

Access to Health Green Edition, 11e (Donatelle et al)

**Chapter 2 Psychosocial Health: Being Mentally, Emotionally, Socially,
and Spiritually Well**

1) A term that encompasses mental, emotional, social, and spiritual dimensions of health is

- A) socioemotional.
- B) socio-holistic.
- C) psychoenvironmental.
- D) psychosocial.

Answer: D

Diff: 1 Page Ref: 40

Skill: Remembering

2) Psychosocially healthy people generally

- A) feel good about themselves.
- B) respect diversity.
- C) control anxiety.
- D) all of the above.

Answer: D

Diff: 2 Page Ref: 40-41

Skill: Understanding

3) Karen is entering college in the fall. For the first time in her life, she will be living away from home and be responsible for setting her own schedule. If Karen is psychosocially healthy, she will likely react to this situation by

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

Answer: B

Diff: 2 Page Ref: 41

Skill: Applying

4) The primary difference between emotional health and mental health is that emotional health deals with

- A) conscience.
- B) feelings.
- C) objectivities.
- D) actualizations.

Answer: B

Diff: 2 Page Ref: 42

Skill: Analyzing

5) Intensified feelings or complex patterns of reactions that we experience on a minute-by-minute, day-to-day basis are called

- A) conscience.
- B) emotions.
- C) objectivities.
- D) actualizations.

Answer: B

Diff: 1 Page Ref: 43

Skill: Remembering

6) Strong social bonds provide all of the following EXCEPT

- A) reassurance of one's worth.
- B) large numbers of social contacts.
- C) a sense of belonging.
- D) intimacy.

Answer: B

Diff: 2 Page Ref: 43

Skill: Understanding

7) A negative evaluation of an entire group of people that is typically based on unfavorable and often wrong ideas about the group is called

- A) subversion.
- B) prejudice.
- C) negativism.
- D) criticism.

Answer: B

Diff: 1 Page Ref: 44

Skill: Remembering

8) Social health

- A) includes the ability to develop social bonds.
- B) means you have a lot of friends but never need to call on them for assistance.
- C) is not necessary for achieving and maintaining physical health.
- D) does not affect our interactions with people outside of our social network.

Answer: A

Diff: 2 Page Ref: 43

Skill: Understanding

9) According to the text, which one of the keys to health and wellness embodies the ability to believe in some force that gives meaning to life and a unifying sense of belonging?

- A) Western religion
- B) Eastern religion
- C) Subjective well being (SWB)
- D) Spirituality

Answer: D

Diff: 1 Page Ref: 45

Skill: Remembering

10) Which of the following is an example of spiritual health?

- A) growing up in a nurturing family
- B) accessing health services
- C) having influential peers
- D) possessing good personal control

Answer: D

Diff: 3 Page Ref: 44

Skill: Understanding

11) Having a sense of harmony with oneself and others is known as

- A) mindfulness.
- B) interconnectedness.
- C) prejudice.
- D) personal control.

Answer: B

Diff: 1 Page Ref: 44

Skill: Remembering

12) Focusing on the present through the use of Yoga is an example of

- A) interconnectedness.
- B) mindfulness.
- C) harmony.
- D) transcendence.

Answer: B

Diff: 2 Page Ref: 44

Skill: Applying

13) Which of the following is not a characteristic that distinguishes religion from spirituality?

- A) Religion is community focused.
- B) Religion is emotionally oriented.
- C) Religion is more formal and organized.
- D) Religion has a doctrine separating good from evil.

Answer: B

Diff: 2 Page Ref: 44

Skill: Understanding

14) Which of the following statements most accurately describes the role of families in the development of psychosocial health?

- A) Family life does not influence psychosocial health.
- B) Children of dysfunctional families cannot develop psychosocial health.
- C) Children raised in a nurturing environment are assured psychosocial health as adults.
- D) A nurturing family will foster the development of psychosocial health but is not required.

Answer: D

Diff: 2 Page Ref: 46

Skill: Understanding

15) Internal factors which affect psychosocial health include all EXCEPT

- A) hereditary traits.
- B) social bonds.
- C) hormonal functioning.
- D) physical fitness.

Answer: B

Diff: 1 Page Ref: 47

Skill: Understanding

16) Jason wants to get in better shape and lose 10 lbs. His belief about whether he can successfully develop and maintain a fitness program is directly related to his level of

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

Answer: D

Diff: 1 Page Ref: 47

Skill: Applying

17) After a failed marriage, loss of a job, a chronic illness, and bankruptcy, John's demeanor has developed into a pattern known as

- A) learned helplessness.
- B) negative expressiveness.
- C) depressive helplessness.
- D) hopeless pattern behavior.

Answer: A

Diff: 2 Page Ref: 47

Skill: Applying

18) Martin Seligman's principle of _____ helps to counteract learned helplessness and foster more overall positive development through improved mental health practices.

