

473 Exam 1 Study Guide

Chapters – 1, 2, 3, 5, 6, 7, 8, 11, 13, 14

Introduction to Mental Health

Mental Health- emotional & psychological balance in the pursuit of wellness/ meaningful quality of life

- **Six indicators that reflect mental health:**
 1. **Positive attitude toward self-** sense of personal identity & security
 2. **Growth, development, ability to achieve self actualization**
 3. **Integration-** adaptively responds to environment
 4. **Autonomy-** individuals ability to perform in an independent, self-directed manner
 5. **Perception of reality-** capacity of empathy & social sensitivity
 6. **Environmental mastery-** satisfactory role within environment

Mental illness- conditions involving altered thinking, mood, or behavior

- Maladaptive responses to stressors from the internal or external environment, evidenced by thoughts, feelings, and behaviors that are incongruent with cultural norms and that interfere with the individual's social, occupational, and physical functioning.
- Psychological adaptation to stress is explained in terms of the two major responses – Anxiety and Grief

Stress as a Biological Response

- **Psychological adaptation to stress** – 2 major responses, **anxiety & grief**
- **Stressor-** biological, psychological, social, or chemical factor that causes physical or emotional tension
 - **Adaptive response-** healthy response; behavior that maintains the integrity of the individual
 - **Maladaptive response-** unhealthy response; behavior disrupts the integrity of the individual
 - Physiologically based → "Fight-or-Flight Syndrome"
 - Generally Adaptation Syndrome (GAS)- alarm reaction, stage of resistance, stage of exhaustion

Stress as a Transaction: Individual & the Environment

- **Cognitive Appraisal-** evaluation of significance of the event
 - Primary: benign, taxing, danger to well-being
 - Secondary: skills knowledge, resources possessed to address problem
 - **Perception** is key, determines adaptation response to stress
- **Stress Management-** use of coping strategies in response to stressful situations
 - Goal is replacing unhealthy coping skills to healthy coping skills
- **Diathesis-Stress Model-** genetic vulnerability to environmental stressors
 - Diathesis= a constitutional preposition towards a disorder must be significantly challenged by a stressor
 - The more risk genes a person inherits= the more likely a person is to develop a mental disorder
 - You don't inherit mental illness, you inherit risks
- Types of predisposing factors: Genetic Influence, Past experiences, and existing conditions

Psychological Adaptation to Stress

- **Anxiety-** diffuse, vague apprehension that is associated with feelings of uncertainty and helplessness
 - Low levels are adaptive, provide the motivation required for survival
 - Problem when unable to prevent from escalating to a level that interferes with the ability to meet basic needs
 - **Hildegard Peplau's level of anxiety:**
 - **Mild anxiety** (seldom a problem)- individuals employ coping behaviors that works for them
 - **Mild-to-moderate anxiety** – strength of the ego is tested, defense mechanisms employed by the ego
 - **Defense mechanisms-** coping style meant to protect a person from unwanted anxiety
 - **How the patient expresses their perception of a situation**
 - Examples: Denial, Compensation, Rationalization, Conversion, **Displacement**, Regression, Dissociation, Isolation, Projection, **Repression**, Suppression, Undoing, and Identification
 - **Moderate anxiety (moderate-to-severe anxiety)** - (perceptual field begins to diminish)- defense mechanisms employed by ego (can contribute to several physiological disorders)

Study Guide For Exam 473

Carole S. Letson



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The Book of U.S. Government Jobs Dennis V. Damp,2008 Discusses the nature of government jobs civil service hiring procedures types of jobs available examinations the application form working abroad and provisions for people with disabilities

PRINCE2 Study Guide David Hinde,2018-05-08 Everything you need to pass the PRINCE2 with flying colors The PRINCE2 Study Guide Second Edition offers comprehensive preparation for the latest PRINCE2 exam Covering 100 percent of the exam objectives this guide provides invaluable guidance that will help you master both the material and its applications indeed a practice centered approach helps you learn by doing to help you internalize PRINCE2 concepts on a deeper level Although the exam is heavily focused on detailed business process this guide s accessible writing and real world approach make learning fun Each chapter poses a common project challenge and walks you through the solution based on essential PRINCE2 principles A year of FREE access to electronic study aids allows you to study anywhere at any time and expert instruction throughout breaks complex topics down into easily digestible concepts The PRINCE2 exam is challenging but thorough preparation is your best defense Conceptual knowledge is important but it isn t enough knowledge is only useful if you can apply it This book is designed as your personal PRINCE2 coach Master 100 percent of the PRINCE2 exam objectives Apply your knowledge to real world workplace scenarios Test your understanding with challenging review questions Access sample questions electronic flashcards and other study aids PRINCE2 is globally recognized as one of the premier project management credentials while less expansive than the PMP the PRINCE2 is more intense and tightly focused on detailed business processes Companies around the world are in need of qualified project management professionals to optimize processes and boost organizational performance and the PRINCE2 certification puts you on the map as a validated professional If you re ready to take on your next challenge the PRINCE2 Study Guide Second Edition is your ultimate companion for complete preparation

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Quentin Docter,2015-10-30 NOTE The exam this book covered CompTIA IT Fundamentals Exam FCO U51 was retired by CompTIA in 2019 and is no longer offered For coverage of the current exam CompTIA IT Fundamentals Exam FCO U61 please look for the latest edition of this guide CompTIA IT Fundamentals Study Guide Exam FCO U61 9781119513124 Information Technology is not just about what applications you can use it is about the systems you can support The CompTIA

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