

Chapter 5 • Lesson 1 Dealing with Anxiety and Depression**Lesson 1 Quiz**

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

- _____ 1. You may be experiencing apathy if you feel worried about what may happen.
- _____ 2. A healthful way to cope with anxiety is to do relaxation exercises.
- _____ 3. Adjustment disorder is an intense type of depression that occurs in bouts.
- _____ 4. The type of depression that results from a specific life event is major depression.
- _____ 5. Depression may have a combination of physical, psychological, and/or environmental causes.

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 6. Which statement about anxiety is NOT true?
- Occasional anxiety is normal.
 - Many people experience anxiety.
 - Stress is a common cause of anxiety.
 - Anxiety is a prolonged feeling of sadness.
- _____ 7. Depression is
- an occasional sad mood.
 - a rare illness in teens.
 - a serious condition that may require medical help.
 - an untreatable illness.
- _____ 8. Which of the following is NOT usually a warning sign of depression?
- | | |
|-----------------------|------------------------|
| a. Change in appetite | c. Difficulty sleeping |
| b. Increase in energy | d. Feelings of guilt |
- _____ 9. Teens who are feeling depressed should
- seek help from a trusted adult.
 - wait for the feelings to go away.
 - keep the feelings to themselves.
 - try to stop the feelings.
- _____ 10. Which statement about treating depression is true?
- The only treatment for depression is psychological therapy.
 - There are no medications available for treating depression.
 - Treatment may include making changes in the environment.
 - Symptoms of depression disappear as soon as treatment begins.

Chapter 5 • Lesson 2 Mental Disorders

Reteaching Activity

Directions Fill in the blanks in the table about types of mental disorders, using information from Lesson 2.

Types of Mental Disorders

Type of Mental Disorder	Definition	Example	Symptom(s) of Example
Anxiety disorders	Conditions in which real or imagined fears are difficult to control	Phobia	Having a strong and irrational fear of something specific, such as high places
1. _____	Conditions in which people cannot resist the impulse to perform harmful actions	Kleptomania	Compulsively stealing worthless, unneeded objects
2. _____	Conditions in which people have abnormal, unhealthy eating patterns	3. _____	Purposely and dangerously limiting food intake
4. _____	Conditions in which extreme moods interfere with everyday living	Bipolar disorder	5. _____ _____
Conduct disorder	6. _____ _____	Aggression	7. _____ _____
Schizophrenia	8. _____ _____	Schizophrenia	Experiencing delusions and hallucinations
9. _____	Conditions in which people have unstable emotions	Dependent personality disorder	10. _____ _____