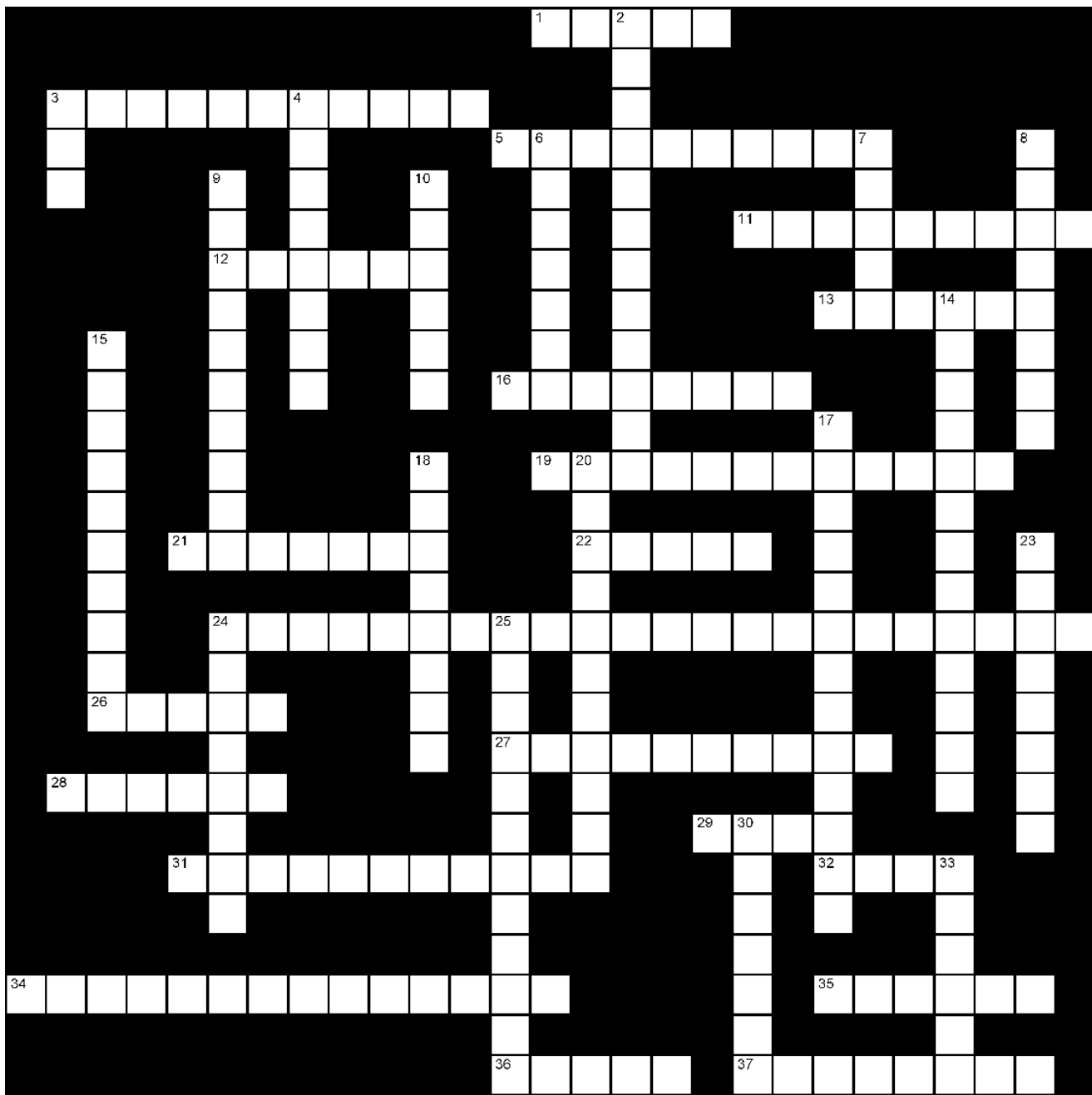


Crossword Puzzles

*Answers follow starting on page C-40.

CROSSWORD PUZZLE—CHAPTER I

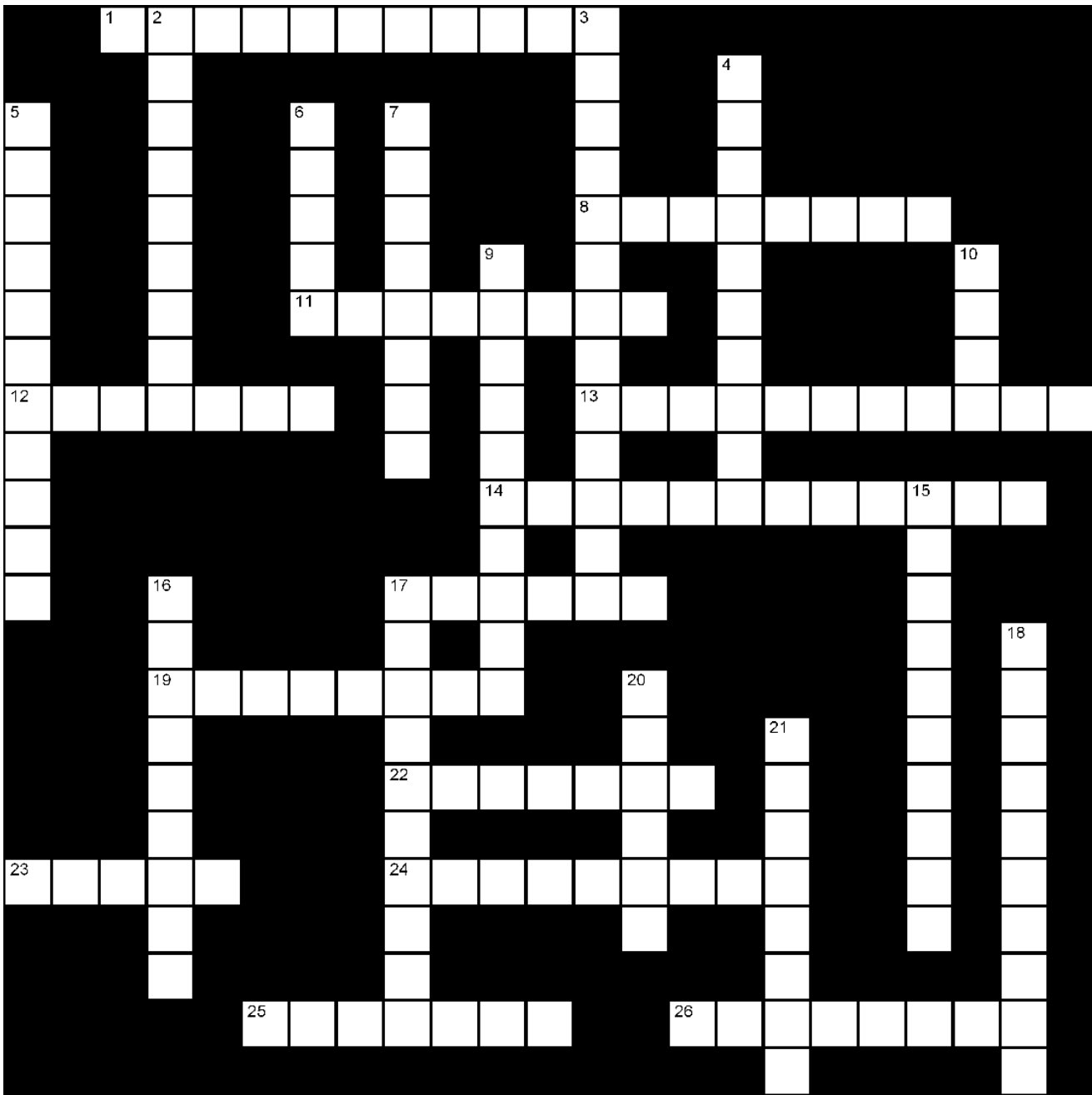


Across

1. The techniques of psychoanalysis, developed by _____, involved getting insight into a client's unconscious processes. (p. 16)
3. When an individual's abnormal behaviors interfere with their daily responsibilities (e.g., social interactions, work responsibilities, self-care), they are experiencing the _____ criterion of abnormality. (p. 4)
5. Clinical _____ gather information in a systematic manner so that they can describe, predict, and explain the phenomena that they study. (p. 2)
11. _____, often called therapy, is a procedure designed to change abnormal behavior into more normal behavior. (p. 5)
12. A _____ was a specially trained priest whose job was to perform rituals designed to drive evil spirits from the body of a person suffering from a mental illness. (p. 8)
13. An Austrian _____ physician, Dr. _____, had a practice in Paris where he placed clients in a trancelike state. These techniques were the precursors of the current practice of hypnosis. (pp. 15–16)
16. Juanita really enjoys wearing freshly sliced onions around her neck when she goes into town to do her marketing. Be-

