



www.shutterstock.com · 516797863

Chapter 5 – Mental and Emotional Problems

Vocabulary Words

1. anxiety – the condition of feeling uneasy or worried about what may happen.
2. depression – a prolonged feeling of helplessness, hopelessness, and sadness.
3. apathy – a lack of strong feeling, interest, or concern.
4. mental disorder – a illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthful, and productive life.
5. stigma – a mark of shame or disapproval that results in an individual being shunned or rejected by others.
6. anxiety disorder – a condition in which real or imagined fears are difficult to control.
7. mood disorder – an illness that involves mood extremes that interfere with everyday living.
8. conduct disorder – patterns of behavior in which the rights of others or basic social rules are violated.
9. alienation – feeling isolated and separated from everyone else.
10. suicide – the act of intentionally taking one's own life.
11. cluster suicides – a series of suicides occurring within a short period of time and involving several people in the same school or community.
12. psychotherapy – an ongoing dialogue between a patient and a mental health professional.
13. behavior therapy – a treatment process that focuses on changing unwanted behavior through rewards and reinforcement.
14. cognitive therapy – a treatment method designed to identify and correct distorted thinking patterns that can lead to feeling and behaviors that may be troublesome, self-defeating, or self-destructive.

15.family therapy – helping the family function in more positive and constructive ways by exploring patterns in communication and providing support and education.

16.group therapy – treating a group of people who have similar problems who meet regularly with a trained counselor.

17.drug therapy – the use of certain medications to treat or reduce the symptoms of a mental disorder.

Academic Vocabulary

18.require – to demand as necessary.

19.percent – one part in a hundred.

20.display – to make evident.

21.constructive – promoting improvement or development.