

# Chapter 15 Section 15.1

## • ACTIVITY 1

1. Define mental illness.

---

---

---

2. Identify seven types of mental illnesses.

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---
6. 

---
7. 

---

3. Identify three types of risk factors for mental illness.

1. 

---
2. 

---
3. 

---

## • ACTIVITY 2

1. What is anxiety?

---

---

---

2. How is an anxiety disorder different from everyday anxiety?

---

---

---

3. Describe two anxiety disorders.

1. 

---

---
2. 

---

---

### • **ACTIVITY 3**

1. What is a mood disorder?

---

---

---

2. How is person affected by bipolar disorder?

---

---

---

3. How is person affected by depression?

---

---

---

4. List seven possible characteristics of depression.

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---
6. 

---
7. 

---

### • **ACTIVITY 4**

1. What does ADHD stand for?

---

2. Describe three characteristics of ADHD?

1. 

---
2. 

---
3. 

---

3. What are three general groups of people with ADHD?

1. 

---
2. 

---
3. 

---

● **ACTIVITY 5**

1. What is anorexia nervosa?

---

---

---

2. What is bulimia nervosa?

---

---

---

3. How are eating disorders related to other mental illnesses?

---

---

---

4. How are mental illnesses related to substance abuse?

---

---

---

● **ACTIVITY 6**

1. What is Alzheimer's disease?

---

---

---

2. What are two primary risk factors for Alzheimer's disease?

1. 

---
2. 

---

3. How does Alzheimer's disease affect brain cells?

---

---

---

4. List and describe the three main stages of Alzheimer's disease.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## SECTION 15.2

## Techniques for Treating Mental Illness

### • OBJECTIVES

When you have completed this section, you will be able to do the following:

- List three ways to treat mental illness.
- List consequences of not treating mental illness.
- Explain why mental illness patients may stop taking medications.
- Define *psychotherapy*.
- List four benefits of psychotherapy.
- Explain why treatment for drug abuse involves hospitalization.
- Describe why the treatment for Alzheimer's disease differs from the treatment for most other mental illnesses.

### • ACTIVITY 1

1. List three ways to treat mental illness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Describe consequences of not treating mental illness.

---

---

---

3. What is a common reason why mental illness patients may stop taking medications?

---

---

---

4. What is psychotherapy?

---

---

---

5. List four benefits of psychotherapy.

1. 

---

2. 

---

3. 

---

4. 

---

6. Explain why treatment for drug abuse involves hospitalization.

---

---

---

## • ACTIVITY 2

Prepare interview questions for a health care provider who cares for patients suffering from Alzheimer's disease. Consider the following ideas:

- How is caring for Alzheimer's patients different from caring for other patients?
- What do you consider the most difficult challenges of caring for these patients?
- How is your work rewarding to you?
- What personality traits do you have that enable you to perform this role?

Have your questions approved by your instructor. Then, set up an interview at a local facility. Conduct the interview in person or by telephone. Present your findings to the class.