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

Answer: C

Diff: 2 Page Ref: 47-48

Skill: Understanding

19) Which of the following is NOT considered a trait of a psychosocially healthy person?

- A) agreeableness
- B) introversion
- C) conscientiousness
- D) emotional stability

Answer: B

Diff: 2 Page Ref: 48

Skill: Understanding

20) Developmental tasks of the college student include all EXCEPT

- A) managing personal finances.
- B) interpersonal communication.
- C) defining and adhering to personal values.
- D) balancing responsibilities of family, career, and school.

Answer: C

Diff: 1 Page Ref: 49

Skill: Understanding

21) Wendy spent her entire first semester at East State University suffering from one little illness after another. She felt overwhelmed by the amount of schoolwork she had to accomplish and did not earn all A's as she did in high school. Her best friend from high school, Susie, attended West State University and enjoyed a wonderfully exciting and successful first semester. Which of the following statements best summarizes their situation?

- A) Wendy should have attended West State University as it clearly is a better school.
- B) Susie must have lived in a better residence hall which allowed her to stay "healthy", making it easier for Susie to do well in her schoolwork.
- C) Wendy is not as academically prepared for college even though she and Susie took all of the same college prep classes in high school.
- D) Susie has resiliency which enables her to cope with the challenges of university life.

Answer: D

Diff: 2 Page Ref: 49

Skill: Analyzing

22) Which statement about sleep is not true?

- A) Sleep serves to conserve energy.
- B) Sleep is linked to our level of melatonin.
- C) Sleep serves to restore chemical resources needed for optimal performance.
- D) Caffeine intake decreases our need for sleep.

Answer: D

Diff: 1 Page Ref: 49

Skill: Understanding

23) Sharon is having difficulty sleeping and wakes frequently during the night. In the morning, she feels groggy and is constantly resetting the alarm on her clock to try to get a few more minutes rest. Based on this information, Sharon probably isn't getting enough

- A) REM sleep.
- B) sleep inertia.
- C) stage 1 sleep.
- D) light sleep.

Answer: A

Diff: 1 Page Ref: 50

Skill: Understanding

24) Dreaming occurs during

- A) stage 1 sleep.
- B) stage 4 sleep.
- C) REM sleep.
- D) non-REM sleep.

Answer: C

Diff: 2 Page Ref: 50

Skill: Remembering

25) John is suffering from sleeplessness. The best method he can use to avoid this is to

- A) have a heavy physical workout before going to bed.
- B) take Tylenol PM or a sedative.
- C) have a regular sleep schedule.
- D) make up all lost sleep on weekends.

Answer: C

Diff: 2 Page Ref: 50

Skill: Applying

26) Glenda has noticed that her husband's breathing is irregular when he sleeps. At times, his breathing seems to stop completely for ten seconds or longer before it begins again. Glenda's husband may be suffering from

- A) sleep sickness.
- B) sleep dysphasia.
- C) sleep apnea.
- D) sleep asphyxia.

Answer: C

Diff: 1 Page Ref: 51

Skill: Remembering

27) Which of the following is NOT considered a central component of subjective well being (SWB)?

- A) satisfaction with present life
- B) relative presence of positive emotions
- C) relative absence of negative emotions
- D) feelings of inner connectedness

Answer: D

Diff: 2 Page Ref: 52

Skill: Understanding

28) Which of the following students is least likely to have Subjective Well-Being (SWB)?

A) Joe's father works in the coal mines and his mom stays at home raising his 3 little sisters. Joe, a sophomore, lives at home and does odd jobs around town to help make ends meet. Joe is proud to be the first in his family to attend college.

B) Jim's father is a partner in a prestigious law firm; his mother stays at home raising his 3 little sisters. Jim, a sophomore, lives in a nice off-campus apartment because those geeky freshmen in the residence halls really get on his nerves.

C) John, the team's starting quarterback, is facing the toughest team in the conference but is excited because he is sure his team will play a great game.

D) Jacob was the team's starting quarterback last year and is really disappointed about being moved to a back-up position. He still goes to every practice and game, giving his best effort, and is really excited about how well the team is doing this year.

Answer: B

Diff: 3 Page Ref: 52

Skill: Analyzing

29) Which statement is true about mental illness?

A) Mental illness affects all age groups, ethnic groups, gender groups, and socioeconomic groups.

B) The prevalence of mental illness is the same regardless of age, ethnicity, gender, and/or socioeconomic status.

C) Only one in forty American adults (or less than 3 percent) suffers from a diagnosed mental disorder each year.

D) Mental illness is actually caused only by biochemical dysfunction in the brain.

Answer: A

Diff: 3 Page Ref: 54

Skill: Understanding

30) Which of the following is the most common chronic mood disorder?

A) depression

B) dysthymic Disorder

C) premenstrual Syndrome

D) bipolar Disorder

Answer: A

Diff: 1 Page Ref: 55

Skill: Remembering

31) Erin is concerned because she has been feeling discouraged by life and her circumstances, including feelings of guilt and worthlessness. She also expresses overall feelings of hopelessness, sadness, and despair. On the basis of her symptoms, what might she be suffering from?

A) paranoia

B) anxiety disorder

C) schizophrenia

D) depression

Answer: D

Diff: 2 Page Ref: 56

Skill: Analyzing

32) Joan seems to be on an emotional roller coaster. She goes from one extreme emotionally to another□from euphoric to depressive. Joan is most likely suffering from

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

Answer: D

Diff: 1 Page Ref: 56

Skill: Analyzing

33) Which is not a characteristic of the manic phase of Bipolar Disorder?

- A) outgoing and talkative
- B) quiet and reserved
- C) abundant energy
- D) overactive

Answer: B

Diff: 1 Page Ref: 56

Skill: Understanding

34) Which is not a factor thought to cause episodes of Bipolar Disorder?

- A) genetic
- B) biological
- C) behavioral
- D) environmental

Answer: C

Diff: 1 Page Ref: 56

Skill: Remembering

35) Which statement is true about depression in men?

- A) Although men focus on their depressed mood more than women do, men are less likely to admit they are depressed.
- B) Depressed men personify the hopeless, helpless, downtrodden male.
- C) Risk of death from heart disease is the same in depressed men and women.
- D) Suicide rates among depressed men are four times those of depressed women.

Answer: D

Diff: 2 Page Ref: 58

Skill: Understanding

36) William is being treated for depression. He has been having relationship difficulties with his spouse over the last several years which seem to be a contributing factor. In order to address these issues, William would most likely benefit from _____ therapy.

- A) cognitive
- B) developmental
- C) interpersonal
- D) humanistic

Answer: C

Diff: 2 Page Ref: 59

Skill: Applying

37) Which of the following is not an anxiety disorder?

- A) obsessive-Compulsive Disorder
- B) panic Disorder
- C) post-Traumatic Stress Disorder
- D) schizophrenia

Answer: D

Diff: 1 Page Ref: 59

Skill: Remembering

38) Heather is always tired, tense, and irritable with everyone. She has difficulty concentrating and sleeping. She's had these symptoms for at least the last six months. Her behavior is most characteristic of

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

Answer: D

Diff: 2 Page Ref: 61

Skill: Understanding

39) The most effective long-term treatment for generalized anxiety disorders includes

- A) individual therapy.
- B) drug therapy.
- C) in-patient therapy.
- D) family therapy.

Answer: A

Diff: 2 Page Ref: 61

Skill: Remembering

40) Erin often experiences sudden bursts of disabling terror called

- A) nervousness.
- B) panic attack.
- C) phobia.
- D) stress.

Answer: B

Diff: 2 Page Ref: 61

Skill: Remembering

41) Researchers suspect panic attacks may be caused by

- A) an epileptic seizure.
- B) depression.
- C) heredity and stress.
- D) a heart attack.

Answer: C

Diff: 1 Page Ref: 61

Skill: Remembering

42) Anthony served time in prison for selling drugs to finance his college education. Several years later, after settling down with his career and own family, he began to constantly worry that his children would find out about his "dirty" past and lose respect and love for him. Anthony found himself taking as many as 10 showers a day even though he realized his senseless behavior would not wash away his past. Anthony was most likely suffering from

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

Answer: B

Diff: 3 Page Ref: 62

Skill: Understanding

43) Greg suffers from a persistent and unreasonable fear of snakes. He panics even if he sees one on television. Greg is most likely suffering from

- A) anxiety.
- B) panic.
- C) a phobia.
- D) hysteria.

Answer: C

Diff: 2 Page Ref: 61

Skill: Understanding

44) Someone with a social phobia would fear

- A) high places.
- B) public gatherings.
- C) driving at night.
- D) snakes and spiders.

Answer: B

Diff: 2 Page Ref: 61

Skill: Understanding

45) Which of the following is NOT commonly considered a source of anxiety disorders?

- A) biology
- B) environment
- C) social/cultural roles
- D) OTC drugs

Answer: D

Diff: 2 Page Ref: 62-63

Skill: Remembering

46) Which is not a true statement regarding self-mutilation?

- A) Self-mutilation is a coping mechanism used to deal with stress and sadness.
- B) Poverty and low academic ability are risks for self-mutilation.
- C) A significant number of self-mutilators were abused as children.
- D) The goal of treatment for self-mutilation is to stop the feelings that prompt self-mutilation.

