

***Health: The Basics - Cdn. Ed., 7e (Donatelle)***

**Chapter 2 Promoting and Preserving Your Psychosocial Health**

1) Although Jane has experienced sadness and trauma in her life, she is still a positive person and she is able to live each day to the fullest. Jane's attitude displays which dimension of health?

- A) socioemotional
- B) psychosocial
- C) psychoenvironmental
- D) socio-holistic

Answer: B

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Conceptual

2) Sam is having difficulty dealing with his divorce from his wife of 10 years. He refuses to seek counselling and views assistance as a weakness. With which of the following types of health is Sam experiencing difficulty?

- A) emotional health
- B) socio-status health
- C) mental health
- D) socioemotional health

Answer: C

Diff: 3 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Conceptual

3) \_\_\_\_\_ are based on the interplay of physiological arousal, feelings, cognitive processes, and behavioural reactions.

- A) Expressions
- B) Emotions
- C) Objectivities
- D) Actualizations

Answer: B

Diff: 1 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Factual

4) The two factors of social health that have proven to be particularly important are the presence of strong social bonds and \_\_\_\_\_.

- A) an adequate number of social interactions
- B) the presence of key social supports
- C) the ability to express yourself
- D) different levels of social ties

Answer: B

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Factual

5) Barbara encourages her friend Manjit to run for dorm president. She spends time with Manjit each evening, listening to her concerns and providing suggestions. Barbara is giving her friend \_\_\_\_\_ support.

- A) tangible
- B) expressive
- C) structural
- D) confirming

Answer: B

Diff: 3 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Applied

6) Marie is a student with a part-time job off-campus. When her car broke down, her parents gave her money to buy a new one. In doing so, they provided Marie with \_\_\_\_\_ support.

- A) tangible
- B) expressive
- C) structural
- D) confirming

Answer: C

Diff: 3 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Applied

7) Georgia grew up in an abusive home. She had no positive role models to follow. What type of influence on psychosocial health is this an example of?

- A) family
- B) internal
- C) peer
- D) environmental

Answer: A

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Applied

8) Which of the following is an example of an internal influence on psychosocial health?

- A) growing up in a nurturing family
- B) seeking help from a support group
- C) having influential peers
- D) good physical health status

Answer: D

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Conceptual

9) Dale is not happy with his weight, and he often jokes about being fat. While he seems to be laughing it off, Dale is actually exhibiting signs of low self-\_\_\_\_\_.

- A) control
- B) image
- C) esteem
- D) mastery

Answer: C

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

10) Carl believes he can get an "A" in his philosophy class. His belief is called \_\_\_\_\_.

- A) self-control
- B) self-image
- C) self-esteem
- D) self-efficacy

Answer: D

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

11) Jody ridicules his Jewish friend Simon and draws a swastika on Simon's door. These actions are manifestations of \_\_\_\_\_.

- A) bias
- B) prejudice
- C) immaturity
- D) jealousy

Answer: B

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Applied

12) Kayla has tried to quit smoking on five separate occasions. She has failed to quit each time. Her failure to do so has resulted in a type of response called \_\_\_\_\_.

- A) learned helplessness
- B) negative expressiveness
- C) depressive helplessness
- D) hopeless pattern behaviour

Answer: A

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

13) After a failed marriage, loss of a job, a chronic illness, and bankruptcy, John has acknowledged these failures in his life, but he makes every positive effort to turn his life around and he is much happier. John has now developed a response pattern known as \_\_\_\_\_.

- A) self-efficacy
- B) negative expressiveness
- C) depressive helplessness
- D) hopeless pattern behaviour

Answer: A

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

14) Suzie is taking a course that allows her to consider her personal value system and how to avoid compromising these values. This major theme of spirituality is \_\_\_\_\_.

- A) interconnectedness
- B) mindfulness
- C) living in harmony with your community
- D) spirituality as a part of daily life

Answer: A

Diff: 3 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Conceptual

15) The three convictions of spirituality include love, hope, and \_\_\_\_\_.

- A) interconnectedness
- B) belief
- C) joy
- D) faith

Answer: D

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Factual

16) Sasha volunteers at her local foodbank and takes out her elderly neighbour's weekly trash. Which of the four themes of spirituality is she demonstrating?

- A) living in harmony with our community
- B) spirituality as a part of daily life
- C) mindfulness
- D) interconnectedness

Answer: A

Diff: 3 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Applied

17) Ben came first in his last three endurance races. He believes he can win his upcoming race as well. This type of belief can be described as \_\_\_\_\_.

