Counseling and Mental Health

(1) The student applies mathematics, science, English language arts, and social studies in health science. The student is expected to:
   (A) evaluate the use of verbal and nonverbal language in a variety of mental health situations
   (B) explain the nervous system of the human body
   (C) identify societal perspectives related to mental health
   (D) explain the physiological effects of stress and aging
   (E) distinguish the psychological aspects of health and wellness across the life span
   (F) identify socioeconomic factors that influence mental health and care
   (G) compare social services such as drug dependency rehabilitation centers
   (H) differentiate maladaptive conditions such as paranoia, schizophrenia, and aggression

Biology

(4) Science concepts. The student knows that cells are the basic structures of all living things with specialized parts that perform specific functions and that viruses are different from cells. The student is expected to:
   (C) compare the structures of viruses to cells, describe viral reproduction and describe the role of viruses in causing diseases such as human immunodeficiency virus (HIV) and influenza
Biology
(10) Science concepts. The student knows that biological systems are composed of multiple levels. The student is expected to:
(A) describe the interactions that occur among systems that perform the functions of regulation, nutrient absorption, reproduction and defense from injury or illness in animals
(C) analyze the levels of organization in biological systems and relate the levels to each other and to the whole system

Biology
(11) Science concepts. The student knows that biological systems work to achieve and maintain balance. The student is expected to:
(C) summarize the role of microorganisms in both maintaining and disrupting the health of both organisms and ecosystems

Assessment Questions

1. A college student has been nervous and anxious recently, afraid that “they” are after him. The family has been told he may be suffering from paranoia, a psychiatric disorder characterized by:
   a. delusion of persecution
   b. hostile or destructive behavior or actions
   c. an increase in self-worth
   d. disproportionate concern in matters of food and weight

2. Jane has an uncle who suffers from schizophrenia. Schizophrenia normally is:
   a. a psychotic disorder characterized by delusion of persecution
   b. a psychotic disorder usually characterized by withdrawal from reality, illogical patterns of thinking, delusions and hallucinations. It is accompanied in varying degrees by other emotional, behavioral or intellectual disturbances
   c. disproportionate concern in matters of food and weight
   d. hostile or destructive behavior or actions

3. While agitated, William’s mother became very aggressive. Aggression is:
   a. a mental disorder characterized by delusion of persecution
   b. disproportionate concern in matters of food and weight
   c. hostile or destructive behavior or actions
   d. a psychotic disorder usually characterized by withdrawal from reality, illogical patterns of thinking, delusions and hallucinations. It is accompanied in varying degrees by other emotional, behavioral or intellectual disturbances
4. Attention deficit hyperactivity disorder (ADHD) is the most commonly studied and diagnosed psychiatric disorder in children, affecting about three to five percent of children globally. Attention deficit hyperactivity disorder is characterized primarily by:
   a. attention problems and hyperactivity
   b. lack of desire to eat
   c. sleepiness
   d. lethargy

5. Which of the following is an example of Munchausen by proxy syndrome?
   a. Mother feeds her child properly
   b. Mother poisons her child to bring attention to herself
   c. Mother over feeds her child
   d. Mother spanks her child when she is having a bad day

6. ______________ may increase the risk of developing or aggravating certain mental disorders.
   a. Traumatic brain injury
   b. Sleeping over eight hours per night
   c. Eating too much fruit
   d. Breaking a leg bone

7. A mental disorder may be attributed to the following:
   a. genes
   b. pregnancy complications
   c. birth complications
   d. all of the above

8. Soldiers who survive battle and return home sometimes have recurring nightmares, avoid combat situations and are skittish to loud noises. These symptoms are characteristic of which mental problem?
   a. Depression
   b. Bipolar disorder
   c. Post-traumatic stress disorder
   d. Anxiety

9. A person who hears voices that are not there may be experiencing all of these mental illnesses except:
   a. schizophrenia
   b. auditory hallucination
   c. bipolar disorder
   d. amnesia
10. Your grandmother believes that her favorite television star is talking to her even though the person is not there. She is probably suffering from any of the following except:
   a. delusions of grandeur
   b. schizophrenia
   c. bipolar disorder
   d. depression
### Answer Key

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