Answer: B

Diff: 2 Page Ref: 58

Skill: Understanding

47) Seasonal affective disorder is associated with

- A) malfunction of the thyroid gland.
- B) lack of social interaction.
- C) too many external stimuli.
- D) reduced exposure to sunlight.

Answer: D

Diff: 2 Page Ref: 56

Skill: Remembering

48) Based on the causes of seasonal affective disorder, it is most likely to occur in

- A) the tropics.
- B) the southeastern United States.
- C) Alaska.
- D) California.

Answer: C

Diff: 2 Page Ref: 56

Skill: Remembering

49) Which of the following appears to be most effective in treating seasonal affective disorder?

- A) light therapy
- B) exercise
- C) stress management
- D) all of these

Answer: D

Diff: 2 Page Ref: 56

Skill: Understanding

50) Michael experiences hallucinations and changes in his behaviors, movements, and emotions unpredictably and radically. What mental disorder does Michael suffer from?

- A) clinical depression
- B) obsessive-compulsive disorder
- C) schizophrenia
- D) panic disorder

Answer: C

Diff: 2 Page Ref: 63

Skill: Understanding

51) Which of the following statements about schizophrenia is true?

- A) It is caused by an environmental factor.
- B) It is a biological disease of the brain.
- C) It is caused by abnormal family interaction in childhood.
- D) It results from early childhood traumas.

Answer: B

Diff: 2 Page Ref: 63

Skill: Understanding

52) Treatment for schizophrenia includes all of the following EXCEPT

- A) light therapy.
- B) psychotherapy.
- C) medication.
- D) hospitalization.

Answer: A

Diff: 2 Page Ref: 63

Skill: Understanding

53) Which of the following statements about suicide is true?

- A) It is the leading cause of death for people 15-24.
- B) College students are more likely to attempt suicide than the general population.
- C) College students now account for nearly 20% of all suicides.
- D) All of these are true.

Answer: B

Diff: 1 Page Ref: 64

Skill: Remembering

54) Which of the following is not a risk factor for suicide?

- A) suicide by a close friend or family member
- B) excessive substance use or abuse
- C) loss of a loved one
- D) multiple minor illnesses

Answer: D

Diff: 1 Page Ref: 64

Skill: Remembering

55) Dan has been experiencing mood swings and has been participating in extremely risky behavior claiming that he does not care what happens to him. Dan's characteristics are warning signals for

- A) panic disorder.
- B) affective disorder.
- C) schizophrenia.
- D) suicide.

Answer: D

Diff: 2 Page Ref: 64

Skill: Understanding

56) Which of the following actions is recommended to prevent suicide?

- A) Take all threats seriously, don't just brush them off.
- B) Listen carefully, and empathize and sympathize without acting shocked by what they say.
- C) Ask directly, "Are you thinking about hurting or killing yourself?" Let them know you care.
- D) All of these are recommended actions.

Answer: D

Diff: 1 Page Ref: 64-65

Skill: Applying

57) Approximately what ratio of Americans seeks help from mental health professionals at some point in their lives?

- A) one in twenty
- B) one in ten
- C) one in five
- D) one in three

Answer: C

Diff: 2 Page Ref: 65

Skill: Remembering

58) Which of the following is not a major reason for increasing numbers of Americans seeking professional help for psychosocial problems?

- A) dysfunctional families
- B) increasing use of technology
- C) breakdown in support systems
- D) increasing societal expectations of individuals

Answer: B

Diff: 1 Page Ref: 65

Skill: Understanding

59) Which of the following is a way to help yourself if you are depressed?

- A) Don't lower your goals; reaching your goals will make you feel better about yourself.
- B) Tackle the large tasks first as your sense of accomplishment will improve your mood.
- C) Do things that are enjoyable and make you feel better such as exercising or going out with a friend.
- D) Acknowledge your depression so you will immediately feel much better.

Answer: C

Diff: 2 Page Ref: 65

Skill: Understanding

60) Which is a medical doctor who can treat mental illness, prescribe medication, and admit patients to a hospital?

- A) psychologist
- B) clinical social worker
- C) psychiatrist
- D) psychiatric nurse

Answer: C

Diff: 1 Page Ref: 66

Skill: Remembering

61) David's therapist gave him a prescription for an antidepressant. What type of mental health professional does he go to?

- A) psychologist
- B) psychiatrist
- C) psychiatric social worker
- D) social counselor

Answer: B

Diff: 2 Page Ref: 66

Skill: Understanding

62) Psychological distress among college students is ultimately a major contributor to health problems.

Answer: TRUE

Diff: 2 Page Ref: 40

Skill: Understanding

63) Psychosocial health encompasses the mental, emotional, social, and spiritual dimensions of health.

Answer: TRUE

Diff: 1 Page Ref: 40

Skill: Remembering

64) The psychosocially healthy person has achieved perfection.

