Martin Seligman fosters an overall positive attitude by using thinking and behavior techniques to resist negativity?

- A) Learned helpfulness
- B) Learned pessimism
- C) Learned optimism
- D) Learned mindfulness

Answer: C

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

19) Which of the following personality traits involves the ability to be likable and to cooperate with others?

- A) Agreeableness
- B) Resiliency
- C) Conscientiousness
- D) Emotional stability

Answer: A

Diff: 1

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

20) Adele values her unique qualities and abilities and has a realistic sense of her worth as a person; she would be described as having a high level of

- A) self-satisfaction.
- B) positive emotions.
- C) resiliency.
- D) self-esteem.

Answer: D

Diff: 3

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

- 21) Studies suggest that happiness may
- A) reduce the risk for cardiovascular disease.
 - B) cause a faster heart rate.
 - C) contribute to more rapid weight loss.
 - D) increase an individual's lifespan.

Answer: A

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

- 22) Which statement is TRUE about mental illnesses?

- A) Anxiety is diagnosed among a greater percentage of college students than is depression.
- B) Each year, nearly one in ten college students is diagnosed or treated for a mental health issue.
- C) Mental illnesses are diagnosed in less than 1 percent of U.S. adolescents age 12 to 17.
- D) Mental illnesses are caused by a biochemical imbalance in the brain.

Answer: A

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

- 23) Which of the following is the most common mood disorder?

- A) Major depression
- B) Persistent depressive disorder
- C) Seasonal affective disorder
- D) Bipolar disorder

Answer: A

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

- 24) Erin has been experiencing feelings of guilt, worthlessness, hopelessness, sadness, and despair. Based on her symptoms, which of the following conditions would be a likely diagnosis?

- A) Paranoia
- B) Anxiety disorder
- C) Schizophrenia
- D) Depression

Answer: D

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

25) After experiencing a sexual assault, Brianna experiences attacks of acute anxiety, nightmares, flashbacks, and insomnia? From which type of anxiety disorder is she most likely suffering?

- A) Panic disorder
- B) Obsessive-compulsive disorder
- C) Post-traumatic stress disorder
- D) Generalized anxiety disorder

Answer: C

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

26) Lizbet seems to be on an emotional roller coaster. Her moods swing from one extreme to another, from a euphoric high to deep depression. She is most likely suffering from

- A) a phobia.
- B) panic disorder.
- C) major depression.
- D) bipolar disorder.

Answer: D

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

27) Which of the following is an example of the behavior of a person who is in the manic phase of bipolar disorder?

- A) Talkative and highly energetic
- B) Quiet, shy, and reserved
- C) Lethargic and depressed
- D) Sleeping excessively and overeating

Answer: A

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

28) Which of the following factors can play a role in triggering episodes of bipolar disorder?

- A) A sudden drop in blood sugar
- B) A flashback of a violent event
- C) Drug abuse or a stressful event
- D) Hunger or dehydration

Answer: C

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

- 29) Which statement is TRUE about major depression in men?
- A) Men are more likely to admit they are feeling depressed than are women.
 - B) Depressed men focus obsessively on a depressed mood.
 - C) The risk of death from heart disease is the same in depressed men and women.
 - D) Depression is associated with a higher risk of death in men than in women.

Answer: D

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

- 30) Which of the following is an anxiety disorder that involves an irrational fear of a specific object, activity, or situation?

- A) Obsessive-compulsive disorder
- B) Phobia
- C) Panic disorder
- D) Schizophrenia

Answer: B

Diff: 1

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

- 31) Heather is always tired, tense, restless, and irritable. She has difficulty concentrating and trouble sleeping. She's had these symptoms for the last six months. Her behavior is most characteristic of

- A) social phobia.
- B) bipolar disorder.
- C) panic disorder.
- D) generalized anxiety disorder.

Answer: D

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

- 32) Dennis often experiences sudden bursts of acute anxiety in which she feels short of breath and feels as if she is about to die. These episodes are known as

- A) mania.
- B) panic attacks.
- C) phobias.
- D) schizophrenia.

Answer: B

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

- 33) Which of the following is TRUE about a major depressive disorder?
- A) True depressive disorders are the same as feeling down after a bad experience.
 - B) Symptoms include physical exhaustion and an inability to concentrate.
 - C) Symptoms usually do not last for more than a month or two and can be easily managed.
 - D) People can snap out of it if they choose.

Answer: B

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

34) Anthony takes showers lasting 30 to 40 minutes each morning, washes his hands repeatedly throughout the day, and is so fearful of contamination that he wipes chairs, desks, and tables with antibacterial wipes before he takes a seat. These rituals significantly interfere with his ability to succeed in college. He is most likely suffering from

- A) generalized anxiety disorder.
- B) obsessive-compulsive disorder.
- C) social anxiety disorder.
- D) post-traumatic stress disorder.

