

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Invisible Battles: Decoding 7th Grade Mental Health Truths

Analyze case studies on phobias, resilience, and brain chemistry to differentiate between temporary emotions and clinical conditions in this comprehensive review.

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**1. An individual experiences an intense, irrational fear of specific objects or situations, such as heights or spiders, that interferes with their daily life. This is known as a:**

**Answer:** A) Specific Phobia

Specific phobias are a type of anxiety disorder characterized by persistent and excessive fear of a particular object or situation that goes beyond normal caution.

**2. Neurotransmitters are chemical messengers in the brain that play a significant role in regulating a person's mood and mental health.**

**Answer:** A) True

Biological factors, including the balance of chemicals like serotonin and dopamine, are key components in the development and treatment of psychological disorders.

**3. When a person is able to recover quickly from difficulties or adapt to stressful changes, they are demonstrating \_\_\_\_\_.**

**Answer:** B) Resilience

Resilience is the psychological process of adapting well in the face of adversity, trauma, or significant sources of stress.

**4. Which of these best describes 'Stigma' in the context of mental health?**

**Answer:** C) Negative stereotypes that lead to discrimination

Stigma involves unfair beliefs or social disapproval that can prevent people from seeking help for mental health conditions.

**5. Mental health and physical health are completely separate and do not influence one another.**

**Answer:** B) False

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The mind and body are connected; physical issues can affect mental state, and chronic mental stress can lead to physical illness.

**6. Agoraphobia is a disorder specifically characterized by a fear of:**

**Answer:** C) Situations where escape might be difficult

Agoraphobia involves fearing and avoiding places or situations that might cause panic or feelings of being trapped or embarrassed.

**7. A \_\_\_\_\_ is a trained professional who uses talk therapy to help people work through emotional and mental challenges.**

**Answer:** A) Psychologist

Psychologists provide psychotherapy to help patients manage symptoms and learn coping strategies for various disorders.

**8. Anorexia Nervosa and Bulimia Nervosa are examples of eating disorders, which are serious mental health conditions.**

**Answer:** A) True

Eating disorders are psychological conditions that involve unhealthy relationships with food and body image, requiring professional intervention.

**9. Which factor is considered an 'environmental' cause of a psychological disorder?**

**Answer:** C) Living in a high-poverty, high-stress area

Environmental factors refer to the surroundings and life experiences, such as social conditions, that can impact mental health.

**10. The \_\_\_\_\_ is the standard manual used by clinicians to classify and diagnose mental disorders.**

**Answer:** C) DSM (Diagnostic and Statistical Manual)

The Diagnostic and Statistical Manual of Mental Disorders (DSM) provides the standard criteria for healthcare providers to diagnose mental health conditions.