- cause this is such an unusual behavior, Juanita's behaviors are a prime example of the _____ criterion of abnormality. (p. 2)
19. Antidepressant, antipsychotic, and anti-anxiety drugs are all forms of _____ medications, which are drugs that primarily affect the brain and alleviate many symptoms of mental dysfunctioning. (p. 17)
 21. When emotional, cognitive, and behavioral processes become psychologically abnormal, one might be described as suffering from a mental _____, which is sometimes referred to as psychopathology or maladjustment. (p. 1)
 22. The methods of Philippe Pinel in France and William Tuke in England led to the beginning of spread of _____ treatment of those with mental illnesses, because they emphasized humane and respectful techniques. (p. 13)
 24. As a result of medications used to treat psychological illnesses, a policy of _____, or releasing hundreds of thousands of patients from public mental hospitals, has been adopted by many of the developed nations of the world. (p. 17)
 26. Clinical theorist Thomas _____ has asserted that the entire concept of mental illness is an invalid myth that is forwarded by societies that wish to control the actions of people who behavior in unusual ways. (p. 5)
 27. Many of today's community mental health programs focus on _____, which refers to targeting and addressing the various social conditions that underlie psychological problems and helping individuals who are at risk for developing emotional difficulties. (p. 18)
 28. Hippocrates, often referred to as the father of modern medicine, believed that mental illnesses were caused by an imbalance of the four _____, or fluids that flowed through the body. They included blood, phlegm, and yellow and black bile. (p. 8)
 29. The dominant form of health coverage is the managed _____ program, in which insurance companies determine key issues about the nature of therapy for those in need of such services. (p. 20)
 31. The _____ perspective, suggesting that the chief causes of abnormal functioning are psychological, was championed by such theorists as Friedrich Anton Mesmer, Josef Breuer, and Sigmund Freud. (pp. 14–15)
 32. Benjamin _____, a physician from Pennsylvania, was most responsible for the early spread of moral treatment in the United States. One of his suggestions was that physicians should occasionally give small gifts to their patients. (p. 13)
 34. The theory of _____, first posited by Sigmund Freud, held that many forms of abnormal and normal psychological functioning are caused by unconscious processes. (p. 16)
 35. The word _____ comes from the chaotic and disorganized conditions that existed at the Bethlehem Hospital which was an asylum that was founded in London in 1547. (pp. 11–12)
 36. The explicit and implicit rules for proper conduct that are established by a particular culture or society are referred to as _____. (p. 3)
 37. All forms of therapy require three essential features, one of which is the presence of a _____ who is seeking relief from another properly trained expert. (p. 6)
- ### Down
2. Thomas is regarded by his neighbors as being very strange and unusual, although he never bothers them or does things to disrupt their lives. Thomas's unique individuality might be best described as an _____ and not an abnormality that requires an intervention (p. 5)
 3. Dorothea _____, a schoolteacher from Boston, took up the cause of moral treatment of those with mental illnesses, and campaigned for such reform across the United States. (p. 13)
 4. All forms of therapy require three essential features, one of which is the presence of a series of _____ between a properly trained expert and an individual who is seeking relief from pathological symptoms (p. 6)
 6. A society's norms grow from its particular _____, which refers to its history, values, institutions, habits, skills, technology, and arts. (p. 3)
 7. The work of a Boston schoolteacher campaigning for the moral and kind treatment of those with mental illnesses led to the opening of 32 _____ hospitals in the United States. Eventually, this pattern spread throughout Europe as well. (p. 13)
 8. Katrina is interested in studying _____ psychology, which focuses on the scientific study of unusual or pathological behaviors in order to describe, predict, explain, and change unhealthy or maladaptive ways of functioning. (p. 2)
 9. Mysterious bodily ailments that have no apparent physical cause or basis are referred to as _____ disorders. (p. 15)
 10. Despite popular misconception, most people struggling with anxiety, depression, and even bizarre thinking pose no immediate _____ to themselves or to anyone else, (p. 4)
 14. As societies have become more and more diverse, the area of study called _____ psychology has emerged, with the goal of understanding the psychological differences of individuals from various races, cultures, and genders. (p. 20)
 15. A form of mass madness called *lycanthropy* led people to believe that they were possessed by animal spirits. Specifically, those afflicted believed themselves to be _____. (p. 10)
 17. Jamal's job description includes the detection, assessment, and treatment of abnormal patterns of functioning. Such professionals are referred to as clinical _____. (p. 2)
 18. _____ psychology is the study and enhancement of feelings such as optimism and happiness and traits such as perseverance and wisdom. By promoting these attributes, it is believed that psychological wellness can be enhanced and sustained. (p. 19)
 20. Lizette is quite convinced that mental illnesses are caused by disruptions in a person's physical functioning. This approach to pathology is known as the _____ perspective. (p. 14)
 23. Glamorized by a 1973 movie, one early treatment for abnormality was to perform a(n) _____, during which a special trained priest would recite prayers and incantations to bless the body of one suffering from a mental illness. (p. 8)
 24. _____ is a criterion of abnormality that refers to a subjective state of discomfort. Though often present in those with mental illnesses, it is not always seen, and thus is an important but not failsafe predictor of psychopathology. (p. 3)
 25. The ancient practice of using a sharp stone to cut holes in the skull, thereby creating a path for evil spirits to escape, is called _____. (p. 8)
 30. During the Renaissance, several hospitals and monasteries were converted into _____, which were places whose primary purpose was to care for people with mental illnesses. (p. 11)
 33. All forms of therapy require three essential features, one of which is the presence of a _____, who is a trained expert whose qualifications are accepted by the person who is experiencing the pathological symptoms. (p. 6)

