

***Choosing Health, 3e (Lynch)***  
**Chapter 2 Psychological Health**

1) Psychological health encompasses which of the following dimensions of health?

- A) Spiritual & Physical
- B) Mental & Financial
- C) Emotional & Disease Related
- D) Mental & Emotional

Answer: D

Diff: 1 Page Ref: 26

Section: 2.1

Skill: Remembering

Learning Obj.: 2.1

2) The capacity to make informed, un-coerced decisions is called

- A) autonomy.
- B) assertiveness.
- C) realism.
- D) self-esteem.

Answer: A

Diff: 1 Page Ref: 27

Section: 2.1

Skill: Remembering

Learning Obj.: 2.1

3) A sense of positive regard for oneself, resulting in elevated levels of self-respect, called

- A) realism.
- B) assertiveness.
- C) autonomy.
- D) self-acceptance.

Answer: D

Diff: 1 Page Ref: 26

Section: 2.1

Skill: Remembering

Learning Obj.: 2.1

4) The base level of Maslow's hierarchy of needs pyramid includes

- A) physiological health.
- B) safety and security.
- C) self-esteem.
- D) love and belonging.

Answer: A

Diff: 2 Page Ref: 28

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

5) Juanita is trying to improve her self-esteem. Which of the following strategies will boost her self-esteem?

- A) Restretching her own abilities
- B) Continuing to do routine things
- C) Valuing other people's responses
- D) Eating a healthy diet and exercising.

Answer: A

Diff: 3 Page Ref: 27

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

6) The psychological tendency to have a positive interpretation of life's events is called

- A) intimacy.
- B) optimism.
- C) pessimism.
- D) self-actualization.

Answer: B

Diff: 1 Page Ref: 29

Section: 2.1

Skill: Remembering

Learning Obj.: 2.2

7) Which of the following is one of the four key abilities of emotional intelligence?

- A) Incorporating thoughtless actions into your decision making process.
- B) Accepting your emotions and allowing them to control you.
- C) Using logic over emotion to make life choices.
- D) Regulating emotion in oneself and others.

Answer: D

Diff: 1 Page Ref: 28

Section: 2.1

Skill: Understanding

Learning Obj.: 2.2

8) Students with higher levels of social support

- A) will achieve higher grades.
- B) are less likely to experience psychological health problems.
- C) support are less likely to feel hopelessness.
- D) are increasing reporting overwhelming anger.

Answer: B

Diff: 3 Page Ref: 29

Section: 2.2

Skill: Analyzing

Learning Obj.: 2.3

9) Having an optimistic outlook has been associated with the following health related benefits

- A) having poor emotional control.
- B) an increased likelihood of getting sick with serious or minor illness.
- C) reduced levels of psychological distress.
- D) a lower immune response.

Answer: C

Diff: 2 Page Ref: 29

Section: 2.1

Skill: Understanding

Learning Obj.: 2.2

10) Which of the following physical changes has been shown to improve your psychological well-being?

- A) Magnifying the importance of small failures.
- B) Avoid dealing with stressful social situations.
- C) Setting long range goals.
- D) Getting regular sleep every night.

Answer: D

Diff: 3 Page Ref: 45

Section: 2.10

Skill: Applying

Learning Obj.: 2.10

11) The practice of helping and giving to others out of a genuine concern for their well-being is called

- A) shyness.
- B) altruism.
- C) mindfulness.
- D) spirituality.

Answer: B

Diff: 2 Page Ref: 31

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

12) Antidepressant medications are often helpful because they regulate

- A) red blood cell production.
- B) social anxiety.
- C) core temperature.
- D) neurotransmitters in the brain.

Answer: D

Diff: 3 Page Ref: 35

Section: 2.5

Skill: Applying

Learning Obj.: 2.6

- 13) Which of the following is the most effective way to deal with feelings of anger?
- A) Express feelings of anger in a way that releases emotions without damaging relationships.
  - B) Hold the feelings inside.
  - C) Express anger impulsively and aggressively.
  - D) Refrain from expressing negative emotions.

Answer: A

Diff: 3 Page Ref: 32

Section: 2.3

Skill: Applying

Learning Obj.: 2.3

- 14) Symptoms of depressive disorders can include
- A) expressing feelings of hopefulness for the future.
  - B) maintaining good grades.
  - C) feelings of euphoria.
  - D) social withdrawal.