Answer: FALSE

Diff: 2 Page Ref: 40-41

Skill: Understanding

65) The term emotional health is often used to describe the "thinking" part of psychosocial health.

Answer: FALSE

Diff: 1 Page Ref: 42-43

Skill: Understanding

66) Emotional health, mental health, and social health all interact where a change in one will likely result in a change in the other two.

Answer: TRUE

Diff: 2 Page Ref: 43

Skill: Understanding

67) A recent study of college students found no relationship between spirituality and a successful college experience.

Answer: FALSE

Diff: 1 Page Ref: 45

Skill: Remembering

68) The terms "spirituality" and "religion" may be used interchangeably.

Answer: FALSE

Diff: 2 Page Ref: 44

Skill: Understanding

69) Children raised in a nurturing, happy environment are assured psychosocial health as adults.

Answer: FALSE

Diff: 1 Page Ref: 46

Skill: Understanding

70) Children from dysfunctional families may attain psychosocial health.

Answer: TRUE

Diff: 2 Page Ref: 46-47

Skill: Understanding

71) Unconditional love contributes to the development of psychosocial health.

Answer: TRUE

Diff: 2 Page Ref: 49

Skill: Understanding

72) An individual with high self-efficacy would have confidence in their ability to change their eating habits and incorporate healthier choices.

Answer: TRUE

Diff: 2 Page Ref: 47

Skill: Applying

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

Answer: TRUE

Diff: 2 Page Ref: 47

Skill: Understanding

74) An individual who continually experiences failure may eventually develop learned helplessness.

Answer: TRUE

Diff: 2 Page Ref: 47-48

Skill: Applying

75) Based on gender differences in rates of insomnia, a male college student would be more likely develop insomnia than a female college student.

Answer: FALSE

Diff: 1 Page Ref: 50

Skill: Understanding

76) Sleep apnea is caused by a gastrointestinal tract disorder.

Answer: FALSE

Diff: 1 Page Ref: 51

Skill: Remembering

77) Men are more likely than women to suffer from sleep disorders.

Answer: FALSE

Diff: 1 Page Ref: 50

Skill: Remembering

78) To achieve overall Subjective Well-being (SWB) one must learn to be happy all of the time.

Answer: FALSE

Diff: 2 Page Ref: 52

Skill: Remembering

79) Humor is often an effective mechanism for coping with negative emotions.

Answer: TRUE

Diff: 1 Page Ref: 52-53

Skill: Understanding

80) Most college students would rate depression as being among their top 10 physical and mental problems.

Answer: FALSE

Diff: 2 Page Ref: 55

Skill: Understanding

81) Laughter may lower an individual's risk of infection.

Answer: TRUE

Diff: 1 Page Ref: 53

Skill: Applying

82) Most experts believe that major depressive disorders are caused by biological factors.

Answer: FALSE

Diff: 1 Page Ref: 56

Skill: Remembering

83) More women than men suffer from depression.

Answer: TRUE

Diff: 1 Page Ref: 57

Skill: Remembering

84) According to the American Journal of Psychiatry, children of a depressed parent have an increased risk of psychosocial illness or impairment.

Answer: TRUE

Diff: 1 Page Ref: 59

Skill: Remembering

85) Specific phobias are the most common phobic response.

Answer: FALSE

Diff: 1 Page Ref: 61

Skill: Remembering

86) Social phobias involve persistent fears and avoidance of being in social situations where one might be humiliated or looked at.

Answer: TRUE

Diff: 1 Page Ref: 61

Skill: Understanding

87) Schizophrenia and "Split Personality" are the same psychological disorder.

Answer: FALSE

Diff: 1 Page Ref: 63

Skill: Understanding

88) A person who is 50 years old is more likely to develop schizophrenia than someone who is 20 years old.

Answer: FALSE

Diff: 1 Page Ref: 63

Skill: Understanding

89) Schizophrenia is treatable but not curable with current treatment methods.

Answer: TRUE

Diff: 1 Page Ref: 63

Skill: Remembering

90) A person who has been depressed for a long time is at an increased risk for committing suicide.

Answer: TRUE

Diff: 1 Page Ref: 64

Skill: Understanding

91) Psychoanalysts are trained as medical doctors and can prescribe medications.

Answer: FALSE

Diff: 1 Page Ref: 66

Skill: Remembering

92) _____ is a complex interaction of your mental, emotional, social, and spiritual health.

Answer: Psychosocial health

Diff: 1 Page Ref: 40

Skill: Understanding

93) The term _____ is often used interchangeably with mental health.

Answer: emotional health

Diff: 1 Page Ref: 42

Skill: Understanding

94) _____ are the interplay of physiological arousal, feelings, cognitive processes, and behavioral reactions.

Answer: Emotions

Diff: 2 Page Ref: 43

Skill: Remembering

95) _____ describes the level of closeness and attachment that we develop with other individuals.

