

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Pd: \_\_\_\_\_

Mental Disorders: By the end of this unit, students will be able to review types of mental disorders, explain the effects of mental disorders on individuals and society, describe ways to eliminate the stigma associated with mental illness and investigate school and community mental health resources.

Directions: Fill out "what I know" and "what I want to know" columns on chart only. You will be filling out "What I learned" at the end of this unit.

<b>What I KNOW</b> (Fill out a minimum of 2)	<b>What I WANT to Know</b> (Fill out a minimum of 3)	<b>What I LEARNED</b> (Date: _____ ) (Fill out all 5)
1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____ 4. _____ _____ _____ 5. _____ _____ _____	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____ 4. _____ _____ _____ 5. _____ _____ _____	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____ 4. _____ _____ _____ 5. _____ _____ _____

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Pd. \_\_\_\_\_

**Objective: Students will examine mental illness by reviewing the types of mental disorders (S1, Ob 3a)**

**Chap 5 Less 1 Dealing with Anxiety and Depression (pg. 114-117)**

<p><b>What is Main Idea 1?</b></p> <p>1. Define Anxiety</p>	<p><b>Occasional anxiety is a normal, manageable reaction to many short-term, stressful situations</b></p> <p>1a. _____</p> <p>1b. List five stress management techniques you learned previously that can help with anxiety</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>What is Main Idea 2?</b></p> <p>2. Define depression</p> <p>3. Causes of depression</p> <p>4. Symptoms of depression</p>	<p>2a. a prolonged feeling of helplessness, hopelessness, and sadness</p> <p>2b. Almost _____ percent of teens will display some signs of depression</p> <p>3a. _____ (medical condition or illness)</p> <p>3b. _____ (surviving a traumatic life event)</p> <p>3c. Social or environmental ( living in poverty or in a physically or emotionally harmful environment)</p> <p>4a. Changes in _____</p> <ul style="list-style-type: none"> <li>• trouble concentrating, making decision and may have self-destructive thoughts</li> </ul> <p>4b. Changes in _____</p> <ul style="list-style-type: none"> <li>• apathy: lack of strong feeling, interest, or concern</li> </ul> <p>4c. Changes in _____</p> <ul style="list-style-type: none"> <li>• eating too little or too much, trouble sleeping</li> </ul>
<p><b>What is Main Idea 3?</b></p> <p>5. Help Available</p>	<p>5a. Trusted adult</p> <p>5b. Health care professionals</p> <p>5c. School Counselor</p> <p>5d. School Psychologist</p>

Types of Depression (page 115)	
Major depression	
Mild depression	
Adjustment disorder	

Bipolar Disorder	
------------------	--

Warning signs of depression (Figure 5.2 page 116)	
Five or more of these symptoms must persist for two or more weeks before a diagnosis of major depression is indicated	
•	
•	
•	
•	
•	
•	
•	
•	
•	
•	

**Questions**

1. Describe how depression can affect the following aspects of your life.

a. Family:

---



---

b. Friends:

---



---

c. School:

---



---

2. In reference to your answers above, write a paragraph discussing why it is so important for someone with depression to seek help.

