

Mental Illness Worksheet

Part I. Match each of the descriptions below with the mental illness that it best describes. Use each answer as many times as necessary, but at least once each.

Generalized Anxiety Disorder

Phobias

Post Traumatic Stress Disorder (PTSD)

Obsessive-Compulsive Disorder (OCD)

Seasonal Affective Disorder

Dysthymic Disorder

Cyclothymic Disorder

Bulimia

Anorexia

Paranoid Personality Disorder

Antisocial Personality Disorder

Borderline Personality Disorder

Dissociative Amnesia

Dissociative Fugue

Dissociative Identity Disorder (DID)

Miguel's wife brought him to the emergency room because Miguel could not remember his name, the names of his family members, where he worked, or any other information he should easily be able to remember. Extensive tests at the hospital indicated that Miguel's memory problems were not due to an injury, an illness, drugs, or any other physical or medical condition.

When Spencer first started dating Melissa, their relationship quickly became very intense. But after a couple of weeks, Spencer became increasingly uneasy because Melissa seemed to constantly need his attention and reassurances of his commitment to her. When Melissa showed up unexpectedly at Spencer's office to have lunch with him, she became enraged when Spencer told her that he was taking two important clients to lunch. Shortly after this incident, Spencer tried to break off the relationship with Melissa, which turned into an ugly scene with her screaming profanities at him in the middle of the street. Several days later, Spencer learned that Melissa had been hospitalized for overdosing on tranquilizers.

About four months ago, 16-year-old Amanda went on a drastic diet that caused her to drop from her normal weight of 120 pounds to less than 90 pounds. Although her weight is dangerously low, she continues to undereat because she thinks she looks fat.

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Howard is a 27-year-old man who lives in San Francisco. He has been fired from numerous jobs, usually because he got caught lying or repeatedly failed to show up for work. Howard has also been arrested twice for running various “con” games in which he swindles money out of unsuspecting tourists. He has been in and out of drug rehab for alcohol abuse several times.

Priscilla's husband insisted that she go to a mental health clinic when she was unable to explain or remember her frequent absences from home, phone calls from people that she claimed she had never heard of, and check stubs from checks that she couldn't remember writing. At the clinic, Priscilla admitted there were long stretches of her life that were completely blank to her. Suddenly, Priscilla's voice, facial expression, and demeanor changed, and she said to the clinic psychologist, “Don't pay any attention to that old Priscilla. She's just a bore. My name is Patty, and I'm a lot more fun to talk to.”

Darlene is constantly nervous, tense, and apprehensive. She worries about her health, her job, her children, and her relatives. Her husband has tried to reassure her that everything is going well, but she can't seem to shake her pervasive anxiety.

After working in Austin, Texas, for five years, Rebecca's company transferred her to an upper management position in Minneapolis, Minnesota. Since moving to Minnesota, Rebecca is bothered by strong feelings of despondency during the long, dark winter months. When spring arrives in late April or May, her mood improves and she is back to normal.

Mark has a pervasive mistrust and suspiciousness of others and has always felt this way about people and in all situations, such as at work, with her friends, as well as her family members.

Wilma lives in the northwest part of the country. Every autumn and winter, as daylight hours get shorter and the weather gets wet and cloudy, she experiences more intense symptoms of major depression.

Lana is about the right weight for her age and height. Nevertheless, she is so preoccupied by her fear of becoming overweight that whenever she goes on an eating binge, she purges the excessive food by self-induced vomiting.

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Jack was found sleeping on a park bench. When awakened by a police officer, he could not remember who he was or where he lived. Later, investigators discovered that Jack's wife had left him the night before after a violent fight in which he tried to attack her. Jack insists that he has no memories of the dispute with his wife or even of having been married.

Jeffrey is so preoccupied by his fear of germs that he always keeps his car and apartment windows sealed tightly, and refuses to allow anyone into his apartment. He carries his own silverware, which he uses when he eats away from home, and washes his hands every time he touches anything that has been touched by someone else.

