

Name: _____ Date: _____

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?

- A. It suggests the brain is static and cannot change after age 12.
- B. It shows the brain can reorganize itself and form any new neural connections.
- C. It proves that only medication can fix brain structures.
- D. It indicates that mental health is entirely determined by genetics.

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.

- A. Unidimensional
- B. Biopsychosocial
- C. Genetic-Only
- D. Environmentalist

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.

- A. True
- B. False

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?

- A. Mood Disorders
- B. Personality Disorders
- C. Anxiety Disorders
- D. Eating Disorders

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

- A. Increase in physical energy
- B. Inability to feel pleasure in normally enjoyable activities
- C. Fear of being in large crowds
- D. Tendency to repeat certain movements

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

- A. True

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B. False

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

- A. A total lack of intelligence or creativity
- B. Difficulty with planning, organizing, and managing time
- C. An inability to remember events from their early childhood
- D. A physical inability to sit down for more than five minutes

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.

- A. Introspection
- B. Habituation
- C. Suppression
- D. Projection

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

- A. True
- B. False

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

- A. It is a hormone that only affects bone growth.
- B. It is a neurotransmitter that signals pleasure and motivation.
- C. It is a blood cell that carries oxygen to the brain.
- D. It is a protective layer that prevents toxins from entering the brain.