Chapter 4 Notes

4.1 Mental Disorders

1) A ________________________ is an illness that affects the _________ and reduces a person’s ability to _____________, to adjust to change, or to get along with __________.

2) Recognizing Mental Disorders
   a. _________________________________ is one example of a mental disorder.
   b. Signs of this disorder:

3) Causes of mental disorders
   a.
   b. Heredity
   c.
   d. Recent experiences

4) Anxiety Disorders
   a. _________________ is _________ caused by a source you cannot identify that doesn’t pose as much ___________ as you think.
   b. When the ___________ persists for a long time and interferes with daily living, this is a sign of an ______________.

5) Anxiety that is related to a specific situation or object is a called a ________________.

6) An unwanted thought or image that takes control of the mind is an _______________.

Mood Disorders
7) People who have a mood disorder _______________ extreme emotions that make it difficult to ___________ well in their daily lives.
8) ________________ is an emotional state in which a person feels extremely sad and hopeless.

4.2 Eating Disorders

1) An ________________________ is a mental disorder that reveals itself through abnormal behaviors related to ________.
2) A person with ______________________________ doesn’t eat enough food to maintain a healthy body weight.
   a. Anorexia can cause someone to starve to ___________ or their _________ to stop suddenly, both leading to death.
3) Possible Causes
   a. Lack of a chemical that regulates mood

4) Treatment
   a. __________, __________, and __________ work together to stop the weight loss and change a person’s eating habits.

5) People who have ____________ go on uncontrolled eating binges followed by ________, or removing the food from their bodies.
   Health Risks
6) Most people with bulimia may suffer from __________, __________, __________, and a lack of necessary vitamins and minerals.
   Possible Causes
7) Bulimia may begin in connection with a diet, but the person soon becomes unable to stop the cycle of __________ and purging.
   Treatment
8) People who have bulimia are aware of what they are doing, but they are unable to control their ____________.

Binge Eating Disorder
9) People with binge eating disorder regularly have an __________________ urge to eat large amounts of food.
   Treatment
10) People with binge eating disorder need help in ______________________________. 
    a. They often need to address underlying ______________________________.

4.3 Depression and Suicide

Clinical Depression
1) People with clinical depression may feel ______ and ____________ for months
2) A person who has clinical depression will experience ________ or more symptoms nearly every day for at least ________ weeks.

Signs of clinical depression
   a. Change in appetite
   b.
   c. Change in activity level
   d.
   e. Loss of Energy
   f.
   g. Difficulty thinking
   h.
Risk Factors
a. A parent or other close biological relative with a mood disorder
b. A _______________ or a prolonged stressful situation.
c. Being with the victim of a violent crime or _____________________.
d. A previous bout of ___________________.
e. A sense of hopelessness

Treatment for Depression
a. ____________________ is an effective treatment for clinical depression.
b. Medication helps to restore normal _________ function.

Self-Injury
a. Self-injury is an unhealthy to cope with ______________, stress, or traumatic events.
b. ______________ is the use of a sharp object to intentionally cut or scratch one’s body deep enough to bleed.
c. ___________ _______ _______ _______ on purpose with a lighted match or cigarette is another.

If you have the urge to cut
a.
b.
c.

Risk Factors
a. Mood disorders, such as depression, are a major risk factor for _____________.
b. A previous suicide attempt or a family history of suicide.
c. Having both a mental _____________ and a substance abuse disorder.
d. Feelings of hopelessness or isolation.
e. Lack of access to mental ______________ _________.
f. Being influenced by the suicide of family members, peers, or _____________.

Protective Factors
-People at risk for suicide can reduce their risk by
a. Seeking treatment for any mental disorders.
b. Seeking treatment for _____________ or drug abuse.
c. Establishing a connection with _____________.
d. Developing closer ________________ with family and friends.

Suicide
1) ____________________ are a series of suicides that occur within a short period of
time in the same peer group or community.

Warning Signs
a. It would be very helpful if someone who was about to attempt suicide showed unmistakable warning signs.

b. Unfortunately, most suicides occur without ________________.

Helping others
a. An important thing to remember is that suicidal behavior is a cry for help in dealing with ________________ that seem overwhelming.

b. Suicidal people often feel that they have looked to others for ________________ and have received no response.

c. It is important that you show care and concern for the person.

Helping yourself
a. If you have been feeling depressed, remember no matter how overwhelming the problems in your life may seem, suicide is never a ________________.

b. Consider talking with a friend, family member, trusted adult, and health professional.

c. There are crisis centers and suicide prevention hotlines available.

When a friend is thinking about suicide

Do... | Do Not...
--- | ---
1) | 1) Dare the person to go ahead with suicide
2) Take the threats seriously | 2)
3) | 3) analyze the person’s motives
4) Listen carefully | 4)

4.4 Treating Mental Disorders
Locating Community Resources
1) The first step toward recovery is recognizing the need for ________________.

Types of Mental Health Professionals
1) Psychiatrists
   a. A psychiatrist is a physician who can diagnose and treat ________________.
   b. A psychiatrist will do a medical exam to rule out physical causes.
   c. A ________________ is a physician who treats physical disorders of the nervous system.

2) A ________________ is trained to recognize and treat behavior that is not normal.

3) A psychiatric ________________ helps people with mental disorders and their families to accept and adjust to an illness.

4) Some ________________ focus on specific problems or work with specific groups of people.
Psychotherapy
a. During psychotherapy, a person talks with a therapist. These talks help people understand and overcome their _________________.
b. Insight therapy-This type of therapy helps people better understand the ________________ for their behavior.
c. Cognitive and behavioral therapy-This type of therapy helps a person to identify situations, objects, or thoughts that trigger _________________.
d. Group therapy-In group therapy, people meet with other people who have similar disorders.

Drug Therapy
a. Doctors prescribe drugs to ________________ many mental disorders.
b. The drugs can relieve symptoms and allow patients to function normally.

Hospitalization
a. Sometimes people with mental disorders need constant attention or are in danger of harming ________________ or ________________.