

Depression/Suicide/ Death and Grief/ Eating Disorders Study guide

DEPRESSION

Fill - In

1. Feeling sad and tired is _____ depression.
2. _____ is longer lasting in a less severe form.
3. _____ cause chemical imbalances in the brain that can lead to depression.
4. Three signs of mild depression are: _____ / _____ / _____
5. When depression is mixed with periods of happiness _____
6. Depression affects more _____ than _____
7. Name two of the four causes of depression. _____ / _____
8. Two types of depression are _____ and _____
9. Depression affects _____ in _____ teens.

T / F: If it is false make it true.

1. Depression can lead to suicide.
2. Depression only affects you.
3. Mild depression is a form of major depression.
4. Depression can lead to overeating.
5. Dysthymia is long lasting.
6. Depression kills the brain.
7. Adjustment disorder is more severe than dysthymia.
8. Depression is untreatable.
9. One in ten teens become depressed.
10. Sadness is a symptom of major depression.

Short Answer:

1. Why do people get depressed?
2. How can you help someone?
3. Who should you tell if someone you know is depressed?

SUICIDE

Fill In

1. Most suicides occur during your _____ years.
2. _____ and _____ can start a feeling of suicide.
3. List two causes (reasons) why teens may commit suicide.
_____ / _____.
4. Males have a _____ times greater rate of success than females.
5. _____ can lead to _____ when some people feel there is no way out.

T/F: If False make it true

1. Suicide is always planned
2. Suicide happens only in teens years.
3. Bullying can cause suicide. (
4. One sign of a person contemplating suicide is giving away personal possessions.
5. You can always tell when a person is about to commit suicide.

Short Answer

1. Why do people commit suicide?
2. How can you tell if someone is considering suicide?
3. What can you do to help?
4. Where can you go?
5. Who can you tell?

GRIEF and DEATH

Fill - In

1. There are _____ stages of grief.
2. _____ is the first stage of grief.
3. _____ is when we move on with our life after a loss of a loved one.
4. A common side effect of grief is _____
5. Grief may last _____ for some people than others.

Short Answer

1. List all the stages of grief. - Give an example of each.
2. How can you help someone who is grieving.
3. What is grief?

T/F: If false make it true

1. All people grieve the same way.
2. Grief can lead to death.
3. Depression is the same as grief.
4. Grief only happens when someone dies.
5. To hide their grief, some people get busy or withdrawn and sad.
6. Every person goes through all stages of grief.
7. The stages of grief happen in order.
8. Grief is a part of the emotional side of the wellness triangle.
9. There is no hope when a loved one dies.
10. Some people turn to drugs and alcohol to escape the feeling of grief.

EATING DISORDERS

Fill-IN

1. _____ % of all eating disorders are in women.
2. _____% below body weight is considered _____
3. Name 3 side effects from Anorexia. _____ /
_____ / _____
4. The three types of eating disorders are _____ /
_____ / _____.
5. _____ controls appetite and Mood.

Short Answer:

1. Name and define each disorder
2. List 3 symptoms of each eating disorder.
3. How can you tell if someone is suffering from an eating disorder?
4. How can you help? What can you do?
5. Where can they go.

T/F: If false make it true

1. Girls between the ages of 15 - 24 are most vulnerable to develop an eating disorder.
2. Ballerinas are at high risk for anorexia disorder.

3. Anorexia affects males as well.
4. 5 in 100 girls will develop anorexia during puberty.
5. It is easy to change the mental image of a person with an eating disorder.
6. Eating Disorders are treatable.
7. Eight million people suffer from anorexia yearly.
8. Hoarding Food is a symptom of Bulimia.
9. Too much exercise can lead to anorexia.
10. Binge Eating was first discovered in 1979.
11. Heart Failure is the leading cause for someone with an Eating Disorder.