- A) high esteem
- B) learned optimism
- C) resiliency
- D) self-efficacy

Answer: D

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

18) Keesha can be relied upon to be punctual and to complete all of her assigned tasks on time. Keesha is displaying \_\_\_\_\_.

- A) resiliency
- B) conscientiousness
- C) maturity
- D) responsibility

Answer: B

Diff: 2 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

19) Subjective well-being is defined by three central components that include which of the following traits?

- A) relative presence of health
- B) satisfaction with present life
- C) relative presence of spirituality
- D) satisfaction with personality

Answer: B

Diff: 2 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Conceptual

20) An example of one method recommended to avoid sleeplessness is to \_\_\_\_\_.

- A) drink a glass of wine before bed
- B) go right to bed after all daily activities
- C) nap only in the afternoon
- D) catch up on sleep by sleeping late on weekends

Answer: C

Diff: 4 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Conceptual

21) Sam is satisfied with her current situation in life. She feels like it has its ups and downs but that she is able to deal with negative situations in a productive way. Sam has a high level of \_\_\_\_\_.

- A) subjective well-being
- B) happiness
- C) self-efficacy
- D) learned optimism

Answer: A

Diff: 5 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

22) Jani's psychiatrist tells her that she has done a great job of dealing with several setbacks in her life, and that she is able to cope with traumatic events successfully. Jani is demonstrating a characteristic known as \_\_\_\_\_.

- A) resourcefulness
- B) crisis management
- C) adaptability
- D) resiliency

Answer: D

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

23) Which of the following is a possible cause for exogenous depression?

- A) neurotransmitter imbalance
- B) death of a loved one
- C) hormonal imbalance
- D) loss of brain function

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

24) Which of the following is a possible cause for endogenous depression?

- A) death of a loved one
- B) neurotransmitter imbalance
- C) a difficult divorce
- D) academic failure

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

25) An external event such as a death of a spouse or partner can cause which type of depression?

- A) clinical
- B) neurosis
- C) endogenous
- D) exogenous

Answer: D

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

26) Jamie's dad recently died, and she now experiences bouts of depression. What type of depression does Jamie most likely have?

- A) clinical
- B) exogenous
- C) endogenous
- D) environmental

Answer: B

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

27) Which of the following statements about depression is true?

- A) Frequent crying is the most common symptom of depression.
- B) Antidepressant drugs are often necessary for recovery.
- C) Depression is a natural reaction to crisis or loss.
- D) Only in-depth psychotherapy can cure clinical depression.

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

28) What are the two most common psychotherapeutic therapies for depression?

- A) cognitive and developmental
- B) aversion and electro-convulsive
- C) cognitive and interpersonal
- D) interpersonal and humanistic

Answer: C

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

29) Hank's therapist is treating his depression by trying to change his pessimistic view of the world into a rational view. Hank's therapist is using what type of psychotherapy?

- A) cognitive
- B) developmental
- C) interpersonal
- D) rational emotive

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied



30) After a small kitchen fire two years ago, Alycia cannot sleep at night until she checks to ensure that the stove's burners are all turned off. Alycia is exhibiting symptoms of \_\_\_\_\_.

- A) panic disorder
- B) depressive-compulsive syndrome
- C) obsessive-compulsive disorder
- D) anxiety disorder

Answer: C

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

31) An example of an obsessive-compulsive behaviour is \_\_\_\_\_.

- A) consistently avoiding speaking in public
- B) chewing every bite of food 20 times
- C) not being able to get up and face life each morning
- D) not driving on bridges

Answer: B

Diff: 4 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

32) Meredith experiences persistent, intense feelings of distress, which occur for no apparent reason. This disorder is known as \_\_\_\_\_.

- A) anxiety disorder
- B) seasonal affective disorder
- C) obsessive-compulsive disorder
- D) phobia disorder

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

33) Which of the following statements regarding depression and gender is true?

- A) Women tend to use drugs and/or alcohol to cope with/mask depression.
- B) Women's coping strategies are more effective than men's.
- C) Men tend to distract themselves from a depressed mood, whereas women tend to focus on it.
- D) Men tend to work less when they are depressed.

Answer: C

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

34) An example of a social phobia is a fear of \_\_\_\_\_.

- A) heights
- B) public places
- C) driving at night
- D) snakes

Answer: B

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

35) Victims of panic attacks often have symptoms that mimic a(n) \_\_\_\_\_.