Answer: B

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

35) Ana suffers from a persistent and unreasonable fear of snakes. She panics even if she sees the image of a snake on television. Ana is most likely suffering from

- A) post-traumatic stress disorder.
- B) panic disorder.
- C) phobic disorder.
- D) paranoid personality disorder.

Answer: C

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

36) A person with social anxiety disorder would be most fearful of

- A) high places.
- B) an end-of-term party.
- C) driving at night.
- D) snakes and spiders.

Answer: B

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

37) A pattern of manipulation of others is characteristic of

- A) narcissistic personality disorder.
- B) borderline personality disorder.
- C) paranoid personality disorder.
- D) antisocial personality disorder.

Answer: D

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

38) Which of the following is most characteristic of anxiety disorders?

- A) Feelings of isolation or not belonging
- B) Extreme fatigue
- C) Persistent feelings of threat and worry
- D) Persistent feelings of sadness and despair

Answer: C

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

39) Intentionally injuring oneself as a coping mechanism to deal with difficult or negative emotions is known as

- A) self-injury.
- B) self-efficacy.
- C) nonsuicidal abuse.
- D) attempted suicide.

Answer: A

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

40) Seasonal affective disorder is associated with

- A) a malfunction of the thyroid gland.
- B) lack of social interaction.
- C) reduced sleep time.
- D) reduced exposure to sunlight.

Answer: D

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

41) Which of the following has been shown to be the most beneficial treatment for seasonal affective disorder?

- A) Diet change
- B) Increased exercise
- C) Light therapy
- D) Stress management

Answer: C

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

42) Michael experiences hallucinations and erratic changes in his behaviors, movements, and emotions. He has been diagnosed with schizophrenia. Which of the following has the best potential to help him lead a normal life?

- A) A support group
- B) Medication and psychotherapy
- C) Psychoanalysis
- D) Institutionalization

Answer: B

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

43) Which of the following statements about schizophrenia is TRUE?

- A) It has been linked to a specific gene variant.
- B) It is a biological disease of the brain.
- C) It is caused by growing up in a dysfunctional family.
- D) It results from early childhood traumas.

Answer: B

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

44) Which of the following statements about suicide is TRUE?

- A) It is the leading cause of death among people age 15-24.
- B) Globally, adults age 70 years and older are more likely to commit suicide than younger adults.
- C) College students now account for nearly 98 percent of all suicides.
- D) Firearms are the most commonly used method of suicide among both men and women.

Answer: B

Diff: 4

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Applying/Analyzing

45) Which of the following personality disorders involves extreme self-absorption and an exaggerated sense of one's importance?

- A) Borderline personality disorder
- B) Paranoid personality disorder
- C) Antisocial personality disorder
- D) Narcissistic personality disorder

Answer: D

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

46) Stanton has been prescribed a selective serotonin-reuptake inhibitor. What type of medication is he taking?

- A) Mood stabilizer
- B) Antidepressant
- C) Antianxiety
- D) Antipsychotic

Answer: B

Diff: 2

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

47) Which of the following types of therapy focuses on the psychological roots of emotional suffering?

- A) Psychodynamic therapy
- B) Interpersonal therapy
- C) Cognitive therapy
- D) Behavioral therapy

Answer: A

Diff: 2

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

48) Approximately what percentage of adults use mental health counseling services?

- A) 2-5 percent
- B) 6-11 percent
- C) 12-15 percent
- D) 16-20 percent

Answer: C

Diff: 1

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

49) If you think you have a psychological problem and need treatment, what should you do first?

- A) Go online to learn more about the symptoms you're experiencing.
- B) Schedule a complete exam and evaluation by a physician.
- C) Interview three different mental health professionals.
- D) Tough it out and keep telling yourself that you can get over it.

Answer: B

Diff: 3

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Applying/Analyzing

50) Paulo's therapist gave him a prescription for an antidepressant. Which type of mental health professional does he see?

- A) Psychologist
- B) Psychiatrist
- C) Psychiatric social worker
- D) Licensed counselor

Answer: B

Diff: 3

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Applying/Analyzing

51) According to Maslow's hierarchy of needs, failure to meet one of the lower-level needs will not interfere with a person's ability to reach self-actualization.

Answer: FALSE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

52) Psychological health encompasses the mental, emotional, social, and spiritual dimensions of health.

Answer: TRUE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

53) A psychologically healthy person becomes easily frustrated by stressful situations.

Answer: FALSE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

54) The term *emotional health* is often used to describe the "thinking" aspect of psychological health.

Answer: FALSE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

55) A person's social and intellectual health are unaffected by emotional health.

