

MENTAL HEALTH TEST – STUDY GUIDE

1. Know the definitions and examples for each of the following **types of stressors**.

a. Environmental Stressor	Crowded malls, traffic, Overcrowded hallways, your home
b. Biological Stressor	Broken arm or leg, being born deaf or blind, Becoming paralyzed. Having diabetes
c. Thinking Stressor	Worrying about homework, tests, problems at home, relationships, having too many things to do.
d. Behavioral stressor	Smoking, drug use, playing video games, nervous twitching
e. Life Changing Stressor	Marriage, divorce, death in the family; moving to a new town, state, school, or country

2. **Body Image.** Know the definitions of each of the following terms having to do with body image and eating disorders.

a. Anorexia	When a person starves themselves.
b. Bulimia	Eating large amounts of food and then getting rid of it. Laxatives Diuretics Vomiting
c. Compulsive overeater/Binge Eater	A person who over eats but does NOT get rid of the food.
d. Distorted Body Image	A person not seeing themselves as they actually are.
e. Eating disorder	Obsessing about body shape and weight and controlling it through unhealthy means.
f. Muscle Dysmorphia	A individual sees themselves as being small, skinner, less muscular than they really are.
g. Steroids	Artificial male hormones – testosterone
h. Body Image	How a person feels about themselves and how comfortable they are with who they are.

3. **Suicide: Myths and Facts**

Be sure to know the difference between the myths and facts. (5 points)

4. Name 10 signs/symptoms of stress. (10 pts)

5. Name 5 healthy ways to deal with your stress. (5 pts)

Sample Case Studies:

***Be able to identify: stressors that are affecting the teens; signs of suicide, and tell what you would do.**

Latosha was a 15-year-old girl who lived in the Midwest.

Her parents had recently divorced, which forced her to move to a new community of 3,000 people. She hated the small town atmosphere, and didn't make any new friends. Her sister Tiffany, her 'only' friend, was going away to college in the fall, which made her feel even worse.

Latosha was having trouble sleeping, her grades were falling, and she was crying almost everyday. She tried to tell her dad and new step mom that she was feeling terrible, but they said that things would get better if she would just give it some time.

She gave her sister her birthstone ring, and said she wouldn't need it anymore.

HALEY'S STORY

Haley was sixteen and had been dealing with depression since she was 12 years old. She never felt 'quite right' in middle school, feeling like she didn't fit in. She started using alcohol on a regular basis, and then marijuana.

Most of her old friends didn't do this, so she started hanging around with a different group of teenagers. She put herself at risk by having unprotected sex with friends in the group. Since school didn't seem important anymore, she started skipping classes.

She was sinking lower and lower, and thinking that it was not going to get any better. She told her mom that she accidentally threw away her prescription anti-depressant drugs, and needed a new bottle. Her mom got the bottle refilled.

She told her friends that "life wasn't worth living," and said she was going to run away the next weekend. Thinking she wasn't going to be home, her friends didn't call on Friday or Saturday. Her parents found her dead from an pill overdose, Saturday night in the park, after a long search.

RYAN'S STORY

Ryan was an 17-year-old who seemed to "have it all." He was popular at school, had lots of friends, and his grades were always straight "A". He was a member of the soccer and golf team, and president of a school club. He strived to be the very best that he could, since his father had died and he wanted to be a good example for his younger siblings.

He filled out many college applications, but because of a poor SAT score, just couldn't seem to get admitted to the top colleges. His family thought that he should study harder and retake the test. Ryan started to feel very anxious, sad, and desperate. He told his brother and sisters that "it just wasn't worth it anymore" and went for a drive. His pickup was found, totaled. He had been thrown 50 feet and died instantly of a broken neck. The officer brought up the fact that it didn't look like an accidental death. His mother denied that it was a suicide, insisting that her son had everything to live for, and probably just fell asleep.