Answer: Social bonds

Diff: 2 Page Ref: 43

Skill: Remembering

96) Psychosocially healthy people who create and maintain a network of friends and family are likely to have strong _____.

Answer: social supports

Diff: 2 Page Ref: 43

Skill: Remembering

97) Finding a sense of meaning, purpose, and connectedness in life to that which is good promotes _____.

Answer: Spirituality

Diff: 1 Page Ref: 44

Skill: Understanding

98) Characteristics of _____ families include violence or sexual, physical, or emotional abuse.

Answer: dysfunctional

Diff: 1 Page Ref: 46

Skill: Remembering

99) _____ increases as one's sense of self-respect or self-confidence increases.

Answer: Self-esteem

Diff: 1 Page Ref: 47

Skill: Understanding

100) _____ is a pattern of responding in which people give up and fail to take any action to help themselves.

Answer: Learned helplessness

Diff: 1 Page Ref: 47

Skill: Remembering

101) Seligman's other pattern of responding in which people teach themselves to be more optimistic is called _____.

Answer: learned optimism

Diff: 1 Page Ref: 48

Skill: Remembering

102) Demonstrating assertiveness, power, and/or interpersonal involvement in a social situation would be an indication of _____.

Answer: Extroversion

Diff: 1 Page Ref: 48

Skill: Understanding

103) _____ describes the qualities of being dependable and demonstrating self-control, discipline, and a need to achieve.

Answer: Conscientiousness

Diff: 1 Page Ref: 48

Skill: Remembering

104) _____ describes those traits which protect an individual when facing the challenges of life; it is an individual's capacity for adapting to change and stressful events in healthy and flexible ways.

Answer: Resiliency

Diff: 1 Page Ref: 48

Skill: Remembering

105) When a person wakes feeling rested and refreshed they have gotten adequate amounts of _____ sleep.

Answer: REM

Diff: 1 Page Ref: 50

Skill: Understanding

106) Interrupted breathing during a normal night's sleep may be caused by _____.

Answer: Sleep apnea

Diff: 1 Page Ref: 51

Skill: Understanding

107) _____ is the study of the interaction of psychosocial factors, the central nervous system, and the immune system.

Answer: Psychoneuroimmunology (PNI)

Diff: 1 Page Ref: 52

Skill: Remembering

108) Satisfaction with present life, relative presence of positive emotions, and relative absence of negative emotions are three components of _____.

Answer: Subjective well-being (SWB)

Diff: 1 Page Ref: 52

Skill: Understanding

109) _____ is the first step in treating depression.

Answer: Identifying depression

Diff: 2 Page Ref: 69

Skill: Understanding

110) _____ disorders are the number one mental health problem in the United States.

Answer: Anxiety

Diff: 1 Page Ref: 59

Skill: Remembering

111) A person who develops _____ is often a consummate worrier with debilitating anxiety.

Answer: Generalized anxiety disorder

Diff: 1 Page Ref: 61

Skill: Understanding

112) A _____ is a deep and persistent fear of a specific object, activity, or situation that results in a compelling desire to avoid the source of the fear.

Answer: phobia

Diff: 1 Page Ref: 61

Skill: Remembering

113) A mild form of seasonal affective disorder that occurs in the winter months when sunlight levels are reduced is _____.

Answer: winter blues

Diff: 1 Page Ref: 56

Skill: Remembering

114) The inability to sort out incoming stimuli and make appropriate responses is characteristic of _____.

Answer: schizophrenia

Diff: 2 Page Ref: 63

Skill: Understanding

115) A _____ is a licensed physician who specializes in treating mental and emotional disorders.

Answer: psychiatrist

Diff: 1 Page Ref: 66

Skill: Remembering

116) A _____ is a person with a Ph.D. and training in counseling or clinical psychology.

Answer: psychologist

Diff: 1 Page Ref: 66

Skill: Remembering

117) A therapist who specializes in helping patients recall and resolve traumatic childhood memories is called a _____.

Answer: psychoanalyst

Diff: 2 Page Ref: 66

Skill: Remembering

Match the following.

- A) agreeableness
- B) emotional stability
- C) openness to experience
- D) conscientiousness
- E) extroversion

118) the ability to adapt to a social situation and demonstrate assertiveness as well as power or interpersonal involvement

Answer: E

Diff: 1 Page Ref: 48

Skill: Remembering

119) the ability to conform, be likeable, and demonstrate friendly compliance as well as love

Answer: A

Diff: 1 Page Ref: 48

Skill: Remembering

120) the ability to demonstrate curiosity and independence

Answer: C

Diff: 1 Page Ref: 48

Skill: Remembering

121) the ability to maintain social control

Answer: B

Diff: 1 Page Ref: 48

Skill: Remembering

122) the qualities of being dependable, demonstrating self-control and discipline, and having a need to achieve

Answer: D

Diff: 1 Page Ref: 48

Skill: Remembering

Match the following.

- A) bipolar disorder
- B) PMS
- C) dysthymia
- D) SAD
- E) depression

123) a less severe type of depression characterized by fatigue, pessimism, or a short temper

Answer: C

Diff: 1 Page Ref: 56

Skill: Remembering

124) form of depression characterized by alternating mania and depression

Answer: A

Diff: 1 Page Ref: 56

Skill: Remembering

125) the most common mood disorder

Answer: E

Diff: 1 Page Ref: 56

Skill: Remembering

126) form of depression occurring in winter months; treated with light therapy

Answer: D

Diff: 1 Page Ref: 56

Skill: Remembering

127) depression and irritability occurring prior to menstruation

Answer: B

Diff: 1 Page Ref: 56

Skill: Remembering

Match the following.

A) schizophrenia

B) shobia

C) obsessive-compulsive disorder (OCD)

D) panic attack

E) generalized anxiety disorder (GAD)

128) a constant sense of worry causing restlessness, irritability, difficulty concentrating

Answer: E

Diff: 1 Page Ref: 61

Skill: Remembering

129) severe anxiety reaction; symptoms may mimic a heart attack

Answer: D

Diff: 1 Page Ref: 61

Skill: Remembering

130) mental illness characterized by irrational behavior, hallucinations, and difficulty functioning in society

Answer: A

Diff: 1 Page Ref: 63

Skill: Remembering

131) recurring, unwanted thoughts often associated with repetitive, hard-to-resist behavior

Answer: C

Diff: 1 Page Ref: 62

Skill: Remembering

132) deep or persistent fear of an object, activity, or situation

Answer: B

Diff: 1 Page Ref: 61

Skill: Remembering

133) Compare and contrast psychosocially healthy people with their "unhealthy" counterparts.

What differences do you notice in psychosocially healthy people?

Answer: (noted characteristics of psychosocially healthy people include)

- 1- They feel good about themselves; are realistic; respect self.
- 2- They feel comfortable with other people; can love and be loved.
- 3- They control tension and anxiety; internal locus of control.
- 4- They meet the demands of life; internal locus of control; flexible; adapt.
- 5- They curb hate and guilt; reach out to help others.
- 6- They maintain a positive outlook; optimistic.
- 7- They enrich the lives of others; recognize greater needs of others.
- 8- They cherish the things that make them smile; have fun; make time for self.
- 9- They value diversity.
- 10- They respect nature.

Diff: 3 Page Ref: 40-41

Skill: Analyzing

134) Compare and contrast the concepts of "mental health" and "emotional health". Give examples of each.

Answer: Mental health refers to the thinking part of psychosocial health while emotional health refers to the feeling part of psychosocial health. Examples will vary.

Diff: 3 Page Ref: 42-43

Skill: Analyzing

135) Define social bonds and social supports as they relate to social health.

Answer: Social bonds reflect the general degree and nature of our interpersonal contacts and interactions. The six main functions are to provide intimacy, feelings of belonging, opportunities for giving/receiving nurturance, reassurance of one's worth, assistance and guidance, and provide advice.

Social supports refer to the relationships that bring positive benefits to the individual. They can be expressive (emotional support, encouragement) or structural (housing, money).

Diff: 3 Page Ref: 43-44

Skill: Understanding

136) List the four major themes in which spirituality, in its purest sense, is addressed.

Answer: Interconnectedness, the practice of mindfulness, spirituality as a part of daily life, and living in harmony with community.

Diff: 2 Page Ref: 44-45

Skill: Remembering

137) Describe faith, hope, and love in developing spirituality.

Answer: Faith is the belief that helps us realize our purpose in life. Hope is the belief that allows us to look confidently and courageously to the future. Love involves accepting, affirming, and respecting our self and others, regardless of who they are.

Diff: 2 Page Ref: 45

Skill: Understanding

138) Describe three strategies you might use to enhance your spiritual health.

Answer: (any three of the following)

- 1- Talk about feelings and experiences with friends and acquaintances.
- 2- Learn to listen to others.
- 3- Value others and respect differences.
- 4- Practice open-mindedness and not being judgmental.
- 5- Learn to see the strengths of others and help them feel good about themselves.
- 6- Volunteer; offer help to others in need.
- 7- Take time to reflect.
- 8- Get involved in Service Learning.

Diff: 2 Page Ref: 44-45

Skill: Applying

139) Define Seligman's learned optimism as a counterpart to learned helplessness.

Answer: Just as we learn to be helpless, we can teach ourselves to be optimistic. Learned optimism research provides growing evidence for the central place of mental health in overall positive development.

