

**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 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
- b.

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 that 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.....

- 1)
- 2) Take the threats seriously
- 3)
- 4) Listen carefully

##### Do Not....

- 1) Dare the person to go ahead with suicide
- 2)
- 3) analyze the person's motives
- 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 \_\_\_\_\_.