

Last Name: _____	First Name: _____	Letter Grade: _____	Number Grade: _____
Date Assigned: _____	Due Date: _____ Course: _____	Hours Student took to complete Homework: _____	Instructor Comment:

Assignment Grading Rubric

A 90 – 100 %	B 80 - 89 %	C 70 - 79 %	D 60 - 69 %	F 0 - 59 %
Provides answers to all questions clearly & effectively with in-depth & accurate information that indicates both original ideas & text information were investigated. Spelling/ grammar is accurate.	Provides answers clearly & effectively with in-depth & accurate information that indicates both original ideas & text information were investigated; however, answers focus on some of the points & does not cover all elements of the assignment. Spelling/grammar has few errors.	Meeting minimum requirements. Minor points/information is missing & answers are minimal suggesting additional research & text material were not reviewed prior to completing assignment. Spelling/grammar has few errors.	Responds to assignment with 1 or 2 sentence, not explaining any details. Numerous errors in sentence construction, spelling, & grammar.	Grades of “F” are given if the assignment is not turned in or for work that does not meet minimum requirements.

1. How does a mental health professional define a psychological disorder?

2. How has the view of psychological disorders changed over time?

3. How can biology influence the development of psychological disorders?

4. What did Freud and his followers believe was the underlying cause of psychological disorders?

5. Why do some people with a family history of a psychological disorder develop the disorder, whereas other family members do not?

6. How common are mental disorders?

7. What factors are related to a person's likelihood of committing suicide?

8. What is mania, and how is it involved in bipolar disorder?

9. What causes anxiety disorders?

10. Which personality disorder creates the most significant problems for society?

Diagnosing Mental Disorders

Instructions: For each of the following case studies, play the role of a clinician and make the most accurate diagnosis possible from the given information. Write your response in the blank space beneath each description.

1. If you interacted with Scott briefly, you might think that he is normal. However, once he told you about the government's plot against him and how he was going to be rescued by some alien friends, you would start to suspect that he is disordered.

2. Matthew, although a good-looking guy, is so preoccupied with what he thinks is his large, unsightly nose that he is unable to realistically evaluate his own looks and often talks with his hands in front of his face. He will likely have plastic surgery someday.

3. As a baby, Charlie resisted being held and showed no interest in human stimulation. Usually passive, he sometimes played with his wind-up toys but did not respond to his name being called and showed outbursts of temper if someone moved even one of his little cars from where he had placed it.

4. Shannon's moods seem to swing abruptly, and she often seems unable to control her impulses. She has had many sexual encounters and often complains of boredom, though she is seldom alone and often caught up in very intense, stormy relationships. Her friends are on edge around her because of her Jekyll-Hyde behavior.

5. Emmitt, who has just suffered a serious knee injury, cannot undergo an MRI because he has an irrational fear of narrow, enclosed places.

6. Frank awoke one morning and suddenly realized that he had another name and a family in another state. He had no idea how he came to be living his present life.

7. Although Karina was not personally injured in the earthquake, the experience was a terrifying one and her house was badly damaged. She has frequent nightmares about earthquakes, and even when awake she sometimes gets flashes as if she's reliving the experience. The slightest noise or movement around her causes her heart to pound rapidly.

8. Roger loves to go to the mall on Saturdays, when it is most crowded, because there are lots of opportunities for him to rub up against women without them knowing it. Few activities make Roger as sexually aroused as this one.

9. Although Elaine is a kind, considerate person, she has trouble making decisions by herself. She leans heavily on her friends and family for advice, even for seemingly trivial decisions.

10. While teaching her class one day, Traci suddenly begins having difficulty breathing. Her heart starts pounding wildly, and she feels weak and dizzy. She feels as if she's having a heart attack and is honestly afraid that she's going to die in the next minute or two. (Assume that Traci is not

having a heart attack). _____

11. Although Jack is enjoying watching the football game, he feels oddly detached, as though he is watching himself and his actions from outside of his own body. Because this has happened several times recently, Jack is startled for fear that he will totally lose control of his thoughts and behavior.

12. Sarah has an unrealistic fear of shopping in crowded stores and walking through crowded streets. She has begun to spend more and more time home alone in order to avoid the panicky feeling she gets when she goes out in public.

