

Name: _____ Date: _____

Answer Key: Your Guide to the Architect's Mind: A 6th Grade Psychology Challenge

Evaluate how environmental factors and brain chemistry shape our internal world through complex case analysis and synthesis of behavioral patterns.

1. Imagine a student is researching 'Neuroplasticity.' How does this concept explain a person's ability to recover from a mental health challenge?

Answer: B) It shows the brain can reorganize itself and form any new neural connections.

Neuroplasticity is the brain's ability to change and adapt, which is a key factor in learning new coping mechanisms and recovering from psychological stress.

2. The _____ model is a framework used by psychologists to explain how biological, psychological, and social factors all combine to influence a person's mental health.

Answer: B) Biopsychosocial

The biopsychosocial model is the standard integrative approach for understanding the complexity of mental health through multiple intersecting lenses.

3. True or False: Phobias are considered a type of anxiety disorder characterized by an irrational and extreme fear of a specific object or situation.

Answer: A) True

Phobias fall under the umbrella of anxiety disorders because they involve an intense, persistent, and often disproportionate fear response.

4. Consider a person who experiences 'Selective Mutism' in social settings but speaks normally at home. Which category of disorder does this most likely fall under?

Answer: C) Anxiety Disorders

Selective Mutism is classified as an anxiety disorder where a person is unable to speak in specific social situations despite being able to speak in others.

5. When a person experiences 'Anhedonia,' they are suffering from a specific symptom of depression defined as a(n) _____.

Name: _____ **Date:** _____

Answer: B) Inability to feel pleasure in normally enjoyable activities

Anhedonia is a core clinical symptom of many mood disorders, referring specifically to the loss of interest or pleasure.

6. True or False: Stigma refers to the positive social support provided to individuals struggling with mental health conditions.

Answer: B) False

Stigma is actually the negative stereotype or discrimination directed toward people with mental health challenges, which often prevents them from seeking help.

7. Which of the following best describes the 'Executive Function' challenges often faced by individuals with ADHD?

Answer: B) Difficulty with planning, organizing, and managing time

ADHD primarily affects executive functions, which are the mental skills used to manage tasks and achieve goals.

8. A psychologist using 'Exposure Therapy' to treat a specific fear is helping the patient through a process called _____, where the fear response gradually weakens over time.

Answer: B) Habituation

Habituation occurs when a person is safely exposed to a stimulus repeatedly until their nervous system no longer reacts with a high fear response.

9. True or False: Bulimia Nervosa and Anorexia Nervosa are both classified as eating disorders, but they involve different behavioral patterns regarding food consumption.

Answer: A) True

While both are serious eating disorders, Anorexia typically involves severe restriction, whereas Bulimia involves cycles of bingeing and purging.

10. How does 'Dopamine' typically function in the context of the brain's reward system and its relation to certain disorders?

Answer: B) It is a neurotransmitter that signals pleasure and motivation.

Dopamine is a chemical messenger (neurotransmitter) that plays a major role in how we feel pleasure and is often linked to addiction and ADHD.