- A) epileptic seizure
- B) depression
- C) migraine headache
- D) heart attack

Answer: D

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

36) Janelle often experiences sudden bouts of disabling terror in which she becomes short of breath and perspires, and her heart races. This type of disorder is known as \_\_\_\_\_.

- A) anxiety
- B) a panic attack
- C) a phobia
- D) hysteria

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

37) Judy witnessed a horrible car crash and has been experiencing terrifying flashbacks. Judy is exhibiting symptoms of \_\_\_\_\_.

- A) panic disorder
- B) situational affective disorder
- C) post-traumatic stress disorder
- D) obsessive thought disorder

Answer: C

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

38) Seasonal affective disorder is associated with \_\_\_\_\_.

- A) malfunction of thyroid gland
- B) lack of social interaction
- C) too much external stimuli
- D) reduced exposure to sunlight

Answer: D

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

39) Jessica uses light therapy, which is the most effective method of treatment for her depression. This type of depression is known as \_\_\_\_\_.

- A) seasonal affective disorder
- B) anxiety
- C) vitamin D deficiency disorder
- D) winter month blues

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

40) Vancouver is a city that experiences large amounts of rain and overcast skies. This gloomy, dull weather may bring about a type of depression called \_\_\_\_\_.

- A) obsessive-compulsive disorder
- B) seasonal affective disorder
- C) phobia disorder
- D) distress disorder

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

41) Which of the following statements about schizophrenia is true?

- A) It affects approximately 20 percent of the population.
- B) It is a biological disease of the brain.
- C) It is caused by abnormal family interaction in childhood.
- D) It is curable with drugs and therapy.

Answer: B

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

42) Rick experiences alterations of his senses and radical changes in emotions, movements, and behaviours. These are characteristics of what mental disorder?

- A) schizophrenia
- B) anxiety attack
- C) clinical depression
- D) panic disorder

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

43) Which of the following statements about premenstrual dysphoric disorder (PMDD) is true?

- A) PMDD affects a woman's life for seven to ten days.
- B) PMS and PMDD are the same disorder.
- C) PMDD does not interfere with a woman's job or home life.
- D) There is no need for antidepressant therapy with PMDD.

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

44) Treatment for schizophrenia includes a combination of \_\_\_\_\_.

- A) hospitalization, medication, and psychotherapy
- B) psychoanalysis, medication, and light therapy
- C) hospitalization, light therapy, and electro-convulsive therapy
- D) psychotherapy, medication, and electro-convulsive therapy

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

45) Michael experiences hallucinations and changes behaviours, movements, and emotions unpredictably and radically. He was told that he suffered brain damage very early in life. What mental disorder does Michael suffer from?

- A) clinical depression
- B) obsessive-compulsive disorder
- C) schizophrenia
- D) panic disorder

Answer: C

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

46) Which of the following about suicide is true?

- A) It is the leading cause of death in people aged 25 to 39.
- B) College students are less likely to commit suicide than older adults.
- C) Men attempt suicide more often than women.
- D) The elderly make up over 50 percent of those who commit suicide.

Answer: C

Diff: 2 Type: MC

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

Skill: Factual

47) Josie has told her friends that she wants to commit suicide because she feels that "no one cares about her" since the death of her own mother. Josie's friends should \_\_\_\_\_.

- A) communicate with her and keep her comments a secret, as she asked them to
- B) listen to her, let her know they care about her and then tell her dad or another trusted adult
- C) discuss her comments with other friends in texts or on social media to get some advice
- D) stop hanging out with her because they are afraid of what could happen

Answer: B

Diff: 4 Type: MC

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

Skill: Applied

48) Dan has been experiencing mood swings and has been participating in extremely risky behaviour, claiming that he does not care what happens to him. Dan's characteristics are warning signals for \_\_\_\_\_.

- A) depression
- B) affective disorder
- C) schizophrenia
- D) suicide

Answer: D

Diff: 3 Type: MC

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

Skill: Applied

49) Maleena's therapist gave her a prescription for an antidepressant. What type of mental health professional does she go to?

- A) psychologist
- B) psychiatrist
- C) psychiatric social worker
- D) social counsellor

Answer: B

Diff: 3 Type: MC

Topic: Name the different types of mental health professionals and the most common types of therapy.

Skill: Applied

50) Beth's therapist has helped her recall traumatic childhood memories in order to resolve the conflicts and live a more productive life. Beth's therapist is a \_\_\_\_\_.