Answer: D

Diff: 2 Page Ref: 34

Section: 2.5

Skill: Understanding

Learning Obj.: 2.5

- 15) Major depressive disorder is diagnosed when a person experiences
- A) five or more depressive symptoms for at least two weeks straight.
  - B) occasional loss of interest in things that were once important.
  - C) mild chronic depressive symptoms for two or more years.
  - D) apprehension in social situations.

Answer: A

Diff: 2 Page Ref: 34

Section: 2.5

Skill: Remembering

Learning Obj.: 2.5

- 16) Research has identified some of the potential causes of depressive disorders, including
- A) high levels of financial and academic success.
  - B) being the only family member to experience feelings of sadness.
  - C) producing excess serotonin in the brain.
  - D) experiencing irregular hormone levels.

Answer: D

Diff: 1 Page Ref: 34

Section: 2.5

Skill: Understanding

Learning Obj.: 2.5

17) Which factor has the most measurable effect on the prevalence of mental illness?

- A) Discrimination
- B) Placement in foster care
- C) Exposure to violence
- D) There are many factors that contribute to mental illness.

Answer: D

Diff: 2 Page Ref: 33

Section: 2.4

Skill: Remembering

Learning Obj.: 2.4

18) Which of the following is true of men and depression?

- A) Men are more likely than women to seek treatment for depression.
- B) Men do not experience any physical effects of depression.
- C) Men are more likely to turn to drugs and alcohol to deal with depression than women.
- D) Men with depression are less likely to contract heart disease.

Answer: C

Diff: 2 Page Ref: 35

Section: 2.5

Skill: Remembering

Learning Obj.: 2.5

19) Which of the following is not true of antidepressants?

- A) They work by normalizing the levels of the neurotransmitters serotonin, norepinephrine, or dopamine.
- B) Abruptly stopping use of antidepressants can cause withdrawal symptoms.
- C) The same drug that helps one person may not help another person.
- D) There is no reported increase in suicidal behaviors.

Answer: D

Diff: 2 Page Ref: 35

Section: 2.6

Skill: Understanding

Learning Obj.: 2.9

20) Attention-deficit/hyperactivity disorders

- A) are twice as likely in girls as in boys.
- B) can improve focus and attention to detail on the job.
- C) is always accurately diagnosed in early childhood.
- D) All of the above have been shown to have an impact on academic success rates.

Answer: D

Diff: 2 Page Ref: 39

Section: 2.7

Skill: Understanding

Learning Obj.: 2.7

21) Sudden feelings of terror that strike without warning are characteristic of

- A) generalized anxiety disorder.
- B) depression.
- C) a panic attack.
- D) seasonal affective disorder.

Answer: C

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6

22) All of the following statements regarding generalized anxiety disorder are true except

- A) its sufferers feel worry, anxiety and pessimism even when there is little or nothing to provoke it.
- B) physical symptoms, such as headaches, muscle tension, and difficulty swallowing often accompany the anxiety.
- C) it affects twice as many men as women.
- D) it can be diagnosed when the symptoms last six months or more.

Answer: C

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6

23) Social anxiety disorders can result in

- A) sudden feeling of impending doom.
- B) the fear of heights and large groups of people.
- C) engaging in enjoyable activities that require social interaction.
- D) sweating, blushing and increased heart rate.

Answer: D

Diff: 3 Page Ref: 37

Section: 2.6

Skill: Applying

Learning Obj.: 2.6

24) A person with obsessive-compulsive disorder

- A) is more likely to develop the disorder in adulthood.
- B) develop fear and loss of control after a traumatic event.
- C) may continue to repeat rituals without gaining psychological relief.
- D) are more likely to have a germ related phobia.

Answer: D

Diff: 3 Page Ref: 38

Section: 2.7

Skill: Applying

Learning Obj.: 2.7

25) After witnessing a fatal automobile accident, Marisela developed this disorder that causes her to feel depressed and emotionally numb. She also has reoccurring nightmares about the accident scene. Her symptoms are characteristic of

- A) generalized anxiety disorder.
- B) obsessive compulsive disorder.
- C) panic disorder.
- D) post traumatic stress disorder.

Answer: D

Diff: 2 Page Ref: 38

Section: 2.7

Skill: Applying

Learning Obj.: 2.7

26) To treat his fear of heights, Michael participated in a type of therapy that allowed him to focus on changing his habits, which may have improved his psychological health. Which of the following treatments did Michael most likely engage in?

