

Chapter 5 • Lesson 4 Getting Help

Lesson 4 Quiz

I. Directions In the space provided, write the term from the list that best completes the statement.

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|---|-------------------|
| 1. A treatment that focuses on changing unwanted behaviors through rewards is _____. | drug therapy |
| 2. A treatment that is designed to identify and correct distorted thinking patterns is _____. | behavior therapy |
| 3. A treatment that focuses on helping the family function in more positive ways is _____. | family therapy |
| 4. A treatment that involves a group of people who have similar problems is _____. | cognitive therapy |
| 5. A treatment that uses medications to help the symptoms of mental disorders is _____. | group therapy |

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

- _____ 6. Teens with mental health problems
- a. often do not recognize the seriousness of their condition.
 - b. usually are well informed about all the help that is available.
 - c. are much less likely to attempt suicide than other teens.
 - d. typically outgrow the problems even without treatment.
- _____ 7. Teens may need help with mental health issues if they
- a. feel trapped or worry all the time.
 - b. have troubles that affect their sleep.
 - c. become involved with alcohol.
 - d. have any of the above problems.
- _____ 8. Which statement about help for mental health problems is generally true?
- a. People with mental disorders eventually get better without help.
 - b. Asking for help for a mental health problem is a sign of weakness.
 - c. Sharing your thoughts with a mental health professional is painful and embarrassing.
 - d. Resources are available for people who cannot afford to pay for help.
- _____ 9. Teens are most likely to receive treatment for a mental health problem at
- a. home.
 - b. school.
 - c. a hospital.
 - d. a doctor's office.
- _____ 10. A type of physician that diagnoses and treats mental disorders is a
- a. psychologist.
 - b. counselor.
 - c. psychiatrist.
 - d. social worker.

Chapter 5 • Lesson 4 Mental and Emotional Problems

Vocabulary Practice *(continued)*

II. Directions The words listed below appear in Chapter 5 and are part of the Academic Word List, which includes the 570 most common academic words used in academic texts. Read the definitions of the words and then use the words to fill in the blanks below.

Word	Definition
approximately (5-2, p.118)	about, or nearly
constructive (5-4, p.129)	promoting improvement
exposure (5-3, p.123)	condition of being subject to some influence
inhibition (5-3, p.123)	repression, or self-control
initiate (5-3, p.124)	to begin
objective (5-4, p.127)	not biased
persistence (5-1, p.116)	endurance
regulate (5-2, p.121)	to control
reinforcement (5-4, p.128)	something that strengthens
reluctance (5-4, p.127)	unwillingness

Everybody feels sad from time to time. However, the 1. _____ of sad feelings for weeks or months is a sign of depression. This mental disorder is fairly common during adolescence, affecting 2. _____ 15 percent of all teens. Anxiety disorders are also quite common in teens. Other types of mental disorders include personality disorders, in which people are unable to 3. _____ their emotions.

People with mental disorders are at increased risk of suicide. Using alcohol or other drugs may increase this risk by lowering one's 4. _____ and making self-destructive behavior more likely. Cluster suicides may occur in teens due to 5. _____ to other teens who have died by suicide. The first step in helping someone who may be considering suicide is to 6. _____ a meaningful conversation with the person.

Many people are worried about the stigma of mental illness. They may need encouragement from others to overcome their 7. _____ to seek treatment. They may find that sharing their thoughts with a(n) 8. _____ individual is helpful. Mental health professionals offer many treatments to people with mental illness. One type of treatment is behavior therapy, which focuses on changing unwanted behaviors through rewards and 9. _____. The goal of most types of therapy is to help people develop more positive and 10. _____ ways of dealing with their problems.