- A) psychoanalyst
- B) psychiatrist
- C) psychiatric nurse specialist
- D) psychiatric social worker

Answer: A

Diff: 3 Type: MC

Topic: Name the different types of mental health professionals and the most common types of therapy.

Skill: Applied

51) Andre has been told to seek out a type of therapist trained in helping patients by using talk therapy. This type of therapist is a \_\_\_\_\_.

- A) psychologist
- B) developmentalist
- C) psychiatric counsellor
- D) psychoanalyst

Answer: A

Diff: 3 Type: MC

Topic: Name the different types of mental health professionals and the most common types of therapy.

Skill: Applied

52) Your values, attitudes, and beliefs about your health, relationships with others, and life in general are usually a reflection of which part of psychosocial health?

- A) mental health
- B) spiritual health
- C) emotional health
- D) physical health

Answer: A

Diff: 2 Type: MC

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Conceptual

53) Sheila experiences irritability, depression, and other symptoms of increased stress right before she menstruates. This condition is known as \_\_\_\_\_.

- A) PMS
- B) SPM
- C) PMDD
- D) MPS

Answer: A

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

54) Which of the following is an excellent strategy for maintaining psychosocial health?

- A) spending time with friends, doing activities you enjoy
- B) spending large amounts of money and then feeling guilty for doing so
- C) avoiding social events, choosing to spend time alone
- D) taking a stress multivitamin

Answer: A

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Conceptual

55) It is estimated that one in \_\_\_\_\_ Canadians will directly experience a mental illness at some point in his or her lifetime.

- A) three
- B) four
- C) five
- D) six

Answer: C

Diff: 2 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Factual

56) Mindfulness refers to your ability to \_\_\_\_\_.

- A) feel like you belong and can connect with others
- B) be fully present in the moment
- C) discover and articulate your basic purpose in life
- D) be aware of how your values impact you and those around you

Answer: B

Diff: 4 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Evaluate

57) Sarah has set a goal for herself to lose 10 pounds (4.5 kg) within the next two months. She knows that her goal is realistic but her previous attempts at weight loss have failed. To attain her goal and improve her self-efficacy she should \_\_\_\_\_.

- A) reward herself with a food treat for every 2-pound weight loss
- B) weigh herself twice a day and record it in a journal
- C) join an exercise class or gym to meet other people with shared goals
- D) wear clothes that are slightly tight to remind herself that she still has more to lose

Answer: C

Diff: 3 Type: MC

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Analyze

58) One potential reason for the higher incidence of depression in women is the \_\_\_\_\_.

- A) damage that occurs in their brain during the second trimester of their development
- B) stable hormone levels they experience throughout life
- C) stressors related to the multiple roles they play in life
- D) stronger emotional connection they have with the world around them

Answer: C

Diff: 3 Type: MC

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Evaluate

59) Mental health is the "feeling" or subjective dimension of psychosocial health.

Answer: FALSE

Type: TF

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

60) Social bonds refer to the relationships that bring positive benefits to the individual.

Answer: FALSE

Type: TF

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

61) Endogenous depression is a type of depression with an external cause, such as the death of a loved one.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.



62) Self-esteem is a person's belief about whether he or she can successfully engage in and execute a specific behaviour.

Answer: FALSE

Type: TF

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

63) Drinking moderate amounts of alcohol is recommended for helping insomnia.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

64) Eating well, spending time with friends, and learning new things are effective tips for building self-esteem.

Answer: TRUE

Type: TF

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

65) Symptoms of post-traumatic stress disorder (PTSD) only manifest immediately after a traumatic experience.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

66) Depression is a natural reaction to crisis and loss in an individual's life.

Answer: FALSE

Type: TF

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

67) Obsessive-compulsive disorder has a neurological and genetic basis.

Answer: TRUE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

68) People living in northern Canada where there is less sunlight during the winter are more likely to suffer from seasonal affective disorder.

Answer: TRUE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

69) Schizophrenia is curable with therapy and drug treatment.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

70) Schizophrenia is a biological brain disease in which symptoms usually manifest in late adulthood.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

71) The actual rates of suicide may be much higher due to difficulty in determining causes of suspicious deaths.

Answer: TRUE

Type: TF

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

72) Students are less at risk to attempt suicide than the general population.

Answer: FALSE

Type: TF

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

73) Suicide is often a consequence of poor coping skills.

