

Name: _____ **Date:** _____

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?

- A. The Merck Manual of Diagnosis
- B. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
- C. The International Classification of Diseases (ICD-11)
- D. The Wechsler Adult Intelligence Scale

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

- A. True
- B. False

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

- A. Depressive
- B. Catatonic
- C. Manic
- D. Dissociative

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

- A. Flat affect (lack of emotional expression)
- B. Auditory hallucinations
- C. Delusions of grandeur
- D. Disorganized speech

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

- A. True
- B. False

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

- A. Panic
- B. Borderline Personality
- C. Attention-Deficit

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D. Conversion

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

- A. Narcissistic Personality Disorder
- B. Antisocial Personality Disorder
- C. Avoidant Personality Disorder
- D. Histrionic Personality Disorder

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

- A. True
- B. False

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

- A. Psychodynamic Therapy
- B. Humanistic Therapy
- C. Behavioral Therapy
- D. Biomedical Therapy

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

- A. Phobia
- B. Delusion
- C. Compulsion
- D. Hallucination