

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.

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.