Diff: 2 Page Ref: 47-48

Skill: Remembering

140) Describe three of the five personality traits which psychosocially healthy people possess.

Answer: (any three of the following)

- 1- extroversion - ability to adapt to a social situation and demonstrate assertiveness, power, and/or interpersonal involvement
- 2- agreeableness - ability to conform, be likable, and demonstrate friendly compliance and love
- 3- openness to experience - willingness to demonstrate curiosity and independence or inquiring intellect
- 4- emotional stability - ability to maintain social control
- 5- conscientiousness - being dependable and demonstrating self-control, discipline, and a need to achieve

Diff: 2 Page Ref: 48

Skill: Understanding

141) List five ways to improve self-esteem. For each one, give an example of how you can use this concept specifically to improve your own self-esteem.

Answer: Don't focus on faults, squelch the inner critic; see mistakes as opportunities to know yourself better; accept a compliment positively; focus on the positive; don't compare yourself with others; give yourself time to feel good; spend time with a supportive person; count your blessings.

Diff: 2 Page Ref: 48

Skill: Applying

142) What characteristics do you feel are most important in a support group? Describe ways in which that group can help an individual effectively build self-esteem.

Answer: An effective support group must make you feel good about yourself and must force you to take an honest look at your actions and choices. Characteristics will vary. They may include dependability, ability to nurture, nonjudgmental nature, caring, compassion, etc. Support groups offer acceptance, approval, and encouragement to the individual in order to boost self-esteem.

Diff: 3 Page Ref: 49

Skill: Evaluating

143) Based on your behavior, evaluate and explain whether you are currently getting the quality of sleep that you need. Using strategies from the text, what can you do personally to improve your sleep quality?

Answer: Answers will vary.

(strategies include any five of the following)

1- consistent sleep schedule

2- evaluate/modify sleep environment

3- regular exercise

4- limit caffeine and alcohol intake

5- avoid eating a heavy meal or drinking large amounts of liquid before bed

6- do not lie in bed tossing and turning; do something else and return to bed when drowsy

7- nap only in the afternoon

8- establish a nighttime ritual to prepare your mind and body for sleep

Diff: 2 Page Ref: 49-50

Skill: Evaluating

144) What are the three central components which define Subjective Well-Being (SWB)?

Answer: 1- satisfaction with present life

2- relative presence of positive emotions

3- relative absence of negative emotions

Diff: 2 Page Ref: 52

Skill: Remembering

145) List and describe three reasons proposed for the disproportionate number of women suffering from depression as compared to men.

Answer: Biological: Women appear to be at greater risk for depression when their hormone levels change significantly; men's hormones are more stable throughout life.

Psychological: It is theorized that women are under more stress and stress precedes depression.

Social: There are gender differences in coping strategies.

Diff: 2 Page Ref: 57-58

Skill: Analyzing

146) Adolescent and adult females experience depression at twice the rate of males; however college age males and females experience depression at nearly equal rates. What factors do you think have the most influence on college depression rates? Provide examples to support your response.

Answer: Examples will vary, but will be focused on one of the three following theories.

- 1- There are more egalitarian social roles for females and males in a university setting.
- 2- The college females experience fewer negative events than those in high school while college males experience more negative events than those in high school.
- 3- College females have smaller and more supportive networks.

Diff: 2 Page Ref: 57

Skill: Evaluating

147) Describe two campus mental health initiatives. Discuss why they are or are not beneficial and/or effective.

Answer: Answers will vary; they may include the following:

- 1- counseling / therapist support 24/7
- 2- seminars in graduate and professional dorms
- 3- awareness training for faculty
- 4- web-based suicide prevention program
- 5- "Student Leave" for those at highest risk for suicide
- 6- workshops on various stress management strategies
- 7- off-campus resources for students
- 8- extensive new-student orientations to help adjust to life away from home

Diff: 2 Page Ref: 6055

Skill: Understanding

148) List four risk factors for suicide. If you knew a friend had these risk factors, what could you do to help? Justify your answer.

Answer: (risk factors include any four 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
- 7- loss of a loved one through death or rejection

Diff: 2 Page Ref: 64

Skill: Remembering/Applying

149) Give five warning signs which might indicate to you that a friend is contemplating suicide.

Answer: (examples related to any five of the following)

1- recent loss and inability to let go of grief

2- change in personality - sadness, withdrawal, irritability, apathy, etc.

3- change in behavior - lack of concentration, loss of interest in activities, unexplained demonstration of happiness after a period of depression

4- diminished sexual interest

5- change in sleep and/or eating habits

6- direct statement about suicide

7- indirect statement, such as "You won't have to worry about me anymore."

8- final preparations such as writing a will, repairing relationships, etc.

9- preoccupation with themes of death

10- marked changes in personal appearance

Diff: 2 Page Ref: 64

Skill: Remembering