



APEX UNIT 6

Disorders and Wellness

Name _____

Date _____

You have three class blocks to complete:

- 6.1.1 • STUDY: POLL: WHAT IS NORMAL? 5PTS
- 6.1.2 • STUDY: WHAT ARE PSYCHOLOGICAL ISSUES? 5PTS
- 6.1.3 • QUIZ 20PTS
- 6.2.1 • STUDY: POLL: ANXIETY AND MOOD DISORDERS 5PTS
- 6.2.2 • STUDY: ANXIETY AND MOOD DISORDERS AND THEIR TREATMENTS 5PTS
- 6.2.4 • QUIZ 20PTS
- 6.2.5 • JOURNAL: ANXIETY DISORDES MOOD DISORDERS AND STIGMA 5PTS
- 6.3.1 • STUDY: POLL: SCHIZOPHRENIA 5PTS
- 6.3.2 • STUDY: DISSOCIATIVE DISORDERS AND SCHIZOPHRENIA 5PTS
- 6.3.3 • QUIZ 20PTS

QUIZZES HAS BEEN SET FOR 3 ATTEMPTS!



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**6.1.1 Study: Poll: What Is Normal?**

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

In this activity, you have a chance to answer questions that are similar to questions that psychologists may ask themselves when they begin to study a topic.

Use this study sheet to keep track of your answers and thoughts. After you have completed the lesson, go back to your answers and ask yourself how you would answer the questions based on what you have learned. Returning to these questions will help you understand the most important parts of the lesson much better.

1. How many times could someone check the locks before you would consider it to be abnormal?
2. If the person claimed that she did her best thinking while checking the door locks, would you consider it a disorder, even if she did it so many times that you thought it was abnormal?
3. What else is important when considering whether checking door locks repeatedly is a psychological disorder? Check all answers that you agree with.
4. What do you think a psychological disorder is? What is the difference between a person who is unusual and a person who has a disorder?

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6.1.2 Study: What Are Psychological Disorders?

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

Use the spaces below to take notes on the key concepts presented in this study.

Psychological Disorders

Also known as:

APA Definition of Psychological Disorders

Write it here:

Very important elements distinguishing disorders from normal variations:

Define *symptoms*:

Define *abnormal*:

Define *functional*:

Book that defines all known psychological disorders:

Maintained by:

Distinguishing Between Disorders and Normal Variations

Case A:

John lost his job suddenly. He feels very sad but thinks this is a normal reaction. He begins to realize that he now has an opportunity to decide what he wants to do with his life. Though he feels very sad, he gets up every morning and writes about what he wants to do and then does career research and arranges interviews.

- Is there significant personal distress? (Yes or No)
- Is the person's ability to function impaired? (Yes or No)
- Does this person likely have a mental disorder? (Yes or No)

Case B:

Mime lost his job suddenly. He feels very sad and has difficulty getting out of bed in the morning. Many days, he does not get out of bed until dinnertime. His friends are beginning to worry about him.

- Is there significant personal distress? (Yes or No)
- Is the person's ability to function impaired? (Yes or No)
- Does this person likely have a mental disorder? (Yes or No)

Legal Terms

Define *insanity*:

Define *incompetency*:

Define *commitment*:

Stigma

Define:

Reasons for:

One way to overcome fear of seeking treatment for mental illness:

**6.2.1 Study: Poll: Anxiety and Mood Disorders**

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

In this activity, you have a chance to answer questions that are similar to questions that psychologists may ask themselves when they begin to study a topic.

Use this study sheet to keep track of your answers and thoughts. After you have completed the lesson, go back to your answers and ask yourself how you would answer the questions based on what you have learned. Returning to these questions will help you understand the most important parts of the lesson much better.

1. What is the difference between normal anxious feelings and feelings that could be the sign of an anxiety disorder? Select all the answers you agree with.
2. Florence has been talking very fast. Yesterday she went to six stores and bought three computers. What type of a disorder might she have?
3. What is your definition of an anxiety disorder?
4. What is your definition of a mood disorder?

