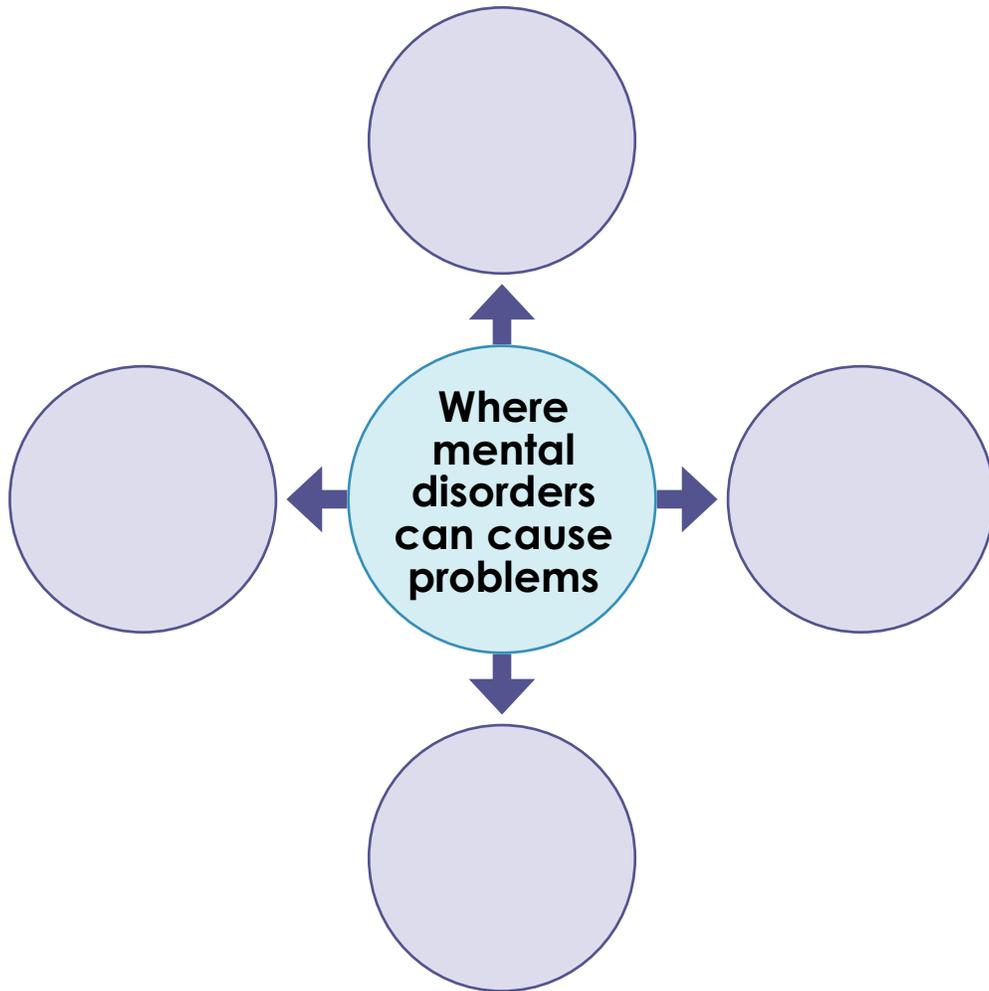


LESSON 8.1 Understanding and Treating Mental Disorders Note-Taking Guide

What Are Mental Disorders?

1. A _____ disorder is a serious and ongoing problem involving how a person thinks and manages their emotions.
2. In the following graphic, identify where mental disorders can cause problems.



Examples of Mental Disorders

3. In the spaces provided, identify the names of two mental disorders.

1. _____

2. _____

Mental Disorders and Youth by the Numbers

4. More than one in _____ high school students had experienced persistent feelings of sadness or hopelessness in 2019.
5. During the COVID-19 pandemic in 2021, _____ percent of high school students reported they experienced poor mental health, and _____ percent reported they persistently felt sad or hopeless.
6. Cases of anxiety, _____, and self-harm among U.S. teens aged _____ to _____ all increased between 2019 and 2022.

Causes of Mental Disorders

7. Most of the time we don't _____ what causes a mental disorder. A variety of factors come together to affect a person's likelihood of developing a mental disorder.
8. Fill in the blank lines with the correct factor that can impact an individual's likelihood of developing a mental disorder.

_____ : Mental health conditions do seem to run in families. This doesn't mean you will develop a mental disorder if your parents and/or grandparents have one.

_____ : The type of home life and experiences you have can impact your risk for mental disorders.

_____ : A traumatic brain injury (TBI) might increase your risk for a mental disorder. Blows or jolts to the head can cause temporary or permanent damage to brain tissue and function.

_____ : How your birth mother cared for herself when during her pregnancy with you affects your risk. Substance use, poor nutrition, trauma, or exposure to certain chemicals or viruses can all have an effect.

_____ : How your brain thinks and processes information and emotions can contribute to mental disorders.

Care and Treatment of Mental Disorders

9. Treatment for mental disorders may be provided by a health care team, which can include a _____, a pharmacist, and a mental health professional.
10. Common approaches to treatment include different forms of _____ and _____ and different types of _____.
11. Types of medications used to treat mental disorders include _____, mood-stabilizing, _____, and antipsychotic medications.

Social Stigma and Mental Disorders

12. A _____ is when someone views another person in a negative way because that person has a distinguishing characteristic or personal trait that is thought to be or actually is a disadvantage.
13. Unfortunately, many people have a stigma toward people who have a _____ disorder.
14. The stigma society has about mental disorders is a social stigma that has a(n) _____ effect on the individuals with the disorders.
15. In the following boxes, identify the harmful effects of stigma on a person with a mental disorder.

16. Learning about mental disorders and developing _____ for the challenges mental disorders cause will help to reduce any stigma you may have.