

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:

- A. Specific Phobia
- B. Common Stressor
- C. Personality Trait
- D. Mood Swing

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

- A. True
- B. False

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

- A. Introversion
- B. Resilience
- C. Socialization
- D. Sympathy

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

- A. A clinical diagnosis used by doctors
- B. A type of medication for anxiety
- C. Negative stereotypes that lead to discrimination
- D. A feeling of extreme happiness

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

- A. True
- B. False

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

- A. Small, enclosed spaces
- B. Germs and contamination
- C. Situations where escape might be difficult
- D. Speaking in front of large crowds

Name: _____ Date: _____

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

- A. Psychologist
- B. Radiologist
- C. Biologist
- D. Orthodontist

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

- A. True
- B. False

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

- A. Inherited DNA from parents
- B. Natural chemical imbalances
- C. Living in a high-poverty, high-stress area
- D. The structure of the brain's frontal lobe

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

- A. Constitution
- B. Encyclopedia
- C. DSM (Diagnostic and Statistical Manual)
- D. Periodic Table