- A) Electroshock therapy
- B) Medication therapy
- C) Acceptance and Commitment therapy
- D) Behavior therapy

Answer: D

Diff: 3 Page Ref: 43

Section: 2.7

Skill: Applying

Learning Obj.: 2.7

27) All of the following are symptoms of schizophrenia except

- A) delusions.
- B) hallucinations.
- C) the ability to distinguish what is real from what is imaginary.
- D) inappropriate emotions.

Answer: C

Diff: 2 Page Ref: 40

Section: 2.7

Skill: Understanding

Learning Obj.: 2.7

28) People who intentionally injure themselves without the desire to die are exhibiting symptoms of

- A) post traumatic stress disorder.
- B) attention deficit disorder.
- C) no-suicidal self-injury.
- D) schizophrenia.

Answer: C

Diff: 3 Page Ref: 40

Section: 2.8

Skill: Applying

Learning Obj.: 2.8

29) Recall the Student Story about Kristina. After Kristina's friend committed suicide, what became more important in her life?

- A) Attending social events
- B) Traveling frequently
- C) Developing closer relationships with her friends and family
- D) Focusing on her own mortality

Answer: C

Diff: 2 Page Ref: 41

Section: 2.8

Skill: Remembering

Learning Obj.: 2.10

30) Self-care includes all of the following except

- A) eating well.
- B) getting enough sleep.
- C) exercising daily as a regular form of stress management.
- D) drinking alcohol to help deal with stress.

Answer: D

Diff: 2 Page Ref: 45

Section: 2.10

Skill: Understanding

Learning Obj.: 2.10

31) Which of the following mental health professionals has the authority to prescribe medications?

- A) Counselors
- B) Psychologists
- C) Psychiatrists
- D) Licensed mental health workers.

Answer: C

Diff: 1 Page Ref: 42

Section: 2.9

Skill: Remembering

Learning Obj.: 2.9



32) A mental health professional with a doctoral degree but not a medical degree describes which of the following?

- A) A psychiatrist
- B) A psychologist
- C) A counselor
- D) A psychotherapist

Answer: B

Diff: 1 Page Ref: 42

Section: 2.9

Skill: Remembering

Learning Obj.: 2.9

33) Cognitive therapy focuses on changing

- A) unconscious sources for a person's behavior.
- B) negative and distorted thoughts.
- C) a person's level of optimism.
- D) a person's response to medication.

Answer: B

Diff: 1 Page Ref: 42

Section: 2.9

Skill: Understanding

Learning Obj.: 2.9

34) Justin is seeking the help of a therapist. Which of the following factors should he discuss with potential doctors before his first session?

- A) The cost of therapy
- B) The therapist's credentials and approach to therapy
- C) The experience the therapist has in helping others with similar issues
- D) All of the answers are correct

Answer: D

Diff: 2 Page Ref: 43

Section: 2.9

Skill: Understanding

Learning Obj.: 2.9

35) Behavioral therapy may include which of the following techniques?

- A) Pharmacological therapy
- B) Exposure therapy paired with relaxation techniques
- C) Negative reinforcement and public embarrassment
- D) Reinforced cognitive distortion

Answer: B

Diff: 3 Page Ref: 43

Section: 2.9

Skill: Applying

Learning Obj.: 2.9

36) Although Jenna has a 3.8 GPA, she doesn't believe she is a good student. What type of cognitive distortion is this?

- A) Disqualifying the positive
- B) Overgeneralization
- C) Minimizing
- D) Catastrophizing

Answer: A

Diff: 3 Page Ref: 43

Section: 2.9

Skill: Applying

Learning Obj.: 2.9

37) An emerging field of psychology that focuses on increasing psychological strengths and improving happiness rather than on psychological problems is

- A) psychodynamic therapy.
- B) positive psychotherapy.
- C) behavioral therapy.
- D) cognitive therapy.

Answer: B

Diff: 1 Page Ref: 43

Section: 2.9

Skill: Remembering

Learning Obj.: 2.9

38) In psychodynamic therapy the therapist and patient explore

- A) the patient's conscious behaviors.
- B) unresolved issues buried in the unconscious.
- C) incorporating positive ideas.
- D) how to identify distorted, negative thinking.

Answer: B

Diff: 2 Page Ref: 43

Section: 2.9

Skill: Understanding

Learning Obj.: 2.9

39) When her boyfriend is feeling slighted over an event that occurred at work, Meghan feels that she is at fault for his negative feelings. This is an example of

- A) overgeneralization.
- B) personalization.
- C) emotional reasoning.
- D) mental filtering.

