

Reteaching Activity 5-5

Making Sense of Mental and Emotional Disorders

Mental and emotional disorders are illnesses that affect a person's thoughts, feelings, and behavior.

Directions: Match each description or definition in the left column with the correct term in the right column. Write the letter of each term in the answer space provided. For guidance, review pages 159–162 of your textbook.

- _____ 1. an anxiety disorder characterized by bad memories in reaction to events such as a war, accident or natural disaster
- _____ 2. an exaggerated or inappropriate fear of something specific such as spiders or tunnels
- _____ 3. a mood disorder in which a person feels a strong sense of hopelessness, helplessness, worthlessness, guilt, and extreme sadness
- _____ 4. an incurable mental and emotional illness characterized by paranoia and hallucinations
- _____ 5. an anxiety disorder characterized by intense feelings of fear for a short time.
- _____ 6. a mood disorder involving extreme mood swings for no apparent reason.
- _____ 7. a type of depression that occurs during the fall and winter months
- _____ 8. an anxiety disorder characterized by unwanted thoughts that may not make sense

- a. seasonal affective disorder
- b. bipolar disorder
- c. post-traumatic stress disorder
- d. obsessive-compulsive disorder
- e. phobia
- f. depression
- g. schizophrenia
- h. panic disorder

Reteaching Activity 5-6

Getting Help for Mental and Emotional Problems

Directions: Complete each description or definition in the left column with the correct term in the right column. Write the letter of each term in the answer space provided. Review pages 163–165 in your textbook for guidance.

Lesson 6

- _____ 1. In _____, people who have the same disorder meet to discuss their problems and help each other.
- _____ 2. The way in which mental and emotional disorders are treated depends on the cause and _____ of the disorder.
- _____ 3. A _____ is a suggestion to seek help or information.
- _____ 4. Places to get information, support, and advice are known as _____.
- _____ 5. Treatment options for mental and emotional disorders include therapy, _____, and hospitalization.

- a. referral
- b. medication
- c. intensity
- d. group therapy
- e. resources

6. List five places to find help for a mental or emotional disorder such as depression.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____