Kirk is difficult to work with because he is extremely moody and unpredictable. Some days he is full of complaints about his job and wants nothing to do with his coworkers. At other times, Kirk is extremely upbeat and optimistic and enthusiastically suggests that the whole work group go out to lunch together.

Dennis, a New York City investment broker, quit his job in a fit of rage after being accused of embezzling thousands of dollars of his clients' money. Four months later, the police discovered Dennis driving a cab in Los Angeles. Dennis claimed that his name was actually Michael Hart, that he had always been a cab driver in Los Angeles, and that he had no knowledge of Dennis. Even after he was positively identified as Dennis, "Michael Hart" insisted that he was someone else.

Alan always has been terrified of spiders. He refuses to enter his bedroom at night until it has been thoroughly checked for spiders. Even a picture of a spider makes him extremely uncomfortable.

Carla has worked as a human resources specialist for several years, but she doesn't really like the job. Although her work performance is adequate, Carla almost always feels slightly down and sad.

Jayne was in a fast-food restaurant when a man walked in, drew a gun, and started shooting, killing two people before killing himself. Although Jayne was not injured in the shooting spree, she has since been unable to return to work. She can't seem to stop thinking about the event. She has recurrent nightmares, is unable to sleep, and does not want to leave her home.

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Part 2. Match each of the descriptions below with the symptom or type of schizophrenia that it best describes. Use each answer as many times as necessary, but at least once each.

| | <u>Type</u> |
|---------------------------------|-------------------------|
| <i>Delusions of Grandeur</i> | |
| <i>Delusions of Persecution</i> | <i>Paranoid</i> |
| <i>Disorganized thinking</i> | <i>Catatonic</i> |
| <i>Delusions of Reference</i> | <i>Disorganized</i> |
| <i>Sensory Distortions</i> | <i>Undifferentiated</i> |

_____ Ruth was hospitalized after a concerned co-worker went to her house to find out why Ruth had unexpectedly failed to show up at work. When the coworker peered through a window, she saw Ruth standing motionless in the middle of her living room, much like a mannequin.

_____ Norman displays many schizophrenic symptoms, both positive and negative, including random auditory hallucinations that don't follow any particular theme, peculiar thoughts and behavior, frequent inappropriate laughing mixed with aggressive shouting, and echoing words spoken by others.

_____ Despite attempts by his friends who have tried to reason with him, Simon is convinced that a news announcer on TV is talking in a special code about him and his thoughts.

_____ Paul's girlfriend is very concerned about him because his thinking seems to have become increasingly confused. Today, Paul said that he was really the reincarnation of John Lennon, the former member of the Beatles who was shot and killed in 1980. Paul also told her that he had special musical powers and that he needed to start his own rock group so that he could deliver his message to the masses.

_____ Justin is hearing voices that he believes are coming from the Central Intelligence Agency. He is extremely suspicious and distrustful of his neighbors, whom he suspects are actually agents of a foreign country.

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After not seeing Rita for almost a week, a neighbor went to check on her. He discovered that Rita had barricaded all the doors and windows in her apartment because she believed that “terrorist forces” were going to attack her and her three cats.

Larry thinks that his roommate Bob has been acting strangely lately. When Larry asks Bob how he feels, Bob says, “Everything looks different these days. I keep hearing this whispering, and the stuff in the room changes shape all the time. It's like I don't really know if I'm bigger or smaller than that desk over there. Yesterday I thought the chair had become completely flat, like a picture of a chair instead of a real chair. Do things look normal to you?”

Claire stopped taking her medication a few weeks ago and has recently begun to experience some very odd symptoms. If someone asks her a question, her response makes no sense, as her sentences seem to just be strings of loosely connected ideas. She cannot concentrate on anything, and her thinking seems completely illogical and disorganized. She veers from one unrelated topic or activity to another for no apparent reason.

Despite attempts by his friends who have tried to reason with him, Simon is convinced that a news announcer on TV is talking in a special code about him and his thoughts.

Martin is a clinical psychologist who works for a welfare agency. Twice a week, Martin makes his rounds throughout the city. Under one of the city bridges lives Kirby, whose symptoms include flat affect, disordered, chaotic speech and behavior, and giggling for no apparent reason.
