**Mental Disorders  
Chapter 5**

* **Understanding Mental Disorders**
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ conditions that require diagnosis & treatment
  + Causes difficulty dealing with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ routines
  + Often misunderstood
  + Most are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Types of Mental Disorders**
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders
    - Most common in children & teens
    - Occasional anxiety is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      * manageable reaction to short-term, stressful situations
    - Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ management techniques
    - Phobia, [\_\_\_\_\_\_\_\_\_\_\_\_\_\_](http://ed.ted.com/lessons/debunking-the-myths-of-ocd-natascha-m-santos), Panic disorder, Post-traumatic disorder, \_\_\_\_\_\_\_\_\_\_\_\_\_\_anxiety disorder
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - can linger or be severe enough to disrupt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activities = treatment
    - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of [Depression](http://ed.ted.com/lessons/what-is-depression-helen-m-farrell)
      * physical, psychological, or social; medical condition or illness
    - Warning signs:
      * Changes in think, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, & behavior
    - Getting help
      * Medication, making \_\_\_\_\_\_\_\_\_\_\_\_\_ in the home or school environment, counseling
      * Takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, persistence, patience
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders
    - Can’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the urge to hurt themselves
    - Can’t control financial situations
    - Kleptomania, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, pyromania, excessive gambling, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders
    - Depression, bipolar disorder
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorder
    - Stealing, cruelty, \_\_\_\_\_\_\_\_\_\_\_\_\_, aggression, violence, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, arson, vandalism
    - Treatment: learning to adapt to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of everyday life
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - A person loses contact with reality
    - Delusions, hallucinations, thought disorders
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders
    - Teens are unable to regulate their emotions
* **Help For Mental Disorders**
  + Psychotherapy
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy
  + Cognitive therapy
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy
  + Group therapy
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy