

## Answer Key: Neon Neurons and Ghostly Fears: 7th Grade Psychology Deep-Dive

Evaluate 10 complex scenarios analyzing behavioral symptoms and environmental triggers beyond simple definitions of neurodivergence and wellness.

**1. Anish experiences recurring 'flash-bulb' memories and hyper-vigilance after a major natural disaster, making him avoid the sound of wind. Based on the Bio-Psycho-Social model, which 'social' factor would most likely influence his recovery?**

**Answer:** B) The availability of community support groups

In the Bio-Psycho-Social model, social factors refer to external environmental and community influences like social support, family dynamics, or socioeconomic status.

**2. A person diagnosed with Agoraphobia primarily fears being in places where escape might be difficult or help might not be available during a panic attack.**

**Answer:** A) True

Agoraphobia is often misunderstood as just a fear of 'open spaces,' but it is specifically defined by the fear of being trapped in situations where help or escape is unavailable during physical distress.

**3. When a therapist helps a patient identify and disrupt the 'Cycle of Avoidance'—where staying home reduces anxiety in the short term but makes it worse in the long term—they are using \_\_\_\_.**

**Answer:** B) Exposure Therapy

Exposure therapy is a behavioral technique that requires the individual to confront the source of their fear gradually to break the reinforcement of avoidance behaviors.

**4. Elena experiences 'Flight of Ideas' and a decreased need for sleep for one week, followed by a month of intense lethargy. Which concept best explains the cyclical nature of these symptoms?**

**Answer:** C) Mood Cycle Variability

The movement between manic (high energy/ideas) and depressive states is the hallmark of mood cycle variability often seen in bipolar-type conditions.

**5. In psychological diagnosis, the term \_\_\_\_ refers to the presence of two or more disorders in the same person, such as having both an Eating Disorder and an Anxiety Disorder.**

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

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

**Answer:** B) Comorbidity

Comorbidity is the clinical term used when a patient meets the diagnostic criteria for multiple conditions simultaneously.

**6. Stigma is considered a psychological barrier because it can prevent a person from seeking professional help even when they recognize their own symptoms.**

**Answer:** A) True

Stigma involves societal prejudice that creates shame, forming a significant barrier to treatment seeking and recovery.

**7. Which of these scenarios best illustrates the 'Diathesis-Stress Model' of mental health?**

**Answer:** B) A person with a genetic risk for a disorder only develops it after experiencing the high stress of a loss.

The Diathesis-Stress Model suggests that a biological vulnerability (diathesis) combined with environmental stress triggers the onset of a disorder.

**8. Unlike a typical fear, a 'Phobia' is defined psychologically as being \_\_\_\_\_ to the actual danger posed by the object or situation.**

**Answer:** B) Disproportionate

A phobia is characterized by an intense, irrational fear that is vastly greater (disproportionate) than the actual threat level.

**9. If a student suffers from 'Executive Dysfunction' as part of an ADHD diagnosis, they are primarily struggling with which part of the brain's 'management system'?**

**Answer:** C) Planning, organizing, and initiating tasks

Executive functions are the cognitive processes that allow us to plan, focus attention, and juggle multiple tasks effectively.

**10. The 'Neurodiversity' movement suggests that conditions like Autism are natural variations in the human genome rather than 'defects' that must be cured.**

**Answer:** A) True

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Neurodiversity is a framework that views neurological differences as a normal part of human diversity, emphasizing accommodation over 'fixing' the individual.