Answer: B

Diff: 2 Page Ref: 44

Section: 2.9

Skill: Applying

Learning Obj.: 2.10

40) Sue failed the first test in her statistics class. She is now convinced she is a total failure and will never graduate college. This type of destructive thought is called

- A) personalization.
- B) emotional reasoning.
- C) magnification.
- D) all-or-nothing thinking.

Answer: C

Diff: 1 Page Ref: 44

Section: 2.9

Skill: Remembering

Learning Obj.: 2.10

41) John gets up every ten minutes to make sure he turned off the oven. This is an example of

- A) obsessive-compulsive disorder.
- B) personalization.
- C) panic attacks.
- D) post-traumatic stress disorder.

Answer: A

Diff: 1 Page Ref: 38

Section: 2.7

Skill: Remembering

Learning Obj.: 2.6

42) Justine, who has \_\_\_\_\_ disorder, has periods of depression followed by periods of mania.

- A) generalized anxiety disorder
- B) schizophrenia
- C) bipolar
- D) attention deficit hyperactivity disorder

Answer: C

Diff: 1 Page Ref: 36

Section: 2.5

Skill: Remembering

Learning Obj.: 2.5

43) A phobia of heights is classified as a(n) \_\_\_\_\_ phobia.

- A) situational
- B) natural environment
- C) injury
- D) animal

Answer: B

Diff: 1 Page Ref: 37

Section: 2.6

Skill: Remembering

Learning Obj.: 2.6

44) A World Health Organization survey of 17 countries found that the United States has the highest lifetime prevalence of DSM mental disorders.

Answer: TRUE

Diff: 1 Page Ref: 33

Section: 2.4

Skill: Remembering

Learning Obj.: 2.4

45) The typical college student is likely to experience loneliness, sadness, anxiety or stress at some point.

Answer: TRUE

Diff: 2 Page Ref: 32

Section: 2.4

Skill: Understanding

Learning Obj.: 2.2

46) Mental health is the component of psychological health that pertains to a person's feelings and emotions.

Answer: FALSE

Diff: 2 Page Ref: 26

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

47) Spirituality can mean different things to different people.

Answer: TRUE

Diff: 2 Page Ref: 29

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

48) Individuals with high self-esteem tend to be more resilient and optimistic than those with a low self-esteem.

Answer: TRUE

Diff: 1 Page Ref: 26

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

49) An assertive person uses anger and hostility to make a point.

Answer: FALSE

Diff: 1 Page Ref: 27

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

50) A person who is autonomous relies on the judgment of others when making decisions.

Answer: FALSE

Diff: 1 Page Ref: 27

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

51) Emotional intelligence is the same thing as intellectual intelligence.

Answer: FALSE

Diff: 2 Page Ref: 28

Section: 2.1

Skill: Understanding

Learning Obj.: 2.2

52) The highest level in Maslow's hierarchy of needs is having a high self-esteem.

Answer: FALSE

Diff: 1 Page Ref: 28

Section: 2.1

Skill: Remembering

Learning Obj.: 2.2

53) A person needs to belong to an organized religion to have spirituality.

Answer: FALSE

Diff: 2 Page Ref: 30

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

54) The values a person has as an adult are developed shortly after birth and remain unchanged.

Answer: FALSE

Diff: 2 Page Ref: 30

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

55) Optimists are more likely than pessimists to succeed academically.

Answer: TRUE

Diff: 1 Page Ref: 29

Section: 2.1

Skill: Remembering

Learning Obj.: 2.1

56) Physical health can decline when a person has a negative outlook or high levels of stress and anxiety.

Answer: TRUE

Diff: 2 Page Ref: 29

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

57) Only 10% of college students consider themselves shy.

Answer: FALSE

Diff: 2 Page Ref: 31

Section: 2.3

Skill: Remembering

Learning Obj.: 2.4

58) Shyness is a result of genetics and cannot be altered by a person's environment.

Answer: FALSE

Diff: 2 Page Ref: 31

Section: 2.3

Skill: Understanding

Learning Obj.: 2.4

59) Loneliness can cause depression and other health problems.

Answer: TRUE

Diff: 2 Page Ref: 32

Section: 2.3

Skill: Understanding

Learning Obj.: 2.3

60) Holding in angry feelings can be as physiologically damaging as expressing anger or rage.

