

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?

- A. His genetic predisposition to anxiety
- B. The availability of community support groups
- C. The chemical balance of cortisol in his brain
- D. His personal coping strategies and self-talk

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.

- A. True
- B. False

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 ____.

- A. Biological Intervention
- B. Exposure Therapy
- C. Dream Analysis
- D. Social Modeling

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?

- A. Selective Mutism
- B. Depersonalization
- C. Mood Cycle Variability
- D. Seasonal Affective Shift

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.

- A. Bilateralism
- B. Comorbidity
- C. Dual-processing
- D. Multi-symptomatic

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

Name: _____

Date: _____

- A. True
- B. False

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

- A. A person without any family history of illness becomes depressed after a single bad grade.
- B. A person with a genetic risk for a disorder only develops it after experiencing the high stress of a loss.
- C. A person recovers from an illness solely by taking vitamin supplements.
- D. A person experiences anxiety only when they drink too much caffeine.

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

- A. Identical
- B. Disproportionate
- C. Beneficial
- D. Subconscious

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'?

- A. Long-term memory storage
- B. Involuntary reflexes like breathing
- C. Planning, organizing, and initiating tasks
- D. Color and light perception

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

- A. True
- B. False