CROSSWORD PUZZLE—CHAPTER 2



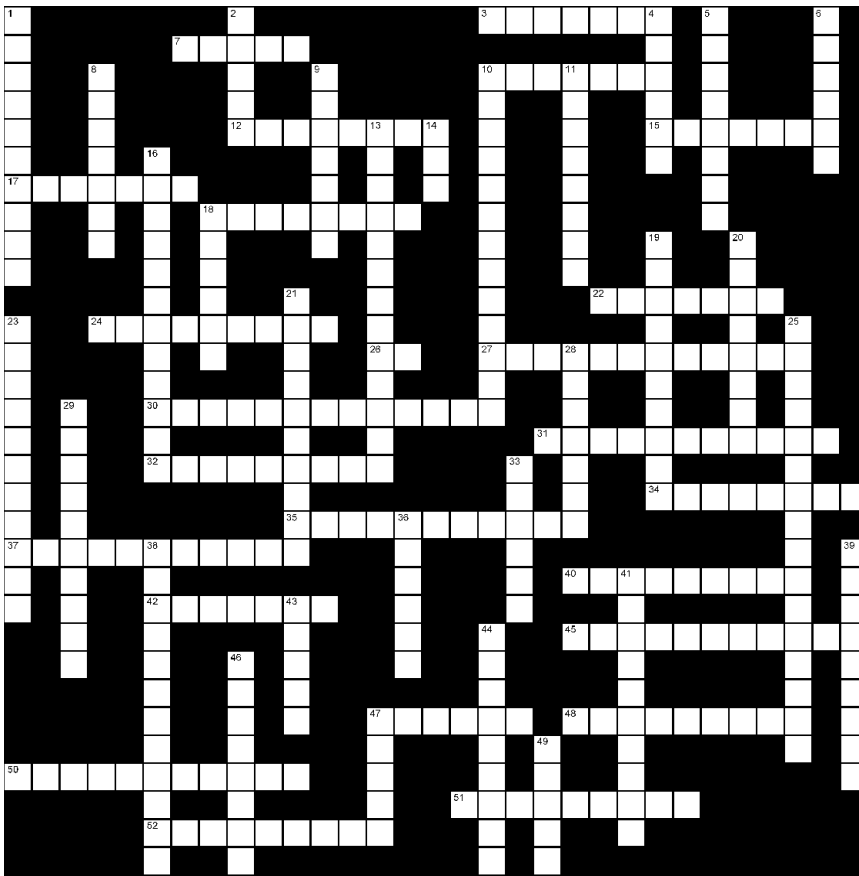
Across

1. Clinical practitioners seek to understand the unique and individual situations that their clients face when dealing with psychological difficulties. This type of comprehension is referred to as _____ understanding. (p. 28)
8. When the results of a study can be generalized to to cases beyond that single study, the research can be described as having high _____ validity. (p. 32)
11. _____ validity refers to the accuracy with which a study can pinpoint one of various possible factors as the cause of a phenomenon. (p. 32)
12. In an experiment the _____ group is a group of research participants who are not exposed to the dependent variable under investigation. This group provides an important baseline to which the experimental group can be compared. (p. 38)
13. In experimental research, the variable that is manipulated by the researcher is referred to as the _____ variable. (p. 38)
14. Dr. Wash is studying the relationship between growing up in poverty and developing behavioral disorders in childhood and adolescence. He follows the same 500 children over the course of several years, which is a research approach called a(n) _____ study. It is also referred to as a high-risk or developmental study. (p. 37)
17. When one research participant is studied before and after some sort of experimental manipulation of an independent variable, this is called a(n) _____-subject experimental design. (p. 44)
19. When variables move in opposition to each other - when one variable increases as the other variable decreases - those two conditions are demonstrating a(n) _____ correlation. (p. 34)
22. _____ experiments, which are actually a type of quasi-experiment, are so named because the independent variables are manipulated by nature, and not by the researcher. (p. 42)
23. Because some research participants might expect to have certain effects if they find out that they are in a particular subject group, researchers have to take steps to prevent this sort of bias. One method is to use a(n) _____ design, which prevents participants from knowing which group they have been assigned to. (p. 40)
24. Marquisha wants to know how many cases of the rubella have occurred during the past six months. Her desire to study the number of cases appearing in a given time period is referred to as the study of _____. (p. 37)
25. Imitation, or _____, therapy is often used to test the effectiveness of various sorts of therapeutic interventions by giving some research participants something that looks or tastes like real therapy but has none of its key ingredients. (p. 40)
26. Research that uses animals as substitute participants for human beings is referred to as a(n) _____ experiment. (p. 43)

Down

2. In experimental research, the variable that is observed is referred to as the _____ variable. (p. 38)
3. Liam decides that the best way to conduct his research is to use the _____ method, which determines the extent to which events or characteristics vary along with each other. (p. 32)
4. An _____ is a research procedure in which one variable is manipulated to see if it causes a change on another variable. (p. 38)
5. A statistical term called the correlation _____ is a number that describes the relationship between two variables, and it must always fall somewhere between -1.00 and +1.00. (p. 35)
6. The difference between experiments and _____-experiments is that in the later, subjects are not randomly assigned to the various participant groups. (p. 42)
7. When there is a _____ correlation between two variables, the variables change in the same direction; that is, when one of the variables increases, the other increases with it. (p. 34)
9. Chaim is interested in knowing how many cases of schizophrenia have appeared in the entire country of Israel over the past three decades. Because his research includes both current and past cases appearing in a particular time period, Chaim is studying the _____ of schizophrenia. (p. 37)
10. Sigmund Freud's in-depth study of the patient called "Little Hans" is a classic example of a _____ study, which is a detailed description of one person's life and psychological problems. (p. 29)
15. Because clinical scientists look for universal or general laws or principles of abnormal psychological rather than studying individual clients, we say that they are searching for _____, or general, understanding of psychopathology (p. 28)
16. Dr. Zarkiah is doing an experiment to determine whether a new headache medication effectively treats migraines. So that he can know for sure if his new medicine is effective, he must try to eliminate all _____ from his study, which are factors other than the independent variable (medicine) that may impact his dependent variable (migraine pain). (p. 38)
17. Jordan is interested in answering questions related to the appearance of symptoms in schizophrenic individuals. She follows a very specific process of posing questions, speculating on the answers, gathering data, and evaluating different conclusions. This formal process is called the _____ method. (p. 28)
18. Darnelle is involved in an experiment designed to pinpoint the relationship between acetylcholine levels in the brain and the loss of memory functions in patients with Alzheimers disease. He speculates that a loss of this neurotransmitter directly causes memory skills to diminish. This educated guess that comes before any data is collected is referred to as a(n) _____. (p. 29)
20. One limitation of case studies is that that they are reported by _____ observers, which refers to therapists who have a personal stake in seeing their treatments succeed. This calls into question the objectivity of such case reports. (p. 31)
21. When participants are studied before an independent variable is given and then after, and then again when it is removed and reintroduced, this is referred to as an ABAB, or _____, design. (p. 44)

CROSSWORD PUZZLE—CHAPTER 3

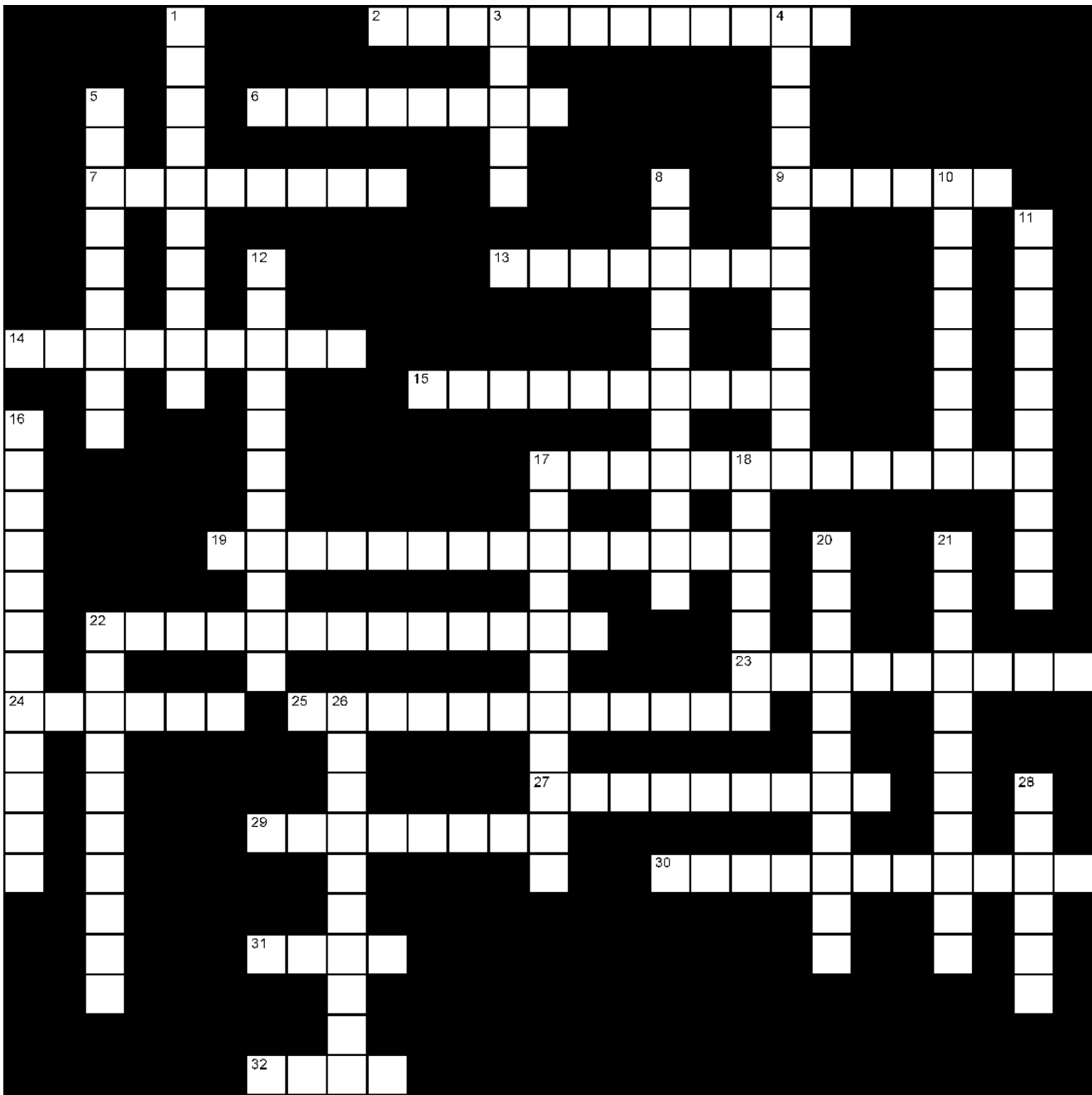


Across

3. To become _____ means to get stuck at one of the early stages of personality development. This psychodynamic term suggests that failure to resolve the conflicts of each developmental stage can have influences on later life functioning. (p. 57)
7. Some biologists have suggested that certain abnormal brain structures or biochemical dysfunctions are actually caused by _____ infections. For example, some research has suggested that schizophrenia may be caused by exposure to these infections *in utero* (or "before birth"). (p. 53)
10. According to the psychodynamic perspective, the conflict that is caused by the clashing of our id and superego impulses is kept in our unconscious by ego _____ mechanisms. (p. 57)
12. Babies tend to demonstrate a remarkable lack of concern for the needs, schedules, or desire of anyone but themselves. They are only interested in having their own needs gratified, and thus are a pure demonstration of _____ they are to settle unconscious conflicts and overcome their problems. (p. 61)
26. The _____ is the most primitive and instinctual of the three components of the human personality. Constantly seeking gratification, Freud believed that it operates on the pleasure principle. (p. 56)
27. According to psychodynamic theorists, some clients might demonstrate _____ during therapy. This occurs when a client acts and/or feels toward the therapist as they did or do toward important persons in their lives, especially their parents, siblings, or spouses. (p. 60)
30. The _____ model, which is based on the original work of Sigmund Freud, holds that psychological functioning, whether healthy or pathological, is determined by unconscious mechanisms over which we have little control. (p. 56)
31. When a Gestalt therapist refuses to meet the demands of her client, she is practicing a technique called skillful _____. (p. 73)
32. Ivan Pavlov first demonstrated the basic principles of _____ conditioning with dogs and meat powder. (p. 64)
34. The multi-_____ perspective seeks to understand how such factors as race, ethnicity, gender, and other demographic factors affect behavior and thought and how people of diverse backgrounds are psychologically different. (p. 82)
35. Antianxiety drugs, which are also called minor tranquilizers or _____, help reduce tension and anxiety (p. 54)
37. In _____ therapy, people are encouraged to accept responsibility for their lives and their problems. Additionally, the counseling focuses on the concept of individual freedom to choose different paths in life. (p. 74)
40. In science the perspectives used to explain events are known as models, or _____. (p. 50)
42. In _____ conditioning, human beings and animals learn to behave in certain ways as a result of the consequences - rewards and punishments - of those behaviors. (p. 64)
45. "I'd like you to lie back on the couch and talk about anything that comes to mind. Don't try to talk about things that you think are necessarily important, but instead just say anything that you think of, even if it doesn't seem to be terribly useful." This is a statement that might come from a psychodynamic therapist who is using the technique of free _____. (p. 59)
47. In 2000, scientists completed the mapping, or sequencing, of all of the genes in the human body. This enormous undertaking was called the Human _____ Project. (p. 53)
15. _____ therapy is a form of couples counseling in which the therapist works with two individuals who are in a long-term relationship. As the clients are often husband and wife (though not necessarily so), the therapy frequently focuses on forms of communication and improving interactions for both members of the relationship. (p. 80)
17. The microscopic space that separates one neuron from another is called a _____ and can only be traversed by specific chemical substances. (p. 52)
18. When an gene that ordinarily appears in appropriate form changes shape and emerges by accident, it is known as a genetic _____. (p. 53)
22. According to family _____ theory, individual members of a family have reciprocal influences on each other and each member of that group confirms to rules that are unique to specific family. (p. 76)
24. Psychodynamic therapists believe that patients must experience _____, or a reliving of past repressed feelings, if

48. Humanists believe that people are driven to self-_____; that is, they are internally motivated to reach their full potential for goodness and growth. This goal, however, requires a strong sense of honesty and open self-evaluation. (p. 69)
50. Kara suffers from _____ disease, which is a disorder that is marked by emotional outbursts, memory loss, suicidality, involuntary body movements, and strange beliefs. This illness has been traced to a loss of basal ganglia cells in the brain. (p. 52)
51. When an individual is going through systematic desensitization, the second step is to construct a fear _____, which is a list of feared objects or situations starting with those that are less feared and ending with those that are most dreaded. (p. 65)
52. Tiny spaces on the surface of a neuron's dendrites that are designed to receive neurotransmitters from presynaptic neurons are called _____. (p. 52)
- Down**
1. Tens of thousands of patients suffering from depression turn to ECT, or electro_____ therapy, when other treatments have failed to provide relief from symptoms. The technique is relatively effective, though some research suggests that some memory impairment might be a side effect. (p. 55)
2. A popular format of psychological counseling is _____ therapy, in which several clients who share common concerns or issues meet with a therapist at the same time. While each client may get less individual attention compared to one-on-one therapy, this format is often less expensive and has the advantage of developing social support and skills. (p. 77)
4. According to Freud, _____ are the "royal road to the unconscious." (p. 60)
5. Just as the id gives rise to the functions of the ego, so does the ego grow into a third personality force, called the _____. Freud argued that this part of our "self," which is sometimes referred to as our conscience, grows as we internalize the rules that we are taught by our parents. (p. 57)
6. _____ therapy is a type of counseling where several individuals, all of whom are related to teach other, meet with a single clinician to work on the problems of both individuals as well as the group. Even if only one member of the group has a specific diagnosis, the entire group is seen as a cohesive unit that needs to address change. (p. 79)
8. The basic premises of _____ therapy are that self-recognition and self-acceptance are the goal, but that they can only be accomplished by challenging and even frustrating a client. (p. 71)
9. The _____ principle, which guides the functions of the ego, is the recognition that while pleasure needs are important, we cannot always gratify our id impulses, especially when those desires conflict with the demands of social rules and mores. (p. 57)
10. The belief that all actions happen for a reason - that no behaviors are "accidental" - is consistent with the _____ assumption of the psychodynamic paradigm. (p. 56)
11. When Tiger Woods steps up to the tee in a championship round of golf, he has a very strong sense of his ability to hit the golf ball exactly where he wants it to go. This positive feeling, called self-_____, is crucial to one's sense of self and actually helps insulate people against suffering from certain mental illnesses. (p. 66)
13. _____ positive regard, which refers to nonjudgmental love that we receive from others, primarily our parents during childhood, can set up a very positive self-image later in life. This allows a person to see him or herself as being a valuable, good person, even in spite of faults and flaws. (p. 70)
14. While many people incorrectly use this term as meaning "pride," the _____ is in fact one of Freud's three components of personality. Its main responsibility is to balance the pleasure needs of the id with the moral needs of the superego. (p. 57)
16. Possibly the greatest advancement in the treatment of psychological disorders since the 1950s has been the development of _____ medications. (p. 54)
18. A format of counseling that is similar to group therapy is the self-help group (or _____ help group). People in such groups come together to discuss a specific shared problem, but do not have the benefit of the direct leadership of a trained professional clinician. (p. 77)
19. One of the most effective treatments for those suffering from a phobia is _____ desensitization, a form of exposure therapy where the patient learns to replace an anxious response with one of calm and relaxation. (p. 65)
20. Therapies that are geared toward the unique and specific challenges and struggles that are faced by women are called gender-sensitive, or _____, therapies. (p. 83)
21. Proponents of the _____ model believe that in order to understand a human beings thoughts, emotions, and behaviors, we must understand the various intricacies of their physical make-up, including genetic influences. (p. 51)
23. Antidepressant drugs, or mood _____, are designed to reduce the wide-ranging swings between depression and mania that are experienced by sufferers of bipolar disorder. (p. 55)
25. When electrical impulses reach the end of a neuron, they cause the release of a chemical, called a _____, and that chemical is responsible for taking a message to the post-synaptic neuron. (p. 52)
28. The brain is made up of about 100 billion individual nerve cells, which are called _____, which are supported by thousands of billions of glia cells. (p. 51)
29. Leslie believes that the root of psychological pathologies is maladaptive learning, and that the best way to treat these problems is to use learning theory to replace inappropriate behaviors with adaptive ones. Leslie is clearly a believer in the _____ model of abnormal psychology. (p. 63)
33. Carl Rogers's humanistic therapy is sometimes referred to as _____-centered therapy, as the goal is to create a supportive climate that fosters honesty and acceptance. (p. 71)
36. _____ relations theorists propose that people are motivated by a need to have relationships with others, and that problems in the relationships between children and their parents or caregivers lead to abnormal development of the personality. (p. 59)
38. According to _____ theorists, the genes that result in psychological abnormalities may actually serve a useful and adaptive purpose for the human species. (p. 53)
39. In the therapy approach of Aaron Beck, called simply _____ therapy, therapists help clients recognize negative thoughts and biased interpretations, and then help them replace maladaptive thoughts with positive, realistic messages. (p. 67)
41. When patients unconsciously take steps to halt the forward progress of their own counseling, they are showing _____ to the therapy. (p. 60)
43. While early forms of _____ surgery, also called psychosurgery, were unrefined and ultimately devastating to the patient, today's surgical procedures are more precise, and are only used after every other form of treatment has been exhausted. (p. 55)
44. _____ mental health treatment programs allow clients, particularly those with severe forms of psychopathology, to receive treatment in familiar social surroundings as opposed to inpatient psychiatric institutions. (p. 80)
46. Chemicals that are released into the bloodstream by glands - the endocrine, pituitary, and adrenal glands, for instance - are called _____. (p. 52)
47. Each cell in the normal human body contains 23 pairs of chromosomes, each of which is made up of numerous _____. These individual units of heredity determine a person's traits and physical characteristics. (p. 52)
49. According to Rogers's humanistic therapy, some children require conditions of _____ when their parents or caregivers fail to provide unconditional positive regard during childhood. (p. 70)