13. Sam’s friends are starting to worry about him. Normally energetic and fun-loving, Sam has become withdrawn and sullen. He has lost weight, is constantly tired, and hasn’t been showing up to lacrosse practice or to his fraternity meetings. In his conversations with others, he expresses feelings of doubt and unworthiness, and seems to be entertaining suicidal thoughts.

14. Because Amy feels “dirty” a lot of the time, she spends much of her day at the sink, washing and rewashing her hands hundreds of times until they are red and raw.

15. Joan has seen several specialists and undergone numerous diagnostic tests to determine the cause of her recurring headaches and episodes of dizziness. The doctors are perplexed and can seem to find no physiological cause for Joan’s symptoms.

Treating Psychological Disorders

Instructions: *Given below are short descriptions of abnormal behaviors. For each case you should decide (a) what the root of the problem seems to be, (b) a diagnosis of the disorder (c) a prognosis for the duration or the severity of the disturbance if it is left untreated, and (d) the type of therapy you would recommend. Be specific: Rather than recommending “a behavioral approach” state whether you would use systematic desensitization, aversive conditioning, a token economy, and so on.*

1. “Madge” was found wandering the streets of New Jersey. She was brought to the attention of a licensed clinical social worker because she would routinely stand in automobile traffic and scream obscenities at the top of her lungs to no one in particular. During one of “Madge’s” rare lucid moments, she told the social worker that she lived in a garbage dumpster and that she obeyed voices who commanded her to do the things she did. A search by police and news agencies for friends or relatives proved futile; no one seemed to know who “Madge” was, she seemed to have nowhere to go, and her disordered thinking was becoming more and more bizarre.

(a) root of the problem	
(b) diagnosis	
© prognosis	
(d) recommended therapy	

2. Kurt’s mood swings were unpredictable and excessive in nature. One time he was hyperactive and extremely elated with accelerated speech and a flight of ideas which, at times, seemed incoherent. During this period he worked feverishly day and night on an important novel that “had to be started and finished that week.” Months later, Kurt experienced a sad period, during which he could not get out of bed for more than minutes at a time. He would not see any friends for a period of some weeks until he slowly came out of it and seemed to be normal again (for a while). Sometimes Kurt felt so dejected and agitated that he contemplated suicide.

(a) root of the problem	
(b) diagnosis	
© prognosis	
(d) recommended therapy	

3. Gwen has had an intense fear of dogs since she was a child. When she was 4 years old her older brother forced her to approach a large sleeping dog that was chained in a yard. Although she escaped being bitten, the dog’s loud angry barking and frantic movements, coupled with her crying and agitation, left their mark on her. Now, as an adult, she is still wary of being around dogs and feels apprehensive and anxious whenever she sees a dog on the street. Visits to friends who keep pets have been severely cut off; Gwen never drops by unannounced for fear that the dog might be free in the house. On the rare occasions when she does visit the animals must be kept chained out of sight in the backyard.

(a) root of the problem	
(b) diagnosis	
© prognosis	
(d) recommended therapy	

4. Dan’s drinking had become more frequent over the past 6 months. Although he didn’t drink to the point of becoming grossly incapacitated and was careful to never drink and drive, it was clear that his time in the bar after work had increased and that his daily cocktail had become three or four. Dan blamed his recent problems at work for his “need to unwind,” and also cited difficulties with his wife, Sharon. According to Dan, when he tried to discuss his stress with Sharon she seemed distant and uninterested, or dismissed his problems as minor. She seemed much more concerned about their daughter, Lisa, and her increasing moodiness.

(a) root of the problem	
(b) diagnosis	
(c) prognosis	
(d) recommended therapy	

5. Cindy feels as though she is a failure. Although her college GPA is a respectable 3.7, she feels as though she should be doing much better. She is concerned about her parents' views of her. Even though they call, visit, and send care packages often, Cindy is sure they do so because they know she is incapable of caring for herself. When a recent short-term relationship fizzled out Cindy blamed her own inability to maintain a witty conversation as the cause of the break-up. Although several other people have since asked her out, she is nervous about accepting because she knows if things don't go well she won't ever get a second chance.

(a) root of the problem	
(b) diagnosis	
(c) prognosis	
(d) recommended therapy	