

Name: _____

Date: _____

Answer Key: Are You Evaluating Mental Health Clearly? 12th Grade Psychology Quiz

Seniors recall clinical terminology and diagnostic frameworks for psychological health during this foundational unit assessment.

1. Which clinical manual is most widely used by mental health professionals in the United States to standardize the classification of psychological disorders?

Answer: B) The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

The DSM-5 is the standard taxonomic and diagnostic tool published by the American Psychiatric Association for identifying psychological disorders.

2. Phobias are classified as a type of anxiety disorder characterized by persistent, irrational fears of specific objects or situations.

Answer: A) True

True. Phobias involve excessive fear responses that are disproportionate to the actual danger posed by the stimulus.

3. A ___ episode is a period of abnormally elevated, expansive, or irritable mood and increased energy often associated with Bipolar I Disorder.

Answer: C) Manic

Mania is the defining feature of Bipolar I, involving high energy and decreased need for sleep.

4. Which of the following is considered a 'negative symptom' of Schizophrenia, representing a deficit in normal functioning?

Answer: A) Flat affect (lack of emotional expression)

Negative symptoms refer to things that are 'taken away' from a person's behavior, such as emotional flatness or social withdrawal.

5. The 'biopsychosocial model' suggests that mental health is influenced solely by brain chemistry and genetics.

Answer: B) False

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False. The biopsychosocial model posits that biological, psychological, and social-cultural factors all interact to influence mental health.

6. Agoraphobia is often linked to ____ disorder, as individuals may fear having a public medical crisis without help available.

Answer: A) Panic

Agoraphobia is frequently a complication of panic disorder where the person fears being in places where escape might be difficult if a panic attack occurs.

7. Which personality disorder is characterized by a pervasive pattern of disregard for, and violation of, the rights of others?

Answer: B) Antisocial Personality Disorder

Antisocial Personality Disorder involves a lack of empathy and a chronic pattern of impulsive or illegal behavior.

8. In Psychology, the term 'Comorbidity' refers to the simultaneous presence of two or more disorders in a single patient.

Answer: A) True

True. It is common for individuals to meet the criteria for more than one diagnosis, such as GAD and MDD occurring together.

9. Exposure therapy, which involves gradually confronting the object of one's fear, is a common technique used in which therapeutic approach?

Answer: C) Behavioral Therapy

Behavioral therapy focuses on changing maladaptive behaviors through principles of learning, such as habituation or counterconditioning.

10. An obsession is a repetitive thought, while a ____ is a repetitive behavior performed to reduce anxiety.

Answer: C) Compulsion

Compulsions are the physical or mental actions someone takes to alleviate the distress caused by obsessive thoughts.