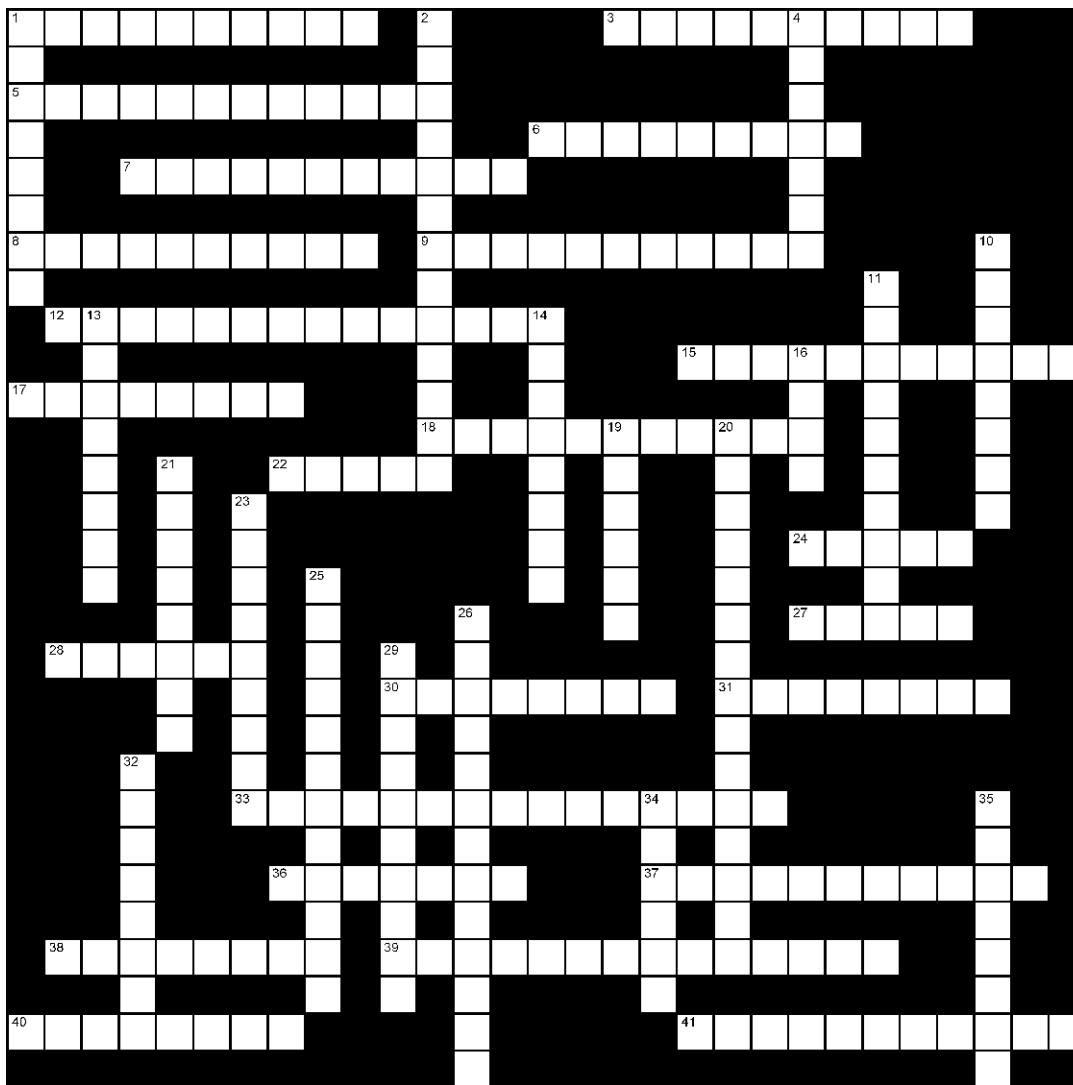
CROSSWORD PUZZLE—CHAPTER 4



Across

2. Computerized axial tomography (CAT or CT scan), positron emission tomography (PET scan), magnetic resonance imaging (MRI) and functional magnetic resonance imaging (fMRI) are all _____ techniques, designed to take "pictures" of the brain. (p. 101)
 6. The _____ of an assessment instrument refers to its accuracy; that is, the extent to which the tool measures what it is supposed to measure. (p. 90)
 7. There are three different categories of _____ inventories - affective, social skills, and cognitive inventories. (p. 98)
 9. Javier is given an intelligence test when he is 21 years old, and again when he is 31 years old. The scores he receives are virtually identical. Because this measure produces the same results each time it is given to the same person, it would be described as having high test-_____ reliability. (p. 90)
 13. _____ assessment is used to determine how and why a person is behaving in an abnormal or pathological manner, as well as what the best method is with which to help them change maladaptive behaviors into adaptive and functional actions. (p. 89)
 14. The term _____ refers to making a determination that a person's psychological difficulties constitute a particular mental disorder. (p. 105)
 15. If one assessment tool produces results that agree with the results of a second assessment tool, they would be described as being high in _____ validity. (p. 91)
 17. Recent research has attempted to identify a set of common strategies that may run through the work of all effective therapists, regardless of their clinical or theoretical orientation. This trend is called a _____ movement. (p. 116)
 19. A psycho_____ is a psychiatrist whose primary responsibility is to provide prescriptions for psychotropic medication. (p. 117)
 22. Measures that assess physical responses as possible indicators of psychological problems are called psycho_____ tests. (p. 99)
 23. The most widely used personality assessment tool is called the _____ Multiphasic Personality Inventory, and it consists of over 500 statements that a respondent must describe as "true," "false," or "cannot say." (p. 96)
 24. The fifth Axis of a complete DSM-IV-TR diagnosis requires the clinician to assign a number on a 100-point scale that represents the client's overall level of functioning. This scale is called the _____ assessment of functioning. (p. 109)
 25. In 1905, French psychologist Alfred Binet and his colleague Theodore Simon produced the first widely used _____ test that assessed verbal and nonverbal skills. (p. 102)
 27. A personality _____ asks respondents a wide range of questions about their behavior, beliefs, and feelings. (p. 96)
 29. The ratio of a person's "mental" age to his or her "chronological" age multiplied by 100 is a measure called the intelligence _____. (p. 102)
 30. The *Diagnostic and _____ Manual of Mental Disorders (DSM)* is a classification system that was developed by the American Psychiatric Association. It has been revised several times since its first publication in 1952. (p. 107)
 31. The DSM-IV-TR requires a clinician to evaluate a client's condition on five separate _____, or branches of information, when making a diagnosis. Each of these areas provides important data that may help inform the best treatment approach. (p. 108)
 32. When an assessment tool appears to be valid just because it makes sense and seems reasonable, this is called _____ validity. Researchers have to be careful, however, because some measures that appear to be valid are, in fact, not! (p. 90)
- Down**
1. The process of collecting and interpreting relevant information about a client or research participant is called _____. It is a crucial step in the process of getting to know the unique challenges faced by clinical patients. (p. 89)
 3. Jenny, Larika, and Ashley are out at a nightclub together. They all see the same man standing at the bar, but they have very different reactions. Jenny thinks that he is "sooooo cute," and Larika says, "he's okay, but he's not really my type." Ashley, on the other hand, says "you guys are crazy. I think he's ugly!" The fact that three different people came up with three very different assessments of the same person suggests that they are low in inter-_____ (or *interjudge*) reliability. (p. 90)
 4. Dr. Crenshaw is working with an 8-year old boy named Lewis. To assess the extent to which Lewis has difficulties staying on task and remaining quiet and focused in his school classroom, Dr. Crenshaw goes to Lewis's class, sits quietly in the back for a while, and makes observations about Lewis's actions. This form of assessment is an example of _____ observation. (p. 103)
 5. Josue goes into a psychologist's office to take a test where he looks at cards with inkblots on them, and then talks about what he sees in each picture. This type of projective assessment is called a _____ test. (p. 95)
 8. Clinical practitioners seek to understand the unique and individual challenges and facets of each client with whom they work. While nomothetic understanding is more general, this _____ understanding allows them to fully empathize with the difficulties of each client. (p. 89)
 10. When certain symptoms appear to regularly occur together in a cluster, they are called a _____. (p. 106)
 11. _____ validity refers to a tool's ability to anticipate future characteristics or behaviors. (p. 91)
 12. When an electroencephalogram reveals an abnormal brain-wave pattern, or _____, clinicians may suspect the presence of brain injuries, tumors, seizures or other abnormalities. These findings may be followed up with more sophisticated techniques to determine the exact nature of the problem. (p. 100)
 16. _____ tests are designed to directly measure brain activities and structures. (p. 100)
 17. Therese decides to weigh herself on her bathroom scale three times in a row. She gets on the scale, gets off for fifteen seconds, and then gets on again. Each time, the scale tells her that she weighs 138 pounds. Because this assessment instrument is giving Therese consistent results, we can say that it has high _____. (p. 90)
 18. Therapy _____ studies are designed to measure the effects of various types of treatment. (p. 115)
 20. To _____ an assessment tool means that a specific set of instructions for how that tool is administered and scored is created. In order for the tool to be valid, these instructions must be followed. (p. 90)
 21. A _____ assessment allows a clinician to determine what sorts of stable and predictable behavior patterns exist within a particular client, and provides information that may be crucial for bringing about long-term behavior change. (p. 90)
 22. The Rorschach test, the thematic apperception test, and the sentence-completion test are all examples of _____ tests. (p. 95)
 26. Clinical researchers in abnormal psychology seek to build a _____, or general, understanding of abnormal functioning that can be applied to many different people suffering from the same pathological symptoms. (p. 89)
 28. After he had an accident at work in which he was struck on the head with a large box, Thomas was taken to the hospital where a physician conducted a mental _____ exam by asking a set of questions that evaluated his overall awareness, consciousness, and general orientation. (p. 92)

CROSSWORD PUZZLE—CHAPTER 5

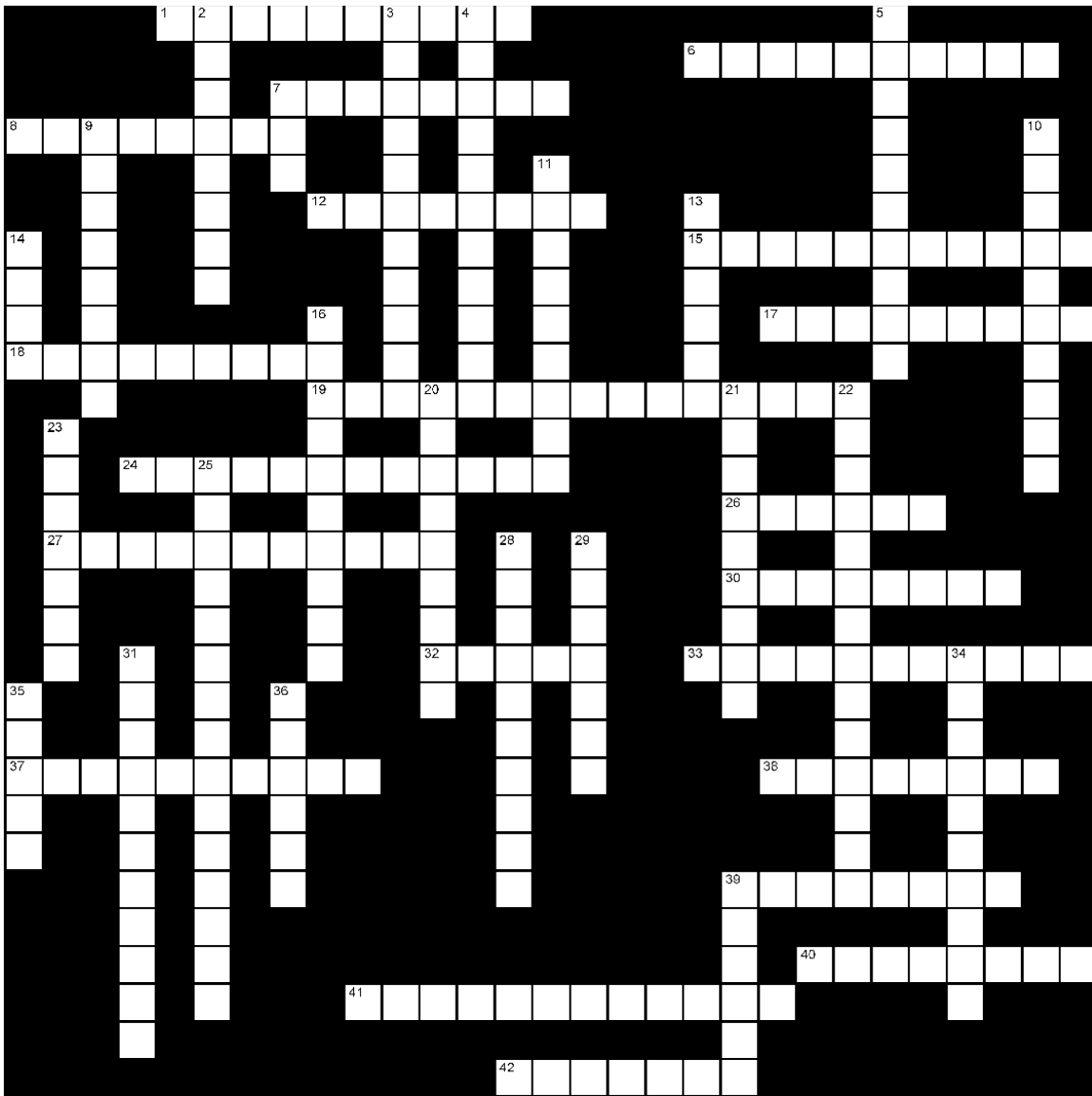


Across

1. The basic premise behind _____ training, a nonchemical biological technique used to treat generalized anxiety disorder is that physical tranquility and calmness can induce a state of psychological calmness. (p. 132)
3. In cognitive therapy for obsessive-compulsive disorder, clients are instructed to try to _____ unwanted thoughts by thinking or behaving in ways that create an internal sense that things are okay, or right. This is a method of offsetting unacceptable thoughts. (p. 155)
5. The neurotransmitter GABA, or *gamma-_____ acid*, has been found to be very important in the development of anxiety disorders. This neurotransmitter serves as a neural inhibitor; that is, when GABA is received by a neuron it causes that neuron to stop firing. (p. 131)
6. According to Freud, children who face actual danger experience _____ anxiety. (p. 123)
7. When a person engages in repetitive and rigid behaviors or mental acts because they feel they must perform them in order to prevent or reduce anxiety, they are engaging in _____. (p. 149)
8. _____ are persistent thoughts, ideas, impulses, or images that seem to invade a person's consciousness. (p. 149)
9. Dr. Werthol observes that in many of his clients with anxiety problems, there seems to be a very serious intolerance of _____, which means that the clients believe that any possibility of a negative event occurring, no matter how slim, means that the event is likely to occur. (p. 128)
12. Some behaviorists suggest that specific phobias can lead to more widespread anxiety through a process called stimulus _____, where responses to one stimulus are also elicited by similar stimuli. (p. 138)
15. In _____ a client is given information about electrical signals in the body so (s)he can learn to control these physiological responses voluntarily. (p. 133)
17. In the 1950s, a new group of benzodiazepines was marketed as sedative-_____ drugs because they induced relaxation at lower doses and caused people to fall asleep in higher doses. (p. 132)
18. In addition to social phobia and specific phobia, some people suffer from _____, which is a fear of places or situations from which escape might be difficult. This condition often accompanies panic disorder, although it can be diagnosed independently as well. (p. 144)