---



---



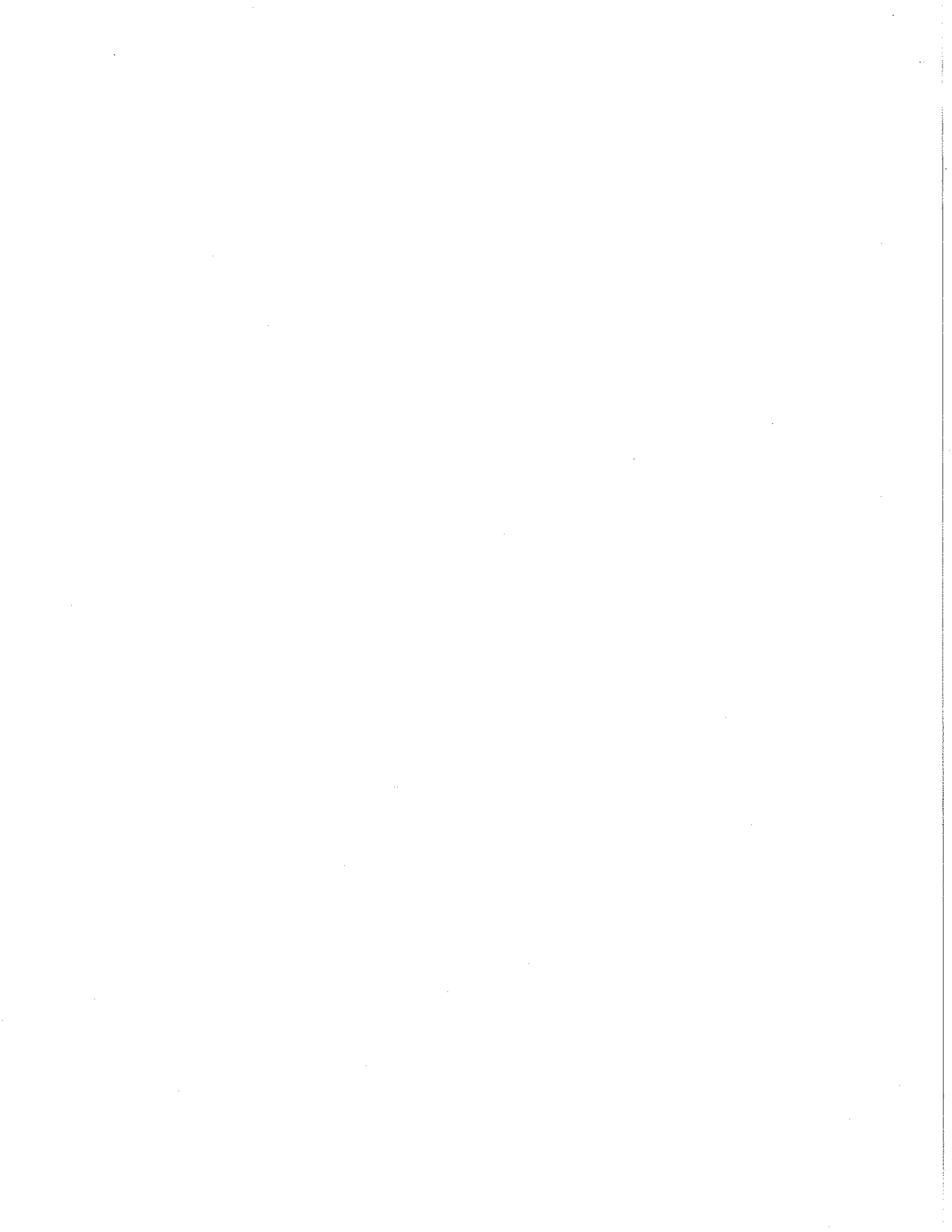
---

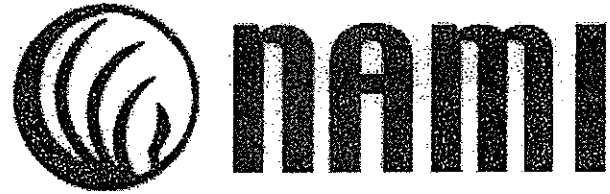


---



---





**National Alliance on Mental Illness**  
 page printed from <http://www.nami.org/>  
 (800) 950-NAMI; [info@nami.org](mailto:info@nami.org)  
 ©2013

## **What is Mental Illness: Mental Illness Facts**

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups and other community services can also be components of a treatment plan and that assist with recovery. The availability of transportation, diet, exercise, sleep, friends and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

### **Here are some important facts about mental illness and recovery:**

- Mental illnesses are serious medical illnesses. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence. Mental illness falls along a continuum of severity. Even though mental illness is widespread in the population, the main burden of illness is concentrated in a much smaller proportion—about 6 percent, or 1 in 17 Americans—who live with a serious mental illness. The National Institute of Mental Health reports that one in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year.
- The U.S. Surgeon General reports that 10 percent of children and adolescents in the United States suffer from serious emotional and mental disorders that cause significant functional impairment in their day-to-day lives at home, in school and with peers.
- The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Mental illness usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.
- Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.

- The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.
- With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.
- Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.
- Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.

To find out more about specific illnesses visit the **By Illness** page.

**Get more Mental Illness: Facts and Numbers from NAMI's Fact Sheet.**

**Back**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Pd. \_\_\_\_\_

**NAMI Article-What is mental illness: Mental Illness Facts.**

[http://www.nami.org/template.cfm?section=About\\_Mental\\_Illness](http://www.nami.org/template.cfm?section=About_Mental_Illness)

**Standard 1: Objective 3b- Students will be able to explain the effects of mental disorders on individuals and society.**

1. Define Mental Illness as stated in the article
  
2. List the serious major mental illnesses identified in the article.
  
3. T or F: Mental illness is a result of personal weakness, lack of character or poor upbringing.
4. List the types of treatment for mental illnesses
  
5. How many adult Americans experience a mental health disorder in a given year?
  
6. When does mental illness usually strike individuals?
  
7. Without treatment, what are the effects of mental illness for the individual and society?
  
8. The best treatment for mental illness is a combination of \_\_\_\_\_ and \_\_\_\_\_ treatments and support.
9. Why do you think early identification and treatment of mental illness is important?
  
10. Finish the visual representation on the back of this paper by identifying the effects of untreated mental illness on one's physical, social, and mental/emotional health as well as the impact on society.

Physical

Mental/ Emotional

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

Untreated  
Mental Illness

Social

Society

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.



**Chap 5 Less 2 Mental Disorders pages 118-121, 300-301**

**Objective: Students will examine mental illness by reviewing the types of mental disorders (S1, Ob 3a)**

<p><b>Main Idea 1</b></p>	<p><b>Mental disorder are medical conditions that require _____ and _____</b></p>
<p><b>1. Define Mental Disorder</b></p>	<p>1a. an illness of the mind that can affect the thoughts' feelings, and behaviors of a person, preventing him or her from leading a happy, healthful and _____ life.</p>
<p><b>2. Define Stigma</b></p>	<p>2a. a mark of _____ or disapproval that results in an individual being shunned or rejected by others.</p> <p>*Learning about mental and emotional problems will help erase the stigma associated with these disorders, and will help encourage people to seek medical help early.</p>
<p><b>Main Idea 2</b></p> <p><b>3. Define Anxiety Disorder</b></p>	<p><b>Mental Disorders can be identified by their _____</b></p> <p>3a. a condition in which real or imagined _____ are difficult to control. Approximately 13 percent of children between the ages of 9 and 17 experience an anxiety disorder each year.</p>

<p align="center"><b>Types of Anxiety Disorders</b></p>	
<p><b>Phobia</b></p>	<p>A strong, irrational fear of something _____, such as heights or social situations</p>
<p><b>Obsessive Compulsive Disorder</b></p>	<p>Persistent thoughts, fears, or urges (obsessions) leading to uncontrolled _____ behaviors (compulsions). Example: fear of germs leads to constant hand washing</p>
<p><b>Panic Disorder</b></p>	<p>Attacks of sudden, unexplained feelings of _____. "Panic attacks" are accompanied by trembling, increased heart rate, shortness of breath, or dizziness.</p>
<p><b>Post Traumatic Stress Disorder (PTAD)</b></p>	<p>A condition that may develop after exposure to a _____ event. Symptoms include flashbacks, nightmares, emotional numbness, guilt, sleeplessness, and problems concentrating.</p>
<p><b>Generalized Anxiety Disorder (GAD)</b></p>	<p>Exaggerated _____ and _____ for no reason. People with GAD startle easily and have difficulty concentrating, relaxing or sleeping.</p>

<p><b>5. Define Impulse Control Disorders</b></p>	<p>5a. People with Impulse control disorders cannot resist the urge to hurt _____ or _____</p>
---	--

<p align="center"><b>Types of Impulse Control Disorders</b></p>	
<p><b>Kleptomania</b></p>	<p>_____</p>

Cutting	Repetitive cutting on parts of the body that can be _____
Pyromania	_____
Excessive Gambling	_____
Compulsive Shopping	Spending money on items that you can't _____ and don't _____

6. Eating Disorders	6a. extreme harmful eating behaviors that can cause serious _____ or even _____
---------------------	---

**Types of Eating Disorders (pages 300-301)**

Anorexia Nervosa	An eating disorder in which an irrational fear of _____ gain leads people to starve themselves. Health Consequences: _____, brittle bones, _____ problems and sudden cardiac death
Bulimia Nervosa	An eating disorder that involves cycles of _____ and _____, or attempts to rid the body of food. Health consequences: _____, sore and inflamed throat, and swollen glands
Binge Eating	An eating disorder in which people _____ compulsively Health Consequences: becoming overweight or obese and may develop problems associated with _____ such as high blood pressure, type 2 diabetes and _____ diseases.

7. Mood Disorders	7a. an illness that involves mood _____ that interfere with everyday living (see Chap 5 less 1 notes: _____, major depression, adjustment disorder and _____ disorder)
8. Conduct Disorder	8a. patterns of behavior in which the rights of others or basic social rules are _____
9. Examples of conduct disorder	9a. _____, cruelty, lying, aggression, violence, _____, arson and _____
10. Treatment of conduct disorders	10a. learning to _____ to the demands of every day life
11. Schizophrenia	11a. a mental disorder in which a person loses contact with _____
12. Symptoms of Schizophrenia	12a. _____, _____, and thought disorders
13. Treatment of schizophrenia	13a. Professional help and _____
14. Personality disorders	14a. Teens with personality disorders are unable to regulate _____ Examples: _____ Personality Disorder, _____ personality disorder, _____ personality disorder.

## Chapter 5 • Lesson 4 Getting Help

### Reteaching Activity

**I. Directions** Complete the lists below about help for mental illness, using information from Lesson 4.

1. Signs that a teen needs help with mental health problems:

Feeling trapped or worrying all the time

---



---

2. Facts that help overcome the stumbling blocks to getting help:

Asking for help is a sign of inner strength.

---



---

**II. Directions** Match each type of mental health professional or treatment in the left column with the best description in the right column. Write the letter of your choice in the space provided.

\_\_\_\_\_ 1. counselor

\_\_\_\_\_ 2. school psychologist

\_\_\_\_\_ 3. psychiatrist

\_\_\_\_\_ 4. neurologist

\_\_\_\_\_ 5. clinical psychologist

\_\_\_\_\_ 6. psychotherapy

\_\_\_\_\_ 7. behavior therapy

\_\_\_\_\_ 8. cognitive therapy

\_\_\_\_\_ 9. group therapy

\_\_\_\_\_ 10. drug therapy

a. physician who specializes in physical disorders of the brain and nervous system

b. professional who helps people with personal and educational matters

c. treatment method that helps correct distorted thinking patterns

d. use of medications to treat or reduce symptoms of a mental disorder

e. professional who specializes in the assessment of problems of school children

f. treatment process that focuses on changing unwanted behaviors

g. ongoing dialogue between a patient and a mental health professional to get to the cause of a problem

h. physician who specializes in diagnosing and treating mental disorders

i. professional who diagnoses and treats emotional and behavior disorders through counseling

j. treatment of a group of people who have similar problems and who meet regularly with a counselor

# Compare and Contrast

Concept 1: \_\_\_\_\_ Concept 2: \_\_\_\_\_

How Alike?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

How Different?

With Regard To



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Conclusions (3-5 sentences)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Unit 2 Mental Disorders Review

### Matching

1. \_\_\_ Anxiety
2. \_\_\_ Phobia
3. \_\_\_ Obsessive-Compulsive Disorder
4. \_\_\_ Panic Disorder
5. \_\_\_ Post-Traumatic Stress Disorder
6. \_\_\_ Generalized Anxiety Disorder
7. \_\_\_ Depression
8. \_\_\_ Mild Depression
9. \_\_\_ Major Depression
10. \_\_\_ Adjustment disorder
11. \_\_\_ Bipolar Disorder
12. \_\_\_ Mental Disorder
13. \_\_\_ Stigma
14. \_\_\_ Anxiety Disorder
15. \_\_\_ Kleptomania
16. \_\_\_ Cutting
17. \_\_\_ Pyromania
18. \_\_\_ Excessive gambling
19. \_\_\_ Compulsive shopping
20. \_\_\_ Anorexia Nervosa
21. \_\_\_ Bulimia Nervosa
22. \_\_\_ Binge Eating Disorder
23. \_\_\_ Mood Disorder
24. \_\_\_ Conduct Disorder
25. \_\_\_ Schizophrenia
26. \_\_\_ Personality Disorder
27. \_\_\_ Suicide
28. \_\_\_ Suicide Spiral
29. \_\_\_ Alienation
30. \_\_\_ QPR

- a. feeling isolated and separated from everyone else
- b. a mental disorder in which a person loses contact with reality (delusions/hallucinations)
- c. patterns or behavior in which the rights of others or basic social rules are violated
- d. a strong, irrational fear of something specific like heights
- e. a mark of shame or disappointment that results in an individual being shunned or rejected by others
- f. exaggerated worry or tension for no reason. Startled easily, difficulty sleeping, etc.
- g. condition of feeling uneasy or worried of what may happen. Normal to experience this occasionally.
- h. prolonged feeling of hopelessness, sadness and helplessness
- i. a condition that may develop after exposure to a terrifying event (symptoms: flashbacks, nightmares, sleeplessness)
- j. an irrational fear of weight gain leads people to starve themselves
- k. spending money on items you can't afford and don't need
- l. characterized by a mood cycle that shifts from severe highs or mild highs to severe lows.
- m. attacks of sudden, unexplained feelings of terror
- n. less severe symptoms compared to major depression, but can last for years
- o. an eating disorder in which people overeat compulsively
- p. setting fires to feel pleasure or release tension
- q. a reaction to a specific life event, type of mood disorder
- r. persistent thoughts, fears or urges leading to uncontrollable, repetitive behavior
- s. repetitive cutting on parts of the body that can be hidden
- t. an illness of the mind that can affect the thoughts, feelings and behaviors of a person, preventing him or her from leading a healthy, happy and productive life
- u. involves cycles of overeating and purging, or attempts to rid the body of food
- v. disorder in which a person is unable to regulate his or her emotions (ex. antisocial personality disorder)
- w. The act of intentionally taking one's own life.
- x. an illness that involves mood extremes that interfere with everyday living
- y. a condition in which real or imagined fears are difficult to control
- z. intense depression that can last for weeks or months.
- aa. Feeling helpless, hopeless, and hapless (without happiness) where multiple life events consume one's emotional resources and the last one is like the last straw that broke the camel's back.
- bb. unplanned theft of objects
- cc. continuing to gamble despite heavy losses
- dd. Question, Persuade, Refer means you will help someone you see showing the warning signs of suicide

