

Section 1 Mental Disorders

Key Ideas

- ✓ Mental health experts see abnormal thoughts, feelings, or behaviors as signs of a mental disorder.
- ✓ Physical factors, heredity, early experiences, and recent experiences can cause mental disorders.
- ✓ Anxiety disorders include generalized anxiety disorder, phobias, panic attacks, obsessive-compulsive disorders, and post-traumatic stress disorder.

- ✓ Some teens have mood disorders, schizophrenia, impulse-control disorders or personality disorders.

Vocabulary

- mental disorder (82)
- anxiety (84)
- anxiety disorder (84)
- phobia (84)
- obsession (85)
- compulsion (85)
- mood disorder (86)
- depression (86)
- schizophrenia (86)
- personality disorder (88)

Section 2 Eating Disorders

Key Ideas

- ✓ A person with anorexia can starve to death or die from a lack of essential minerals.
- ✓ Bulimia may begin in connection to a diet, but the person soon becomes unable to stop the cycle of binging and purging.

- ✓ The main physical risks of binge eating disorder are excess weight gain and unhealthy dieting.

Vocabulary

- eating disorder (90)
- anorexia nervosa (90)
- bulimia (92)
- binge eating disorder (93)

Section 3 Depression and Suicide

Key Ideas

- ✓ Depression can cause problems at school, at home, and with one's social life. If untreated, depression can also lead to substance abuse, serious behavior problems, and even suicide.
- ✓ Self-injury is an unhealthy way to cope with emotions, stress, or traumatic events.

- ✓ Mood disorders are a major risk factor for suicide.

Vocabulary

- clinical depression (94)
- cutting (96)
- suicide (96)
- cluster suicides (97)



Section 4 Treating Mental Disorders

Key Ideas

- ✓ Sometimes people don't recognize the signs of a mental disorder. Or they may not know where to go for help.
- ✓ Psychiatrists, clinical psychologists, social workers, and mental health counselors are four types of mental health professionals.

- ✓ Psychotherapy, drug therapy, and hospitalization are three methods used to treat mental disorders.

Vocabulary

- psychiatrist (103)
- neurologist (103)
- clinical psychologist (103)
- psychiatric social worker (103)
- therapy (104)

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Starving for Control Ask for volunteers to share their answers. Then, use examples from the video to review eating disorders.

Key Ideas Review

L2 Have students fold a piece of notebook paper in quarters. Then have them open the paper. In the four sections of the paper, ask students to summarize each section of the chapter with a bulleted list of main ideas.

L1 Ask students to work in small groups to verbally review the main ideas of the chapter. Allow students to skim their texts for ideas as they review.

Vocabulary Review

EL Have students use a word processing program to make a glossary containing chapter vocabulary terms and their definitions. Allow students to work with a partner to complete this activity.

L2 Ask students to use the vocabulary terms to write four sentences. Each sentence should clearly explain the relationship between two different vocabulary terms.



Students can go online to take a self test on Chapter 4.

Reviewing Key Ideas

Section 1

1. b
2. c
3. *Sample answer:* Experiencing or witnessing a disaster could trigger post-traumatic stress disorder.
4. All personality disorders involve rigid behavior patterns that make it difficult for an individual to get along with others.
5. *Sample answer:* The break from reality that is associated with schizophrenia severely affects a person's ability to function, a key characteristic of a mental disorder.

Section 2

6. c
7. Some possible causes of anorexia include a lack of a chemical that regulates mood, low self-esteem, a strong desire to please others, and a history of troubled relationships.
8. Bulimia and binge eating disorder both involve uncontrolled eating binges. With bulimia, the binges are followed by purging.
9. *Sample answer:* People with an eating disorder display behaviors that cause them distress and affect their ability to function.

Section 3

10. c
11. Untreated depression is a major factor for suicide.
12. *Sample answer:* Having close relationships provides a support system that can help you deal with difficult times. It also provides people who will help you recognize when to seek professional help for a problem.
13. No, it is normal for people to feel depressed for short periods of time.

Section 4

14. c
15. They both require treatment by medical professionals.

Reviewing Key Ideas

Section 1

1. Claustrophobia is an example of a(n)
 - a. mood disorder.
 - b. anxiety disorder.
 - c. personality disorder.
 - d. impulse-control disorder.
2. An unreasonable need to behave in a certain way is called a(n)
 - a. obsession.
 - b. phobia.
 - c. compulsion.
 - d. panic attack.
3. Give an example of how an experience in a person's life could trigger a mental disorder.
4. What is the common factor in all personality disorders?
5. **Critical Thinking** Use the definition of a mental disorder to explain why schizophrenia is a serious mental disorder.

Section 2

6. An eating disorder marked by bingeing and purging is
 - a. anorexia nervosa.
 - b. binge eating disorder.
 - c. bulimia.
 - d. yo-yo dieting.
7. What are some possible causes of anorexia?
8. How are bulimia and binge eating disorder similar? How are they different?
9. **Critical Thinking** Why do you think that eating disorders are classified as mental disorders? Do you agree with this classification? Explain.

Section 3

10. A person with clinical depression
 - a. feels sad now and then.
 - b. feels extremely sad for a week.
 - c. feels sad or hopeless for months.
 - d. still tends to find enjoyment in life.
11. What is the link between depression and suicide?
12. How can having close relationships help you stay mentally healthy?
13. **Critical Thinking** You feel depressed at times, but always snap out of it quickly. Should you seek help? Why or why not?

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Section 4

14. Which mental health professional acts as a link between a patient and community resources?
 - a. psychologist
 - b. psychiatrist
 - c. social worker
 - d. neurologist
15. How are mental and physical disorders similar?
16. How are psychotherapy and drug therapy similar? How are they different?
17. **Critical Thinking** Families of people with mental disorders often need support and counseling. Why do you think this is so?



Building Health Skills

18. **Analyzing Influences** Many works of fiction focus on characters with mental disorders. What positive or negative effects could reading about these characters have on readers?
19. **Communicating** People who are hospitalized for mental disorders may be released to "halfway houses." At the halfway house, they learn to readjust to life in the community. What would you say if someone objected to having a halfway house in your neighborhood?
20. **Setting Goals** Make a list of qualities that are important in someone you could confide in. Then use the list to evaluate yourself. Make an action plan to be a better confidant. Decide on steps you can take to improve your communication and listening skills. Monitor your progress and adjust your action plan, if necessary. **WRITING**

Health and Community

Suicide and Older Adults The suicide rate is high among adults over age 65. One of the risk factors for older adults is a sense of isolation. What does your community do to reduce feelings of isolation among older adults? Are there ways you can help? Write a paragraph summarizing what you find out. **WRITING**



Building Health Skills

16. Both are used to treat mental disorders. Psychotherapy helps people understand and overcome their disorders; drug therapy relieves symptoms.
17. *Sample answer:* Coping with a family member who has a mental disorder is stressful for other family members.
18. *Sample answer:* Positive effect: the readers learn about mental disorders. Negative effect: depiction of mental disorders is inaccurate or negative.
19. *Sample answer:* People in a half-way house are supervised, not released directly into the community.
20. Students' plans will vary but should include a realistic goal for improving listening and communications skills.