Answer: TRUE

Type: TF

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

74) Psychoanalysts are trained as medical doctors and can prescribe medications.

Answer: FALSE

Type: TF

Topic: Name the different types of mental health professionals and the most common types of therapy.

75) Emotional health refers to the feeling or "objective" side of psychosocial health.

Answer: FALSE

Type: TF

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

76) The more an individual ponders the meaning of his/her experiences, the greater his/her chances of achieving spiritual health.

Answer: TRUE

Type: TF

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

77) Belonging to school peer groups such as gay-straight alliances and LGBTQ groups plays a large role in preventing suicide among LGBTQ youth.

Answer: TRUE

Type: TF

Topic: Describe the warning signs of suicide and the actions to take to help an individual contemplating suicide.

78) Males have a greater probability of developing depression than females.

Answer: FALSE

Type: TF

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

79) People who are psychosocially healthy are born with the skills necessary to control their reactions to stressful situations.

Answer: FALSE

Type: TF

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

80) Human beings cannot become more optimistic by simply replacing negative thoughts with positive ones.

Answer: FALSE

Type: TF

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

81) \_\_\_\_\_ refers to your sense of self-respect or self-confidence.

Answer: Self-esteem

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

82) Studies show that over \_\_\_\_\_ percent of Canadians with mood disorders abuse alcohol and/or illegal drugs.

Answer: 50

Type: SA

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

83) Mental illness can be a risk factor for \_\_\_\_\_.

Answer: substance abuse

Type: SA

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

84) \_\_\_\_\_ depression is caused by an external event such as the loss of something or someone of great value.

Answer: Exogenous

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

85) Antidepressant drugs relieve symptoms in nearly \_\_\_\_\_ percent of people with chronic depression.

Answer: 80

Type: SA

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

86) An illness in which people have obsessive thoughts or perform habitual behaviours they cannot control is called \_\_\_\_\_ disorder.

Answer: obsessive-compulsive

Type: SA

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

87) \_\_\_\_\_ is a biological brain disease, with the damage to the brain occurring as early as the second trimester of fetal development.

Answer: Schizophrenia

Type: SA

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

88) \_\_\_\_\_ is a negative evaluation of an entire group of people that is typically based on unfavourable (and wrong) ideas about the group.

Answer: Prejudice

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

89) People who continually experience failure may develop a pattern of responding known as \_\_\_\_\_, in which they give up and fail to take any action to help themselves.

Answer: learned helplessness

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

90) \_\_\_\_\_ is the term used to describe those traits or characteristics that protect an individual or community from threat or harm.

Answer: Resiliency

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

91) \_\_\_\_\_ is the unique mixture of characteristics that distinguishes one individual from another.

Answer: Personality

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

92) The term that describes cognitive impairment, disorientation, and grogginess that are experienced first thing in the morning is sleep \_\_\_\_\_.

Answer: inertia

Type: SA

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Match the following. (Answers may be used once, more than once, or not at all.)

- A) phobia
- B) suicide
- C) depression
- D) resiliency
- E) schizophrenia
- F) psychiatrist
- G) SAD
- H) OCD
- I) psychologist
- J) panic attack
- K) PMDD

93) the most common emotional disorder

Type: MA

94) illness characterized by repetitive uncontrollable behaviours

Type: MA

95) two different types of this disorder are simple and social

Type: MA

96) disorder treated with light therapy

Type: MA

97) therapist trained in various types of talk therapy

Type: MA

98) second leading cause of death for ages 15-24

Type: MA

99) can cause carbohydrate cravings

Type: MA

100) can prescribe antidepressants

Type: MA

101) exogenous and endogenous are two types of the disorder

Type: MA

102) symptoms often mimic cardiac arrest

Type: MA

103) drugs can help 80 percent of people diagnosed with this

Type: MA

104) characterized by alterations of the senses, including auditory and visual hallucinations  
Type: MA

105) washing your hands 10 times before eating  
Type: MA

106) the traits or characteristics that protect an individual from threat or harm  
Type: MA

107) a condition that can be serious enough to interfere with a woman's ability to function at work or at home  
Type: MA

Answers: 93) C 94) H 95) A 96) G 97) I 98) B 99) G 100) F 101) C 102) J 103) C 104) E 105) H  
106) D 107) K

108) Define social bonds and social supports as they relate to social health.

Answer: Social bonds reflect the degree and nature of our interpersonal contacts and interactions. The six main functions are to provide intimacy, feelings of belonging, opportunities for giving/receiving nurturance, reassurance of an individual's worth, assistance and guidance, and advice.

