

Name: _____ Date: _____

Answer Key: 8th Grade Mental Health Advocacy Quiz

Analyze psychological theories and the Bio-Psycho-Social model to differentiate complex neurodevelopmental and mood disorders in this advanced assessment.

1. A clinical psychologist evaluates a patient using the 'Bio-Psycho-Social' model. Which factor would be categorized specifically as a 'social' influence on mental health?

Answer: B) High levels of cortisol due to a lack of community housing

Social factors include environmental and systemic issues such as housing, poverty, and social support networks, whereas genetics and neurotransmitters are biological.

2. The concept of ____ refers to the brain's ability to reorganize itself by forming new neural connections, which is a critical focus in rehabilitative therapy for trauma.

Answer: A) Neuroplasticity

Neuroplasticity is the biological basis for how therapy and new behaviors can physically change the brain's structure and improve mental health outcomes.

3. The 'Diathesis-Stress Model' suggests that a psychological disorder results from a combination of an inherent vulnerability and external environmental stressors.

Answer: A) True

This model is a cornerstone of advanced psychology, explaining why two people in the same stressful environment may react differently based on their biological 'diathesis'.

4. Which neurodevelopmental disorder is primarily characterized by persistent challenges in social communication and the presence of restricted, repetitive patterns of behavior?

Answer: C) Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is categorized as a neurodevelopmental disorder focusing on social-emotional reciprocity and sensory sensitivities.

5. In Dialectical Behavior Therapy (DBT), the skill of ____ is used to help patients accept their current emotions without judgment, a technique often used for personality disorders.

Answer: B) Radical acceptance

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Radical acceptance is a synthesis-level coping strategy in DBT that allows individuals to acknowledge a situation as it is to reduce suffering.

6. Stigma regarding mental health is strictly limited to individual prejudices and does not manifest in institutional policies or healthcare access.

Answer: B) False

Structural or institutional stigma involves systemic barriers, such as lower funding for mental health versus physical health, which affects patient care.

7. How does 'Comorbidity' complicate the treatment of psychological disorders in a clinical setting?

Answer: B) It describes the presence of two or more disorders in one person, requiring integrated care.

Comorbidity (e.g., having both Anxiety and ADHD) requires more complex, multi-layered treatment plans compared to single-diagnosis cases.

8. A person experiencing 'Anhedonia' as a symptom of a depressive disorder would most likely report which of the following experiences?

Answer: A) A total loss of interest or pleasure in all previously enjoyed activities

Anhedonia is a core clinical symptom of Major Depressive Disorder involving the inability to feel pleasure.

9. Which of these best describes 'Self-Efficacy' in the context of mental health recovery?

Answer: A) An individual's belief in their capacity to execute behaviors necessary to reach specific goals

Developed by Albert Bandura, self-efficacy is a psychological concept vital for building resilience and agency during recovery.

10. A 'Functional Analysis' in behavioral therapy involves identifying the antecedents (triggers) and consequences that maintain a problematic behavior.

Answer: A) True

Functional analysis is a high-level tool used to understand the 'why' behind behaviors, allowing for more effective intervention strategies.