

Name: _____ Date: _____

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.

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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

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