22. Little Eli is only two years old, but already his father has started giving him light spankings whenever he raises his voice or does not obey when he is told to do something. The fear and worry that Eli develops would be categorized as _____ anxiety according to the psychodynamic perspective. (p. 124)
24. _____ kyofusho is a culture-bound disorder that is particular common in Asian countries such as Japan and Korea. It bears strong similarity to a social phobia, as many experts suspect that its central feature is the fear of negative evaluation by others. (p. 136)
27. Giselle often experiences periodic, short bursts of anxiety that occur suddenly, peak within ten minutes, and then gradually pass. Her attacks are often accompanied by physical symptoms that are similar to a heart attack, and she sometimes thinks she is about to die during these attacks. Giselle would best be diagnosed with _____ disorder. (p. 143)
28. Vanna has difficulty leaving her house, because she has a terrible fear that she may do something stupid in public that will cause her intense embarrassment. Because these symptoms interfere significantly with Vanna's life, she might be diagnosed as suffering from a(n) _____ phobia. (p. 135)
30. A practitioner of Albert Ellis's technique of _____-emotive therapy points out the irrational assumptions held by clients, suggests more appropriate assumptions, and assigns homework that helps the client practice this 'assumption substitution' on his or her own. (p. 129)
31. The small, almond-shaped part of the brain that interprets emotional information and stimulates other brain areas to activate an "alarm-and-escape" response is called the _____. (p. 146)
33. The most widely applied method of biofeedback for the treatment of anxiety uses a device called a(n) _____ (EMG), which provides information about the level of muscular tension in the body. (p. 133)
36. People who engage in _____ perform acts that are meant to erase or "cancel out" their unacceptable or undesirable wishes or impulses. (p. 152)
37. Katarina has noticed lately that she seems to be anxious and uptight no matter where she is. When she is at home, she worries about things at work. When she is at work, she worries about things at school. When she is in class, she worries about things at home. If she visits a therapist, she might be diagnosed with _____ anxiety disorder. (p. 122)
38. The locus _____ is an area in the midbrain that is rich with neurons that use norepinephrine, and overstimulation of this area is directly related to anxiety symptoms and panic-like reactions. (p. 146)
39. Some evidence of the involvement of the neurotransmitter norepinephrine in panic disorder comes from the fact that certain _____ drugs were effective at preventing or at least reducing the frequent of panic attacks. (p. 147)
40. Binal is seeing a behavioral therapist to overcome her fear of dogs. The therapist engages a method called _____ in which Binal observes him with dogs. As she sees the dog act in friendly and non-threatening ways, and also observes the therapist responding to the dogs in a calm and relaxed manner, she feels her own fear slowly diminishing. (p. 137)
41. Though the exact cause of panic disorder is not fully understood, many researchers believe that panic-prone individuals have a high degree of panic _____; that is they focus on their bodily sensations much of the time and are unable to process them logically. (p. 148)
- Down**
1. _____ is a Freudian ego defense mechanism in which a person suppresses an unacceptable desire or impulse by taking on a lifestyle that expresses the opposite desire. (p. 152)
2. According to _____ theorists, generalized anxiety disorder is more likely to develop in people who are faced with conditions that are truly dangerous. In fact, research has found that those who live in highly threatening environments are more likely to develop feelings of tension, anxiety, fatigue, and increased startle response. (p. 123)
4. The central nervous system's physiological and emotional response to a vague sense of threat or danger is known as _____, and can result in a number of different psychological disorders when it interferes with one's well-being and daily functioning. (p. 122)
10. The constant and nonspecific worry that people with generalized anxiety disorder experience is something described as free-_____ anxiety because it seems like a cloud of worry is always hovering over the sufferer. (p. 122)
11. In a behavioral treatment called exposure and response (or ritual) _____, clients are exposed to objects or situations that would ordinarily produce anxiety, fear or compulsive behaviors. They are then instructed to resist performing any behaviors that they feel bound to perform. (pp.152-154)
13. Systematic desensitization, flooding, and modeling are all approaches that are forms of _____ therapy, because in all of them individuals are encouraged to face the objects or situations that cause them anxiety. (p. 140)
14. Norma's mother and father constantly forbid her from doing things that give her pleasure. She is not allowed to run around, make noise, play with toys the way she wants to, and generally indulge her id impulses. According to the psychodynamic perspective, Norma is likely to develop _____ anxiety. (p. 124)
16. A state of immediate alarm that is experienced when a person is faced with a serious threat to their well-being is called _____. (p. 121)
19. Derived from the Greek word for "fear", a _____ is a persistent and unreasonable fear of a particular object, activity, or situation. (p. 134)
20. One of the earliest discovered classes of anti-anxiety medications was the group called _____, chemicals that worked on the receptors of certain neurotransmitters. Commonly prescribed medications that belong to this group include Xanax, Ativan, and Valium. (p. 131)
21. Alex's father, Mauricio, is tired of the fact that his son is afraid of water. Every time they go to the beach either he or his wife has to sit with Alex on the same while the rest of the family enjoys the water. On their latest trip to the beach, Mauricio picked up Alex, carried him into the water, and put him down where he could stand with the water up to his waist. This variation of exposure therapy is known as _____. (p. 141)
23. In biological _____ tests, researchers intentionally produce hyperventilation or other biological sensations by administering drugs or by instructing participants to breathe, exercise, or simply think in certain ways. (p. 148)
25. One behavioral-evolutionary explanation of phobias suggests that human beings are biologically wired to be afraid of certain things, particularly stimuli that can be hazardous or even life-threatening. This concept is known as _____. (p. 139)
26. One of the new wave cognitive explanations of generalized anxiety disorder, the _____ theory, holds that people with this problem implicitly hold both positive and negative beliefs about worrying. (p. 128)
29. Albert Ellis proposed that many people are guided by beliefs that cause them to act and react in inappropriate ways. He called these basic _____ assumptions and claimed that they are commonly held by people with generalized anxiety disorder. (p. 126)
32. In a family _____ study, researchers determine how many and which relatives of a person with a mental disorder have that same illness. (p. 130)
34. Client-centered therapy is an approach that was developed by Carl _____, and it focuses on showing unconditional positive regard for a client and empathizing with their unique challenges. (pp. 125-126)
35. The fear of snakes, heights, water, blood, spiders, thunderstorms, or enclosed spaces are all examples of a(n) _____ phobia. (p. 134)