Answer: FALSE

Diff: 4

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

56) Psychoneuroimmunology studies the neurological basis of psychiatric disorders and their relationship to immune function.

Answer: FALSE

Diff: 4

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

57) Children raised in a nurturing, happy environment are assured of psychological health as adults.

Answer: FALSE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

58) Personality is genetic and can never be changed.

Answer: FALSE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

59) Children from dysfunctional families may attain psychological health.

Answer: TRUE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

60) Seligman's five elements of well-being include financial security.

Answer: FALSE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

61) An individual with high self-efficacy would have confidence in his or her ability to change past eating habits by making healthier choices in the future.

Answer: TRUE

Diff: 3

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

62) A conviction that you are responsible for your own mistakes is known as resiliency.

Answer: FALSE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

63) Self-esteem includes taking pride in your accomplishments.

Answer: TRUE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

64) People with dyslexia are distracted much of the time and often find it hard to concentrate.

Answer: FALSE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

65) People who blame a sexual assault victim for provoking her assailant with provocative clothing are demonstrating victimology.

Answer: FALSE

Diff: 4

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Applying/Analyzing

66) A classmate who experiences chronic, mild depression but succeeds academically and participates in campus activities may nevertheless be suffering from persistent depressive disorder.

Answer: TRUE

Diff: 4

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

67) Major depression is the most common mental disorder among people age 65 and older.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

68) An individual with agoraphobia is highly likely to avoid riding the subway.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

69) ADHD is a mental illness.

Answer: FALSE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

70) Anxiety disorders are most prevalent among 18- to 24-year olds.

Answer: FALSE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

71) Laughter may boost the immune response.

Answer: TRUE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

72) Chronic pain can cause a person to become depressed.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

73) Insomnia, nightmares, and acute anxiety experienced a year later by witnesses of a campus shooting exemplify post-traumatic stress disorder.

Answer: TRUE

Diff: 3

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

74) Social phobia, also known as social anxiety disorder, involves persistent fears and avoidance of being in social situations.

Answer: TRUE

Diff: 1

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

75) Individuals with borderline personality disorder typically engage in risky behaviors such as unsafe sex, dangerous driving, and drug use.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

76) At present, schizophrenia is treatable but not curable.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

77) Self-injury is more prevalent among college students than among high school students.

Answer: FALSE

Diff: 1

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

78) A person who has been depressed for an extended period of time is at an increased risk for committing suicide.

Answer: TRUE

Diff: 2

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Remembering/Understanding

79) Psychologists are trained as medical doctors and can prescribe medications.

Answer: FALSE

Diff: 2

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

80) Extroversion is a personality trait characterized by the tendency to be outgoing, assertive, and able to adapt easily to various social situations.

Answer: TRUE

Diff: 1

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

81) A psychoanalyst has either a PhD or an MD degree as well as specialized training in psychoanalysis.

Answer: TRUE

Diff: 1

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

82) According to Maslow's hierarchy, food, water, sleep, and shelter are security needs.

Answer: FALSE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

83) In some people, a panic attack may occur because of an overreaction of their fight-or-flight stress response.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

84) It is possible to have a romantic partner and many friends and yet feel deep loneliness.

Answer: TRUE

Diff: 2

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Remembering/Understanding

85) An offer of a cooked meal when you're recovering from the flu is an example of tangible support.

Answer: TRUE

Diff: 3

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

86) Personality disorders are characterized by enduring and inflexible patterns of inner experience and behavior that are outside of cultural norms.

Answer: TRUE

Diff: 2

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Remembering/Understanding

87) Although you may be concerned about a loved one's depression, you should avoid asking directly if they're considering suicide.

Answer: FALSE

Diff: 4

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Applying/Analyzing

88) The mentally ill are 10 times more likely to commit a violent crime than those who are not mentally ill.

Answer: FALSE

Diff: 2

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

89) Emotional intelligence is the ability to identify, understand, and manage one's emotions in positive and constructive ways.

Answer: TRUE

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

90) A negative perception about a group of people, such as those with mental illness, is known as a stigma.

Answer: TRUE

Diff: 1

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

91) Identify at least four qualities of psychologically healthy people.

Answer: (any four or more of the following):

1. They feel good about themselves; they have a healthy sense of self-respect and a realistic sense of their own capabilities.
2. They feel comfortable with other people, respect others, and have compassion.
3. They are self-compassionate.
4. They effectively manage stress and control tension and anxiety.
5. They meet the demands of life, accept responsibility, and can solve problems.
6. They do not act on feelings of hate or guilt; they reach out to help others.
7. They maintain a positive outlook.
8. They value diversity.
9. They appreciate and respect the world around them.

Diff: 3

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Applying/Analyzing

92) Differentiate between the concepts of *mental health* and *emotional health*. Give one example of how an individual preparing for an important exam might demonstrate each.