Social supports refer to the relationships that bring positive benefits to the individual. They can be expressive (emotional support, encouragement) or structural (housing, money).

Type: ES

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Factual

109) Discuss methods to improve self-esteem as stated in the text.

Answer:

Find a support group.

Maintain physical health.

Try to be a support for others.

Examine problems and seek help if necessary.

Complete required tasks.

Take and make time for you.

Form realistic expectations.

Type: ES

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied

110) List and explain five ways to help you get adequate amounts of rest.

Answer:

Try to correct what is bothering you.	Relax before going to bed.
Don't drink alcohol before bedtime.	Avoid daytime naps.
Avoid heavy meals at bedtime.	Avoid reproaching yourself.
Eliminate or reduce daytime caffeine.	Don't watch the clock.
Get up and do something if you can't sleep.	Go to bed and rise on a regular schedule.

Type: ES

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Conceptual

111) What is psychosocial health? What are the basic elements of psychosocial health? Discuss each of these elements.

Answer: Psychosocial health encompasses the mental, emotional, social, and spiritual dimensions of health. Psychosocially healthy people have managed to develop these dimensions to optimal levels. Psychosocial health is the result of a complex interaction of a person's history and conscious and unconscious thoughts about and interpretations of the past.

Elements:

1. They feel good about themselves. They are not overwhelmed by fear, love, anger, jealousy, guilt, or worry.
2. They feel comfortable with other people. They have satisfying and lasting personal relationships and do not take advantage of others, nor do they allow others to take advantage of them.
3. They control tension and anxiety. They recognize the underlying causes and symptoms of stress in their lives and consciously avoid illogical or irrational thoughts, excuse making, and blaming others for their problems.
4. They are able to meet the demands of life. They try to solve problems as they arise, to accept responsibility, and to plan ahead.
5. They curb hate and guilt. They acknowledge and combat their tendencies to respond with hate, anger, thoughtlessness, selfishness, vengeful acts, or feelings of inadequacy.
6. They maintain a positive outlook. They approach each day with a presumption that things will go well.
7. They enrich the lives of others. They recognize that there are others whose needs may be greater than their own.
8. They cherish the things that make them smile. They make a special place in their lives for memories of the past.
9. They value diversity. They don't fear difference.
10. They appreciate and respect nature. They enjoy and respect natural beauty and wonders.

Type: ES

Topic: Define psychosocial health and its components: intellectual, emotional, social, and spiritual health.

Skill: Conceptual



112) Discuss current methods that are used to treat depression.

Answer: Various types of treatment are currently being used. No one method is perfect, and each method and person needs to be assessed before the method of treatment is prescribed.

Current methods include:

1. Lifestyle modification: physical activity, eating well, managing stress, adequate sleep, developing a strong support system, etc.
2. Talking to a physician, counsellor, psychologist, or psychiatrist
3. Attending a support group
4. Taking medication
5. Psychotherapeutic and pharmacologic modes of treatment are recommended for clinical depression. The two most common psychotherapeutic therapies are cognitive therapy and interpersonal therapy.

Type: ES

Topic: Identify common psychosocial problems, and explain their causes and available treatments.

Skill: Applied

113) Describe subjective well-being. Provide examples of the three central components from your own life.

Answer: Examples will vary for each person.

Subjective well-being refers to the uplifting feeling of inner peace or overall "feel-good state" that includes happiness. Subjective well-being is defined by three central components:

1. Satisfaction with present life. This means that you are happy in your present work and social relationships and are not looking to be in another work or social situation. An example of this is when I am working hard in my studies. I am not constantly looking forward to when I do not have to go to school. I am enjoying learning and doing the work required to achieve the grades I get.
2. Relative presence of positive emotions. Because you perceive the world around you in a more positive way, you are more inclined to feel positive emotions. An example from my life is when I smile at people I pass in the street and they smile back at me. I feel happier when I see their smile.
3. Relative absence of negative emotions. When you experience more positive emotions, there is less opportunity to feel severe negative emotions. It tends to temper how you perceive negative experiences. An example of this is when I don't do well on an exam. Because I have a more positive outlook, I can look at my performance in the rest of the course and, while I feel disappointed about my grade, I know that it is not the end of the world and is just one element that is graded in my course.

Type: ES

Topic: Describe the external and internal factors influencing psychosocial health. Which of these factors can be changed?

Skill: Applied