Answer: TRUE

Diff: 2 Page Ref: 32

Section: 2.3

Skill: Understanding

Learning Obj.: 2.3

61) Because bad moods are the result of external, uncontrollable factors, they are out of a person's control.

Answer: FALSE

Diff: 2 Page Ref: 34

Section: 2.5

Skill: Understanding

Learning Obj.: 2.5

62) Depressive disorders often occur in conjunction with anxiety disorders and substance abuse.

Answer: TRUE

Diff: 1 Page Ref: 34

Section: 2.5

Skill: Understanding

Learning Obj.: 2.5

63) Anxiety disorders are the most common mental health problems among American adults.

Answer: TRUE

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6

64) Panic disorder can lead to agoraphobia.

Answer: TRUE

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6

65) A debilitating symptom of panic disorder is the dread of the next panic attack.

Answer: TRUE

Diff: 1 Page Ref: 37

Section: 2.6

Skill: Remembering

Learning Obj.: 2.6

66) Social anxiety disorder can lead a person to isolation.

Answer: TRUE

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6

67) Women's risks of short-term and long-term depression can be increased by hormonal shifts.

Answer: TRUE

Diff: 2 Page Ref: 35

Section: 2.5

Skill: Understanding

Learning Obj.: 2.5

68) The most common anxiety disorder is schizophrenia.

Answer: FALSE

Diff: 2 Page Ref: 40

Section: 2.7

Skill: Understanding

Learning Obj.: 2.7

69) Schizophrenia is effectively treated with systematic desensitization therapy.

Answer: FALSE

Diff: 2 Page Ref: 40

Section: 2.7

Skill: Understanding

Learning Obj.: 2.7

70) Women are more likely to attempt and die from committing suicide than men.

Answer: FALSE

Diff: 2 Page Ref: 41

Section: 2.8

Skill: Understanding

Learning Obj.: 2.8

71) Antidepressants often cause a change in the level of serotonin, a type of neurotransmitter.

Answer: TRUE

Diff: 1 Page Ref: 35

Section: 2.5

Skill: Remembering

Learning Obj.: 2.9

72) Brian has difficulty in expressing his feelings and struggles with depression. These issues will largely impact his emotional dimension of psychological health.

Answer: TRUE

Diff: 2 Page Ref: 26

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

73) Sudden feelings of terror that strike without warning describes schizophrenic attacks.

Answer: FALSE

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Understanding

Learning Obj.: 2.6



Match the following:

- A) Susan views her life with a positive interpretation.
- B) Brittany respects herself, believes in her abilities, and is satisfied with her achievements.
- C) After getting married and completing his Ph.D., Enrique achieved his lifelong goals.
- D) No longer living at home, Julia must decide for herself which college she will attend.
- E) David expresses his needs and wants to others in appropriate ways.

74) Autonomy

Diff: 2 Page Ref: 27

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

75) Assertiveness

Diff: 2 Page Ref: 27

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

76) Self-esteem

Diff: 2 Page Ref: 26

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

77) Self-actualization

Diff: 2 Page Ref: 28

Section: 2.2

Skill: Applying

Learning Obj.: 2.2

78) Optimism

Diff: 2 Page Ref: 29

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

Answers: 74) D 75) E 76) B 77) C 78) A

Match the following:

- A) The "thinking" component of psychological health.
- B) The component of psychological health dealing with feelings.
- C) The component of psychological health associated with a connection to a higher purpose.
- D) Being able to monitor, assess and manage emotions.
- E) Being connected to something larger than yourself.

79) Emotional intelligence

Diff: 2 Page Ref: 28

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

80) Mental health

Diff: 2 Page Ref: 26

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

81) Emotional health

Diff: 2 Page Ref: 26

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

82) Spiritual health

Diff: 2 Page Ref: 30

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

83) Spirituality

Diff: 2 Page Ref: 30

Section: 2.2

Skill: Understanding

Learning Obj.: 2.2

Answers: 79) D 80) A 81) B 82) C 83) E

Match the following:

- A) For the past six months, Davis has experienced chronic worry that seems to be out of his control.
- B) When Rick has to do a class presentation, he experiences symptoms of increased heart rate, trembling, and stuttering.
- C) Ana has occurrences of mania followed by occurrences of depression.
- D) For months, Paula has had no interest in daily life and doesn't get out of bed most days.
- E) Luci is a new mother and experiences this form of depression.

84) Depressive disorder

Diff: 2 Page Ref: 34

Section: 2.5

Skill: Applying

Learning Obj.: 2.5

85) Postpartum depression

Diff: 2 Page Ref: 35

Section: 2.5

Skill: Applying

Learning Obj.: 2.5

86) Bipolar disorder

Diff: 2 Page Ref: 36

Section: 2.5

Skill: Applying

Learning Obj.: 2.5

87) Generalized anxiety disorder

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Applying

Learning Obj.: 2.6

88) Social anxiety disorder

Diff: 2 Page Ref: 37

Section: 2.6

Skill: Applying

Learning Obj.: 2.6

Answers: 84) D 85) E 86) C 87) A 88) B

89) Identify and characterize five characteristics of a psychologically healthy person.

Answer: Any five of the following:

- Expresses feelings in ways that are honest, self-accepting, and not harmful to others.
- Prevents and manages stress and conflict in ways that lead to optimal health.
- Seeks help for disruptive or troublesome feelings.
- Focuses on positive rather than self-destructive activities.
- Uses self-control.
- Is empathetic towards others.
- Understands and fulfills personal responsibilities.
- Establishes and maintains relationships that are fulfilling, supportive, and based on mutual respect.

Diff: 3 Page Ref: 26-31

Section: 2.1

Skill: Applying

Learning Obj.: 2.1

90) Illustrate and describe three ways to build self-esteem.

Answer: Any three of the following:

- Take care of yourself by making time to exercise, eat right, and have fun.
- Pat yourself on the back.
- Practice positive self-talk.
- Stretch your abilities by trying something new.
- Tackle your to do list.
- Listen to yourself.
- Reach out and help others.

Diff: 2 Page Ref: 27

Section: 2.1

Skill: Understanding

Learning Obj.: 2.1

91) Explain the relationship between optimism and health.

Answer: Optimism helps patients fighting serious disease maintain a positive outlook.

Optimistic people are more likely to live longer and less likely to get sick with minor illness.

Diff: 2 Page Ref: 29

Section: 2.1

Skill: Analyzing

Learning Obj.: 2.1

92) Compare and contrast the differences in depressive disorders between men and women. Give three detailed examples.

Answer: Rather than being sad, men may become angry, irritable, or abusive. They are more likely than women to self-medicate with alcohol and drug abuse. Men are also more likely to be successful when attempting suicide.

Diff: 4 Page Ref: 35

Section: 2.5

Skill: Analyzing

Learning Obj.: 2.5

93) Discuss three self-care strategies for overcoming mental or emotional stress.

Answer: Any three of the following:

- Get some exercise
- Set realistic goals
- Take steps to build your self-esteem
- Eat well
- Get the right amount of sleep

Diff: 2 Page Ref: 45

Section: 2.10

Skill: Understanding

Learning Obj.: 2.10

94) Explain the difference between dysthymia (dysthymic disorder) and major depressive disorder (unipolar disorder).

Answer: A person must experience five or more depression symptoms including loss of interest or pleasure for at least two weeks straight to be diagnosed with major depressive disorder.

Dysthymia is milder, chronic depression that persists for at least two years.

Diff: 3 Page Ref: 34

Section: 2.5

Skill: Analyzing

Learning Obj.: 2.5

95) Identify and elaborate on two reasons why women may be more prone to depression than men.

Answer: Any two of the following:

- The hormonal shifts that women experience with menstruation, pregnancy, postpartum, and menopause increase their risk of depression.
- Women who work full time and raise children have more stress that may lead to depression.
- Women experience higher rates of sexual abuse, poverty, and low self-esteem than men, which can lead to depression.

Diff: 3 Page Ref: 35

Section: 2.5

Skill: Applying

Learning Obj.: 2.5

96) What symptoms might a college student with attention-deficit/hyperactivity disorder manifest?

Answer: The student may have trouble remembering, concentrating, and following directions. He or she may also be anxious, chronically late, and disorganized; may have problems in relationships; and may have academic difficulties because the disorder makes it difficult to complete tasks.

Diff: 2 Page Ref: 39

Section: 2.7

Skill: Understanding

Learning Obj.: 2.7

97) What signs can you look for in a friend to be aware he or she is contemplating suicide?  
Answer: Listen for statements implying an intended suicide. Look for changes in a friend's behavior and personality that focused on hopelessness and negative thoughts. Be aware of a friend's social withdrawal from friends, hobbies, and activities. Look for expressions of self-hatred and apathy.

Diff: 3 Page Ref: 41

Section: 2.8

Skill: Applying

Learning Obj.: 2.8