Answer: Mental health refers to the thinking or rational dimension of psychological health.

Emotional health refers to the feeling, or subjective aspect of psychological health. Examples will vary.

Diff: 5

Chapter/Section: 2.1

Learning Outcome: 2.1

Skill: Evaluating/Creating

93) Identify and define at least three of the "big five" personality traits.

Answer: (any three or more of the following):

1. Extroversion - demonstrating assertiveness, the ability to easily adapt to social situations, and an ability to enjoy the company of others.
2. Agreeableness - ability to be likable, trusting, and cooperative.
3. Openness - demonstrating curiosity, independence, and imagination.
4. Neuroticism — a low score in neuroticism have the ability to maintain emotional control.
5. Conscientiousness - being dependable and demonstrating self-control, discipline, and a need to achieve.

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

94) List and define at least three characteristics of emotional intelligence.

Answer: (any three or more of the following):

1. Self-awareness. The ability to recognize one's own emotions, moods and reactions and those of others.
2. Self-regulation/self-management. The ability to control your emotional impulses, think before speaking, and express yourself appropriately.
3. Internal motivation. A drive for learning, including the ability to begin and follow through, to be trustworthy, stable, and consistent.
4. Empathy. An awareness of others' experiences and challenges.
5. Social skills. An ability to pick up on social cues, to listen and respond appropriately, and to cooperate with others.

Diff: 2

Chapter/Section: 2.2

Learning Outcome: 2.2

Skill: Remembering/Understanding

95) Give at least three reasons that have been proposed for the higher numbers of female adolescents and adults who suffer from depression as compared to males.

Answer: (and three or more of the following):

1. Female adolescents are more likely to have experienced trauma (such as childhood sexual abuse) than males.
2. Female adolescents struggle more with self-esteem and approval than do male adolescents.
3. Levels of female's hormones change more significantly than levels of male's hormones, which are more stable throughout life.
4. Adult females are under more stress than males because of multiple responsibilities as a spouse or partner, caregiver for children and/or elderly parents, plus work/career responsibilities.
5. Gender differences in coping strategies have been observed: women tend to focus on negative feelings, while men tend to distract themselves from a depressed mood through alcohol, drugs, or activity.

Diff: 4

Chapter/Section: 2.3

Learning Outcome: 2.3

Skill: Applying/Analyzing

96) List at least four risk factors for suicide.

Answer: (any four or more of the following):

1. Family history of suicide
2. Previous suicide attempt
3. Excessive drug and/or alcohol use
4. Prolonged depression
5. Financial difficulties
6. Serious illness in oneself or a loved one
7. Loss of a loved one through death or rejection

Diff: 2

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Remembering/Understanding

97) List at least five warning signs that might indicate a person is contemplating suicide.

Answer: (any five or more of the following):

1. Recent loss and inability to let go of grief
2. Change in personality
3. Change in behavior - lack of concentration, loss of interest in activities, unexplained demonstration of happiness after a period of depression, or excessive risk-taking
4. Change in sexual interest
5. Change in sleep patterns and/or eating habits
6. History of depression
7. Direct or indirect statement about suicide
8. Making final preparations such as writing a will or giving away prized possessions
9. Preoccupation with themes of death
10. Marked changes in personal appearance

Diff: 3

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Applying/Analyzing

98) If you have observed what you believe to be warning signs of suicide in a friend, list at least four actions you should take.

Answer: (any four or more of the following):

1. Monitor warning signs.
2. Take threats seriously.
3. Let the person know you care.
4. Ask directly if he or she is thinking about suicide.
5. Take action.
6. Help think about alternatives and encourage him or her to get help.
7. Let people close to the person know your suspicions.

Diff: 3

Chapter/Section: 2.4

Learning Outcome: 2.4

Skill: Applying/Analyzing

99) List at least four indications that a person should seek help from a mental health professional.

Answer: (any four or more of the following):

1. Feeling the need for help or feeling out of control
2. Experiencing extreme mood swings or inappropriate responses
3. Experiencing excessive feelings of guilt
4. Withdrawing from others or from normal activities
5. Experiencing hallucinations
6. Feeling worthless or that life is not worth living
7. Life becomes one crisis after another
8. Considering suicide
9. Turning to drugs or alcohol to escape problems

Diff: 2

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Remembering/Understanding

100) Explain the difference between cognitive therapy and behavioral therapy.

Answer: Cognitive therapy focuses on how thoughts and ideas influence feelings and behavior.

The patient learns to identify and correct faulty thinking patterns. Behavioral therapy focuses on changing a person's actions to establish healthier behavior patterns. It helps the patient to respond to challenging situations more effectively.

Diff: 5

Chapter/Section: 2.5

Learning Outcome: 2.5

Skill: Evaluating/Creating