

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?

- A. A genetic predisposition to low serotonin levels
- B. High levels of cortisol due to a lack of community housing
- C. Cognitive distortions regarding personal self-worth
- D. An imbalance of dopamine in the prefrontal cortex

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.

- A. Neuroplasticity
- B. Homeostasis
- C. Metacognition
- D. Psychosomatics

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

- A. True
- B. False

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

- A. Anorexia Nervosa
- B. Dissociative Identity Disorder
- C. Autism Spectrum Disorder
- D. Borderline Personality Disorder

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.

- A. Free association
- B. Radical acceptance
- C. Systematic desensitization
- D. Aversion therapy

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

- A. True

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B. False

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

- A. It implies the disorder is terminal and cannot be treated.
- B. It describes the presence of two or more disorders in one person, requiring integrated care.
- C. It refers to the genetic transmission of a disorder from parent to child.
- D. It is a term for a disorder that has successfully entered remission.

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

- A. A total loss of interest or pleasure in all previously enjoyed activities
- B. Extreme fluctuations between high energy and low energy
- C. An intense fear of being judged by others in public spaces
- D. The persistent urge to check if the stove is turned off

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

- A. An individual's belief in their capacity to execute behaviors necessary to reach specific goals
- B. The chemical process of reabsorbing neurotransmitters in the synaptic cleft
- C. A defensive mechanism where one attributes their own faults to others
- D. The manual used by doctors to classify all known psychological conditions

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

- A. True
- B. False