# Answers to Questions in the Workbook, Chapter 41, Caring for People With Mental Illness

Activity A SHORT ANSWER

Examples of common causes of mental stress include (1) medical illness, (2) disability, (3) getting married, (4) getting divorced, (5) starting a new job, (6) having a baby, (7) losing a loved one, (8) current events, (9) raising children, and (10) workplace events.

Activity B SHORT ANSWER

Answers will vary depending on the student’s own experience.

Activity C CHOOSE THE RIGHT ANSWER

* 1. X
  2. X
  3. X
  4. X
  5. X
  6. X

Activity D MATCHING

1. c

2. f

3. e

4. g

5. a

6. h

7. b

8. d

Activity E CHOOSE THE RIGHT ANSWER

1. X

2.

3. X

4. X

5.

Activity F FILL IN THE BLANKS

1. Anxiety is a feeling of uneasiness, dread, apprehension, or worry.

2. Panic is a sudden, overpowering fright.

3. An obsession causes a person to suffer intensely from recurrent unwanted thoughts.

4. A compulsion is a ritual that the person cannot control.

5. A phobia is an excessive, abnormal fear of an object or situation.

6. An addiction is a physical need that results in withdrawal signs and symptoms if the substance is withheld.

Activity G MATCHING

1. b

2. c

3. a

Activity H SHORT ANSWER

A person who is clinically depressed may (1) feel sad, look anxious, or cry frequently; (2) have problems sleeping (either too much or too little); (3) be restless or irritable; (4) lose interest in activities they formerly found pleasurable; (5) express feelings of guilt or worthlessness and struggle with thoughts of suicide; (6) have physical complaints, such as stomachaches.

Activity I MULTIPLE CHOICE

1. c. Report your observations to the nurse. Mrs. Walker could be suffering needlessly.

Activity J IDENTIFY THE DISORDERS

1. Anorexia nervosa

2. Obsessive--compulsive disorder

3. Bulimia nervosa

4. Panic attack

5. Post-traumatic stress disorder

Activity K IDENTIFY THE STATEMENT

1. D

2. H

3. H

4. D

5. D

6. H

Activity L TRUE OR FALSE

1. T

2. F. PEOPLE OF ALL AGES are likely to excessively use alcohol as a way of reducing stress.

3. F. Serious mental health problems can affect people OF ALL AGES.

4. F. Many mental health disorders CAN be treated, so recognizing that a person has a mental health disorder is VERY important.

5. T

6. F. A nursing assistant is likely to care for people with mental illnesses NO MATTER WHERE THEY CHOOSE TO WORK.

Activity M JUMBLED WORDS

1. Hallucinations

2. Schizophrenia

3. Stress

4. Phobia

5. Bipolar disorder

6. Psychologist

7. Psychiatrist

8. Suicide

9. Withdrawal