Unit 3: Psychological Disorders Review

Complete the Following Review In Preparation for Your Quiz and Test This Week

USE YOUR NOTES

Answer Each Question with at Least Two Complete Sentences

1. Is stress always a bad thing? Why or why not?
2. What are three signs of stress?
3. What is Acute Stress?
4. What is Chronic Stress?
5. What happens when your body is stress for a long period of time?
6. What is the “Fight or Flight” concept?
7. What can cause this response to trigger?
8. What is physical stress, and how could it be a good thing?
9. Why does the difference matter?
10. What impact can chronic stress have on the body?
11. What is a Coping Mechanism?
12. What is the difference between a Maladaptive and Adaptive Coping Mechanism?
13. Is it possible for the same coping mechanism to be both?
14. What is a Defense Mechanism?
15. What are at least 5 examples of Defense Mechanisms?
16. What are at least 5 examples of Coping Mechanisms?
17. What is the difference between Defense and Coping Mechanisms?
18. What are at least 5 major Anxiety Disorders?
19. What is, and an example of, Separation Anxiety?
20. What is, and an example of, Specific Phobias?
21. What is, and an example of, Social Anxiety Disorder?
22. What is, and an example of, Panic Disorder?
23. What is, and an example of, Generalized Anxiety Disorder?
24. What other examples of disorders can you think of?
25. What is OCD?
26. What are three major OCD disorders, and an example of each?
27. What is depression?
28. What is the difference between depression and grieving?
29. What are at least 5 signs and symptoms of depression?
30. What are Risk Factors for Depression?
31. What are the treatments for Depression?
32. What are the side effects of those treatments?
33. What is the difference between manic-depression and bipolarism?
34. What is bipolarism?
35. What are the types of bipolarism?
36. What are the traits of bipolarism?
37. What are the risk factors of bipolarism?
38. What treatment is there for someone with bipolarism?
39. What is schizophrenia?
40. What outside factors influence schizophrenia?
41. What are the true symptoms of schizophrenia?
42. What is the difference between a positive and negative symptom?
43. What do you believe it is like to live with schizophrenia?
44. What is a psychopath?
45. What is a sociopath?