

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

## Answer Key: Clinical Psychosocial Analysis for 12th Grade

Examine 10 advanced cases involving differential diagnosis, ethno-psychopharmacology, and neurobiological underpinnings of complex mental health conditions.

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**1. An individual presents with 'waxy flexibility,' maintaining rigid body positions for hours, and experiencing auditory hallucinations that command specific actions. Which specific subtype of pathology is most consistent with these catatonic features?**

**Answer:** B) Specifier for Schizophrenia

Catatonia, characterized by motor immobility like waxy flexibility, is often a clinical specifier for Schizophrenia or other mood disorders in the DSM-5.

**2. The \_\_\_\_\_ perspective on mental health suggests that disorders like depression arise when an individual's self-actualization is blocked by incongruence between their 'ideal self' and 'actual self.'**

**Answer:** C) Humanistic

The humanistic perspective, popularized by Carl Rogers, focuses on the inherent drive toward self-actualization and the psychological distress caused by incongruence.

**3. True or False: According to the Diathesis-Stress Model, a strong genetic predisposition (diathesis) for Bipolar Disorder guarantees that an individual will develop the condition regardless of environmental stressors.**

**Answer:** B) False

The Diathesis-Stress Model posits that both a biological vulnerability and environmental stress are required to trigger a disorder; biology alone is not destiny.

**4. A patient exhibits a pervasive pattern of 'splitting' (viewing people as 'all good' or 'all bad'), intense emotional instability, and a frantic effort to avoid real or imagined abandonment. Which Cluster B disorder is most likely?**

**Answer:** C) Borderline Personality Disorder

Splitting and the fear of abandonment are hallmark clinical diagnostic criteria for Borderline Personality Disorder.

**5. In the treatment of specific phobias, \_\_\_\_\_ involves a hierarchy of anxiety-triggering stimuli paired with progressive muscle relaxation to achieve counterconditioning.**

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**Answer:** B) Systematic Desensitization

Systematic Desensitization is a behavioral technique that uses an anxiety hierarchy and relaxation to extinguish the fear response.

**6. Which neurobiological finding is most frequently associated with the 'negative symptoms' of Schizophrenia, such as alogia and avolition?**

**Answer:** B) Enlarged cerebral ventricles

Enlarged ventricles indicate a loss of surrounding brain tissue, which correlates strongly with the structural deficits seen in the negative symptoms of Schizophrenia.

**7. True or False: The 'Diagnostic and Statistical Manual of Mental Disorders' (DSM) provides practitioners with both a classification system for diagnosis and detailed explanations regarding the underlying etiology (causes) for every disorder.**

**Answer:** B) False

The DSM is primarily descriptive and diagnostic; it intentionally avoids prescribing specific etiologies for many disorders to remain useful across different theoretical orientations.

**8. A 17-year-old student experiences sudden episodes of 'derealization' where their surroundings feel foggy and unreal, following a significant car accident. This dissociative symptom is a common feature of which category?**

**Answer:** B) Trauma- and Stressor-Related Disorders

Dissociation, derealization, and depersonalization are frequently analyzed within the context of trauma-related responses, such as PTSD or Acute Stress Disorder.

**9. Aaron Beck's 'Cognitive Triad' suggests that depression is maintained by negative views of the self, the environment, and the \_\_\_\_.**

**Answer:** C) Future

The Cognitive Triad involves a negative outlook on the Self (I'm worthless), the World (Everything is bad), and the Future (It will never get better).

**10. True or False: In a legal setting, 'Insanity' is a psychological diagnosis found in the DSM-5 that therapists use to determine treatment plans.**

**Answer:** B) False

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Insanity is a legal term, not a clinical diagnosis. It describes a defendant's state of mind at the time of a crime, rather than a specific mental health condition.