**Chapter 12**

What is the percentage of Americans who will experience some type of mental disorder?

Define the medical model

What is the first step in the treatment of mental disorders?

Identify the three elements that must be present to qualify for a mental disorder

Describe the GAS scale

Define comorbidity

Describe the diathesis-stress model

Define intervention-causation fallacy

Describe the negative consequences of labeling a mental disorder

What is the percentage of people diagnosed with a mental disorder who do not seek treatment

Describe social phobia

Identify factors contributing to the vulnerability of phobias

Describe panic attacks

Identify risk factors for panic disorder

Describe OCD

Describe the obsessive thought and compulsive behaviors of OCD

Describe dissociative Identity Disorder

Identify the causes of dissociative amnesia and dissociative fugue

Describe major depressive disorder

Describe Dysthymia disorder

What is the heritability estimates for depression?

What is a common negative thought in people with depression?

Describe bipolar disorder

Describe catatonic schizophrenia

What is the age of the first episode of schizophrenia?

Identify the risk factors related to the development of schizophrenia

Which type of schizophrenia is considered to be the most serious of the subtypes?

Define personality disorder

Describe antisocial personality disorder

What is the relationship between a conduct disorder and antisocial personality disorder?

Identify someone who is at risk for developing schizophrenia

Describe hallucinations

Describe delusions

Identify the mental disorder with the highest heritability rate

**Chapter 13**

What is the goal of therapy?

Describe eclectic psychotherapy

Identify barriers to seeking treatment for a mental disorder

Identify the two categories of therapies for treating psychological disorders

Describe psychoanalytic therapy

Identify the techniques used in psychodynamic therapy

Describe interpersonal therapy

Describe behavior therapy

Describe a token economy

Describe systematic Desensitization

Describe cognitive therapy

Define cognitive restructuring

Describe person-centered therapy

Identify the three qualities needed in a therapist for person-centered therapy

Describe couples therapy

What is one benefit of self-help group or support group?

Give examples of self-help groups

What is one main problem with self-help and support groups?

Identify trepanning

Identify the first drug used to treat the symptoms of schizophrenia

Define psychopharmacology

How do antipsychotic drugs work n the symptoms of schizophrenia?

Define tardive dyskinesia

Identify common benzodiazepines

Identify risk factors associated with taking benzodiazepine

What is the category for the most commonly used antidepressant today?

What other mental disorder can be treated using antidepressants?

What is the name of drug used to treat bipolar disorders?

What is a risk factor in taking Lithium to treat bipolar?

What is the current research on using herbal remedies to treat mental disorders?

Describe ECT

What is the belief regarding the use of psychotherapy today?

What do psychotherapists adhere to today to insure no harm is brought to their patients

Identify the class of drugs used to treat symptoms of schizophrenia

**Chapter 14**

Define health psychology

Examples of stressors

Identify a person who would be expected to react most strongly to stressful situations

Identify common reactions to stress

Describe the fight-or-flight response

Identify the hormones released in response to stress

What is the function of cortisol?

Which hormones are released by the adrenal glands while under stress?

Describe the General Adaptation Syndrome

Identify the causes of coronary heart disease

Identify two stress reactions that can increase the development of premature heart disease

What is the first step in deciding if a stimulus is stressful?

Define secondary appraisal

How do we interpret stress?

Describe PTSD

What is the percentage of Americans who will experience PTSD during their lifetime?

Define burnout

Describe ways to minimize burnout

Define rational coping

Describe biofeedback

What is the government recommendation for daily time to vigorously exercise?

Identify the characteristics of someone most likely to suffer from poor health

What is the percentage of people who wait to seek medical attention after experiencing chest pain during a heart attack?

Describe hardiness

Describe the reason for the increase in obesity problem in the United States

Identify ways to control your weight

What are some reasons people engage in unprotected sex?

What is the percentage of college students currently smoking?

What is the most effective way to stop smoking?