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6.2.2 Study: Anxiety and Mood Disorders and Their Treatments

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

Use the spaces below to take notes on the key concepts presented in this study.

Anxiety Disorders

Define:

Types of Anxiety Disorders

Define *generalized anxiety disorder*:

Define *panic disorder*:

Define *post-traumatic stress disorder*:

Define *phobias*:

Define *OCD*:

Mood Disorders

Also known as:

Define:

Types of Mood Disorders

Define *major depression*:

Define *bipolar disorder*:

Define *seasonal affective disorder*:

Behavioral Approaches to Therapy

Define *behavioral psychology*:

Example of stimulus and response:

Stimulus:

Response:

Behavioral Methods

Define *systematic desensitization*:

Used for:

Define *flooding*:

Used for:

Define *implosive therapy*:

Used for:

Define *aversion therapy*

Used for:

Define *token economies*:

Used for:

Cognitive Behavioral Approaches to Therapy

Define *CBT*:

Used to treat:

Examples of thoughts that it would examine:

Define *mindfulness*:

Humanistic Approaches to Therapy

Define *humanistic*:

Used to treat:

Methods

Client-centered therapy

Focuses on:

Three main elements:

Existential analysis

Focuses on:

Biomedical Approaches to Therapy

Define *biomedical*:

Used to treat:

Methods

Define *ECT*:

Used for:

Define *psychosurgery*:

Used for:

Define *psychoactive drugs*:

Used for:

Diet and exercise

Why they are considered biomedical:

Used for:

Endorphins:

Light therapy

Can treat:

Eclectic Approaches to Therapy

Define *eclectic approach*:

Used to treat:

Therapy today is dominated by these two approaches:

Example of eclectic approach:

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6.2.5 Journal: Anxiety Disorders Mood Disorders and Stigma

Journal

Psychology (S1758562)
Points possible: 30

Name: _____

Date: _____

Answer in complete sentences.

1. Since you began learning about psychology, what have you learned about anxiety and mood disorders that you didn't know before? (5 points)

2. Choose any anxiety or mood disorder you have learned about and read more about it on the NAMI or NIMH website.

a. Describe your disorder, and then write about why you think there might be a stigma in acknowledging and seeking treatment for this disorder? (5 points)

b. How might you describe the disorder to someone and explain to that person why there is no stigma in seeking treatment? (5 points)

3. You have studied about different approaches in treating mental illness. Some of these include behavioral, biomedical, CBT, and humanistic. Choose two approaches and explain how an individual suffering from a mental illness might be treated. Then, talk about how the two might work together in an eclectic approach. (10 points)

4. Have you ever encountered people who look down on people with mental illness, or think that the stigma is justified? What do you think might change their perceptions? If you have never encountered such people, why do you think that is? Do you think it is because you know many people who are educated about mental illness? (5 points)

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**6.3.1 Study: Poll: Schizophrenia**

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

In this activity, you have a chance to answer questions that are similar to questions that psychologists may ask themselves when they begin to study a topic.

Use this study sheet to keep track of your answers and thoughts. After you have completed the lesson, go back to your answers and ask yourself how you would answer the questions based on what you have learned. Returning to these questions will help you understand the most important parts of the lesson much better.

Questions for This Lesson

1. Which of these do you think can be symptoms of schizophrenia?
2. What is your best guess at a definition of schizophrenia?

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6.3.2 Study: Dissociative Disorders and Schizophrenia

Study Sheet

Psychology (S1758562)

Name: _____

Date: _____

Use the spaces below to take notes on the key concepts presented in this study.

Dissociative Disorders

Define:

Define *trauma*:

Role of trauma in dissociative disorders:

Types of Dissociative Disorders

Define *dissociative identity disorder*:

Define *dissociative amnesia*:

Define *dissociative fugue*:

Treatment

Treatments include:

Treatment may focus on:

Schizophrenia

Define:

Define *psychosis*:

Example:

Symptoms of Schizophrenia

Define *positive symptoms*:

Example:

Define *negative symptoms*:

Example:

Define *cognitive symptoms*:

Treatment

Treatments include: