

## 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

**David Groth,Toby Skandier**



## Study Guide For Exam 473:

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