**Chapter 5 Quiz Study Guide**

**The chapter five quiz will be worth 35 points. This quiz will consist of matching vocabulary, true/false questions, multiple choice questions, and short answer questions. This study guide will help prepare you for the quiz in its entirety!**

1. Know the following vocabulary words:
* Anxiety
* Grief
* Guilt
* Shame
* Mental Illness
* Schizophrenia
* Phobia
* Bipolar Disorder
* Depression
* Addiction
* Therapy
* Psychotherapy
1. Define Social Anxiety.
2. What is the most common mental disorder in our society?
3. What is the difference between sadness and depression?
4. Define Shame.
5. What is sadness? How long can it last?
6. How can we manage our emotions?
7. When we are angry, what are some tactics we can use to “cool off”?
8. What are the warning signs of mental illness?
9. What are some problems teens face where they might seek help through therapy?
10. Explain the difference between bulimia nervosa and anorexia nervosa.
11. List the 6 steps in dealing with anxiety or fear.

1.

2.

3.

4.

5.

6.

1. If you choose a therapist, it is important to choose one you are comfortable with. List **4 different questions** which you may want to ask during your first visit.