**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_**

**Mental Health Unit Review Sheet**

***Complete this review sheet and study it.***

***Test is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (100 pts!!)***

**Ch. 1, 2, 3 What is health?**

1. What are characteristics of good mental health?
2. Know the ch. 1,2,3 vocabulary words: risk factors, prevention, abstinence, lifestyle factors, resiliency, personality, personal identity, emotions, values, action plan, decision making skills, advocacy, healthy people, health literacy, health education, health skills, character, conflict resolution skills
3. Who developed the Hierarchy of Needs Pyramid?
4. What can happen when babies are denied emotional attention?
5. What signals emotions to happen?
6. What two factors influence a persons health the most?
7. What part of your personality do you have the most control over?

**Ch. 4 Stress**

1. Why do people not get help for mental disorders?
2. What are the 3 stages of the stress response system?

1. 2. 3.

1. What hormone gives you more strength/speed?
2. What is stress?
3. What is a stressor?
4. Know the different types of stressors and give an example of each:

Biological-

Environmental-

Cognitive-

Life situation-

Personal behavior-

1. What 2 body systems are mostly affected by stress?

1.

2.

**Ch. 5 Mental Disorders**

1. Describe a common characteristic for each of the following Anxiety Disorders:

**OCD-**

**Panic Disorder-**

**Phobia-**

**PTSD-**

**Personality Disorder-**

**Bipolar**-

1. Describe a common characteristic for each of the following Mood Disorders:

**Eating Disorder-**

**Bipolar-**

**Clinical Depression-**

**Schizophrenia-**

**Conduct Disorder-**

1. Describe a common characteristic for each of the following Impulse Control Disorders:

**Cutting-**

**Kleptomania-**

**Compulsive Shopping-**

**Extreme Gambling-**

**Pyromania-**

1. Describe the following therapy methods:

**Cognitive therapy**

**Behavior therapy**

**Group therapy**

**Drug therapy**

**Psychotherapy**

**Ch. 6 Relationships**

1. Describe characteristics of a person being passive, aggressive and assertive:

**Passive-**

**Aggressive-**

**Assertive-**

1. What do the following ch. 6 terms mean in your own words:

**Friendship**

**Cooperation**

**Active listening**

**Abuse**

**Tolerance**

**Relationship**

**Confidentiality**

1. List 3 warning signs of suicide and list 2 things you can do to help the person

Warning Signs: Things you can do to help:

1. List 2 characteristics of healthy and unhealthy relationships: