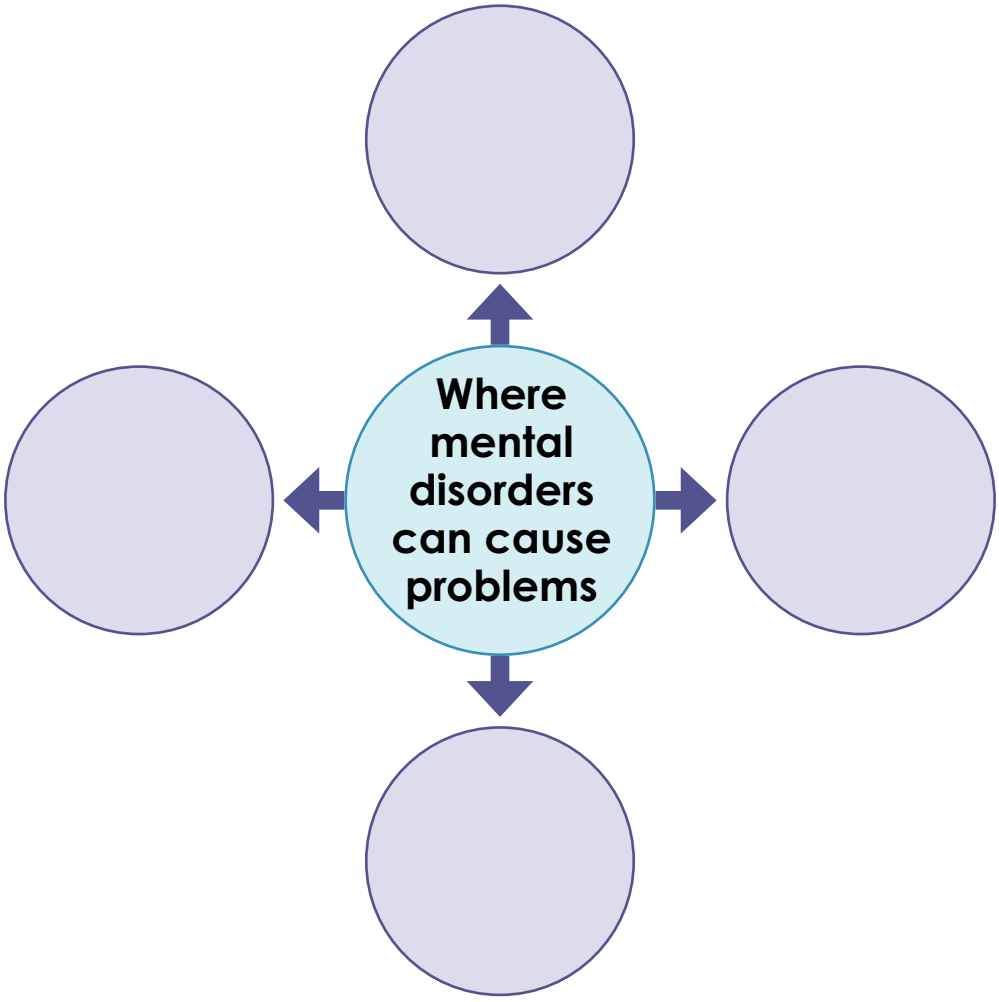
LESSON 7.2

Mental Disorders and Anxiety 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. Seventeen percent of _____ people experience an emotional, mental, or behavioral disorder.
5. Half of all chronic mental illness begins by age _____ and three-quarters by age _____.
6. ADHD, behavior problems, anxiety, and depression are the most _____ diagnosed mental disorders in youth.

Causes of Mental Disorders

7. Most of the time we don't _____ what causes a mental disorder. There are probably a variety of factors that come together to impact an individual'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.

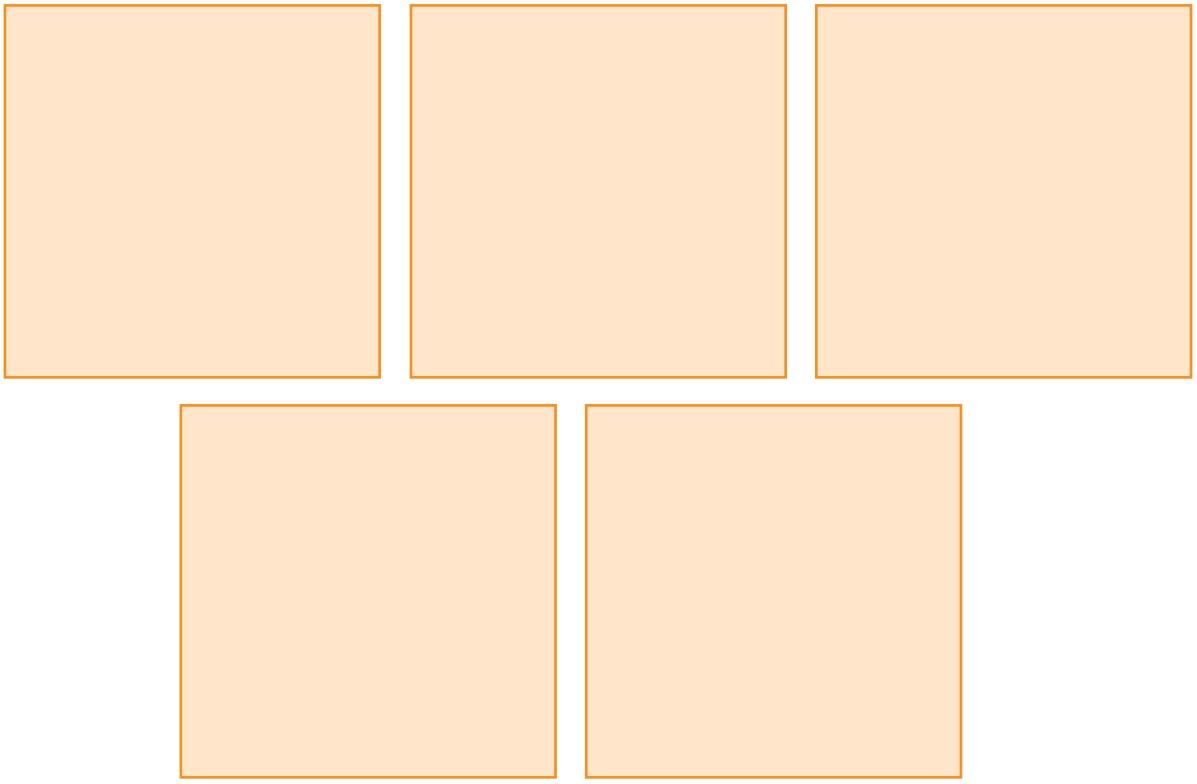
_____: A traumatic brain injury (TBI) might increase your risk for a mental disorder. Blows or jolts to the head can cause temporary or permanent damage to brain tissue and function.

_____: How your birth mother cared for herself when she was pregnant with you impacts 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. Each type of mental disorder requires its _____ plan for care and treatment.
10. The most common approaches to treatment include different forms of _____ and _____ and different types of _____.
11. 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.
12. Unfortunately, many people have a stigma toward people who have a _____ disorder.
13. The stigma society has about mental disorders is a social stigma that has a(n) _____ effect on the individuals with the disorders.
14. In the following boxes, identify the harmful effects of stigma on a person with a mental disorder.



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

What Is Anxiety?

16. _____ is an emotion that includes tension; worried thoughts; and physical changes, such as increased blood pressure.

17. Anxiety can help _____ and _____ us if we don't have too _____ of it.

18. When anxiety gets out of control, anxiety _____ can occur.

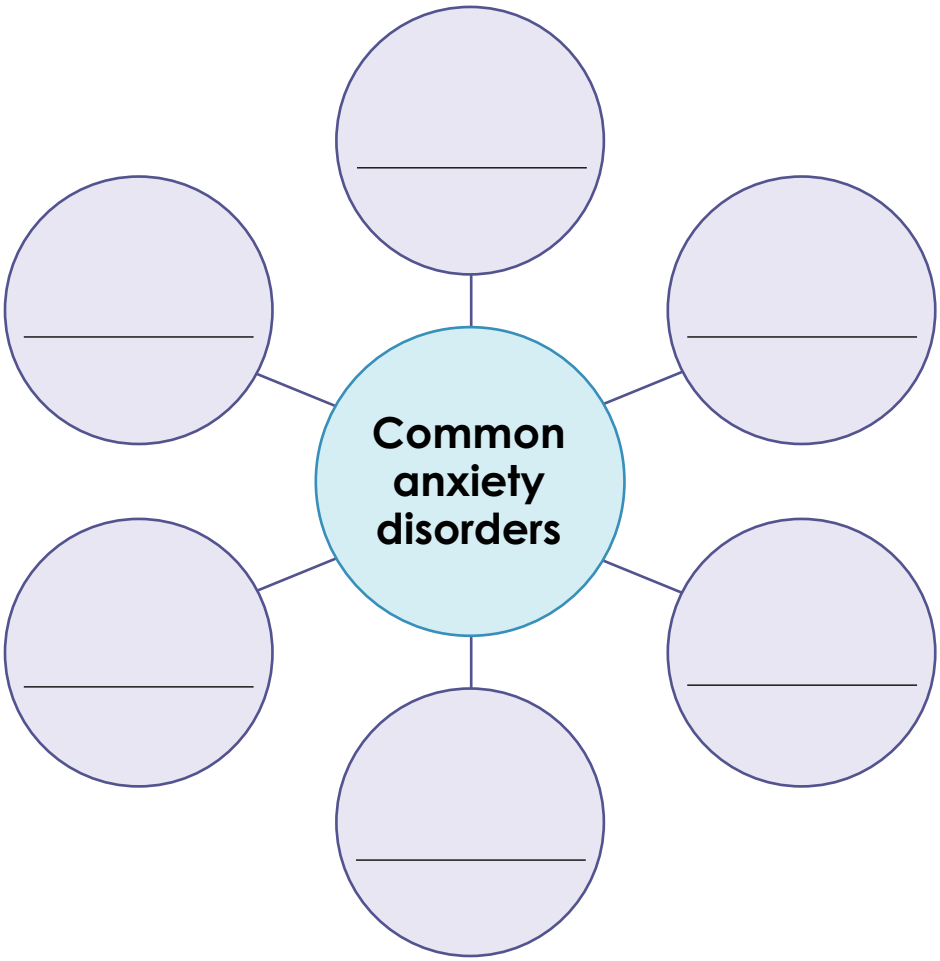
What Are Anxiety Disorders?

19. People with anxiety disorders frequently have intense, excessive, and persistent _____ and _____ about everyday situations.

20. These feelings of anxiety and panic _____ with daily activities, such as going to school or hanging out with friends.

Common Anxiety Disorders

21. Identify common anxiety disorders in the blank lines.



Common Symptoms of Anxiety Disorders

22. Identify five symptoms of anxiety disorders.

1. _____
2. _____
3. _____
4. _____
5. _____

Getting Help for Anxiety Disorders

23. The same _____ you learn to manage your stress levels or to control your emotions can help you manage your anxiety.

24. People with anxiety disorders need professional _____ to manage their condition.