CROSSWORD PUZZLE—CHAPTER 6

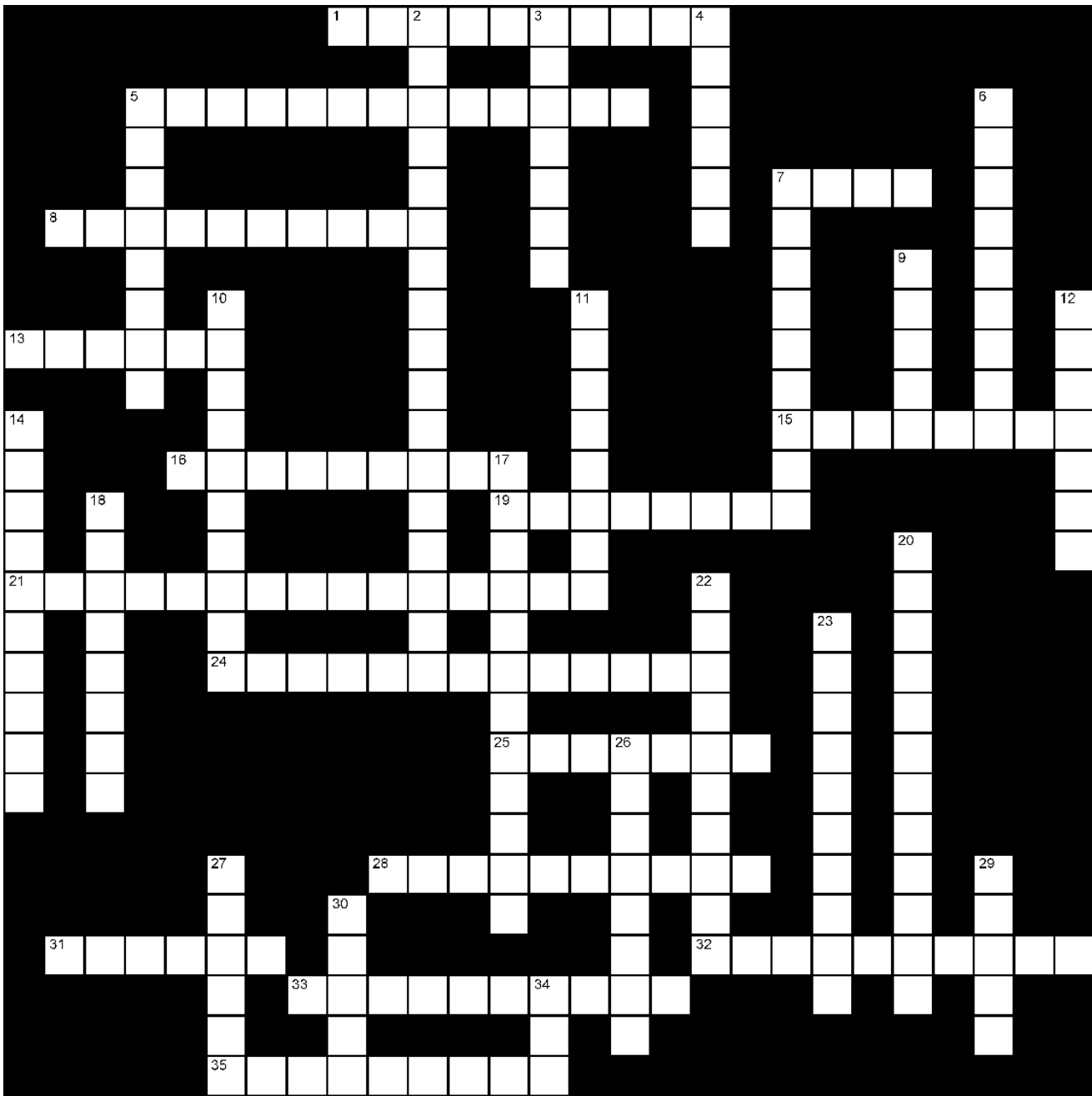


Across

1. PTSD, a serious stress-related disorder often experienced by combat veterans, has been referred to by many names in the past. It was called "_____ " during World War I, and "combat fatigue" during World War II and the Korean War. (p. 169)
6. Immediately after the attacks in New York on September 11, 2001, teams of clinicians and counselors were on hand to conduct critical incident stress _____, which is a form of crisis intervention that has victims talk extensively about their feelings and reactions to highly traumatic and stressful events. (p. 181)
7. The individual reactions a person has to demands or opportunities that require us to change are referred to as their stress _____. (p. 163)
8. _____ is a condition where one has difficulty falling or staying asleep, and it affects approximately 35 percent of the population each year. (p. 185)
12. The behavioral exposure technique of EMDR involves moving the eyes in a _____, or rhythmic, pattern from side to side while flooding their minds with images of objects and situations they would ordinarily avoid. (p. 179)
15. Jamilla was driving down the street when a small dog suddenly ran out in front of her. Her body immediately responded by releasing adrenaline, increasing her pulse and respiratory rates, and causing the pupils of her eyes to dilate. These involuntary processes are controlled by the _____ nervous system. (pp. 165–166)
17. The _____ nervous system is an extensive network of nerves and fibers that connect the brain and spinal cord to all other organs in the body. (p. 165)
18. The _____ system of many glands, all of which are responsible for the release of hormones throughout the body. (p. 165)
19. Rahab has been experiencing severe PTSD for over a year, and has decided to try a form of exposure therapy called eye movement _____ and reprocessing (EMDR). (p. 179)
24. _____ is a general term that refers to a chronic state of high blood pressure, and can be extremely serious, leading to other conditions such as stroke, kidney problems, and coronary heart disease. (p. 185)
26. Lewis works in a very high-stress occupation, and has regular problems with _____, which are lesions or holes in the stomach that can lead to gastroin-

- testinal symptoms, such as vomiting, stomach pain, or stomach bleeding. (p. 185)
27. In the movie *Mask*, starring Eric Stolz and Cher, the main character, Rocky, experiences crippling migraine headaches. His mother has taught him to “talk” to his pain, focusing on positive messages and coping self-statements, so that he can deal with the headaches more effectively. This form of therapy is called self-_____ training. (p. 196)
 30. The body’s immune system is a network of activities and cells that identify and destroy _____, including foreign invaders (bacteria, viruses, fungi, and parasites) and cancer cells. (p. 192)
 32. Debra was in a very serious car accident last week, and is now suffering from nightmares, flashbacks, and other stress-related symptoms. Because her condition has lasted less than one month, the best diagnosis for her problem would be _____ stress disorder (pp. 167–168)
 33. Julia is going to a stress clinic, which she will be hooked up to different machines and instruments to get information about how her body’s involuntary functions are working. Her hope is that this form of therapy, called _____ training, will help her reduce her stress-related symptoms. (p. 195)
 37. Hans Selye proposed a three-stage model of the body’s physiological response to the presence of stress. His model is called the general _____ syndrome. (p. 186)
 38. _____ heart disease is a very serious predictor of angina pectoris (chest pain caused by blocked blood vessels that supply blood to the heart) and myocardial infarction (a heart attack). (p. 186)
 39. Any event that creates demands or opportunities that require us to change in some manner is referred to as a _____. (p. 163)
 40. A very severe type of headache that is marked by extreme and often near-paralyzing pain on one side of the head is called a(n) _____. (p. 185)
 41. The _____ is the part of the brain that deals with arousal and fear, releasing neurotransmitters, triggering the firing of neurons throughout the brain, and stimulating the release of chemicals throughout the body. (pp. 164–165)
 42. _____ is the use of brutal, degrading, and disorienting strategies in order to reduce victims to a state of utter helplessness, and is often done to force an individual to reveal information or make a confession. (p. 172)
- Down**
2. Marquisha goes to an expert to be guided into a sleeplike, suggestible state. This form of therapy is called _____, and is often used to aid psychotherapy and help treat certain physical conditions. (p. 195)
 3. Two parts of the brain - the amygdala and the _____ - appear to be affected by the ongoing anxiety and tension of a psychological stress disorder. (p. 173)
 4. Muscle _____ headaches are typically marked by pain at the back or front of the head, or the back of the neck. Sometimes called tension headaches, they affect around 40 million Americans each year. (p. 185)
 5. A form of behavioral therapy that teaches an individual to lower their physical arousal and maintain and enhance a calm and tranquil state is called _____ training (p. 194)
 7. Gene is a veteran of the Vietnam War who goes to a form of group therapy called a _____ group where he shares his experiences and listens to the stories of other combat veterans. Getting mutual support from others who have shared similar experiences has proven to be very therapeutic for Gene. (p. 180)
 9. Cortisol is one of many hormones, called cortico_____, which are released by the body in response to stress. (p. 166)
 10. The extent to which a people can respond to the demands of stress with a set of positive attitudes is called hardiness, or _____, and enables them to carry on with their lives even in the face of challenges. (p. 176)
 11. State, or _____, anxiety is the experience of getting tense or uptight in very specific circumstances, and each person differs in their individual perceptions of how stressful various events are. (p. 167)
 13. Eric suffers from _____, which causes his airway to occasionally narrow and interfere with breathing. His doctor has advised him to reduce stress in his life, so that his attacks will be less severe and less frequent. (p. 185)
 14. _____ is one form of victimization that can lead to stress disorders. It involves forced sexual intercourse or another sexual act committed against a nonconsenting person. It also refers to having sexual intercourse with an underage person. (p. 170)
 16. A technique where a person turns their concentration inward to attain a slightly changed state of consciousness is called _____. By helping an individual to temporarily ignore all external stressors, this technique has shown to be effective in reducing physical distress. (p. 195)
 20. Approximately 90 percent of all cases of high blood pressure are called _____ hypertension, and are the result of a combination of psychosocial and physiological factors. These can include constant stress, environmental danger, and feelings of anger or depression, as well as obesity, smoking, poor kidney functioning, and excess collagen in the blood vessels. (pp. 185–186).
 21. Many veterans of combat experience flashbacks of their time in battle, avoid thoughts or conversations that remind them of those events, have problems sleeping, are irritable, and have difficulty concentrating years after returning from war. Taken together, these symptoms might indicate post_____ stress disorder. (pp. 167–168)
 22. The neurotransmitter/hormone _____ has been found in higher levels in the urine, blood, and saliva of people who have encountered severe stressors such as combat, rape, or living in a concentration camp. This finding suggests that these chemicals are partially responsible for psychological stress disorders. (p. 173)
 23. The interaction of biological, psychological, and sociocultural factors can lead to a group of physical illnesses. Formerly referred to as psychophysiological or psychosomatic disorders, the DSM-IV now refers to these illnesses as ‘psychological factors affecting _____ condition. (p. 184)
 25. Leslie was very nervous about giving a speech in front of his class, and he was very tense and sweaty before the speech began. Afterward, however, the _____ nervous system returned his heartbeat to normal, stopped his perspiring, and returned his body to its normal functioning. (p. 166)
 28. Psychoneuro_____ is the scientific study of the relationship between stress, the body’s immune system, and health. (p. 191)
 29. When you encounter a stressful situation, your hypothalamus sense messages to the pituitary gland, which in turn stimulates the _____ gland, which is located just above your kidneys. This process is called the ‘HPA pathway’. (p. 166)
 31. White blood cells that are triggered into action by the presence of a foreign invader are called _____. (p. 192)
 34. The field of treatment that combines psychological and physical approaches to treat or prevent medical problems is known as _____ medicine. (p. 194)
 35. _____ anxiety is the general level of arousal and anxiety that each person brings to different events in their lives. (p. 167)
 36. The complimentary workings of the sympathetic and parasympathetic divisions of the autonomic nervous system are collectively called the ‘fight-or-_____’ response. (p. 166)
 39. According to the Social Adjustment Rating Scale, the most stressful life event for an adult is the death of a _____. (p. 190)

CROSSWORD PUZZLE—CHAPTER 7

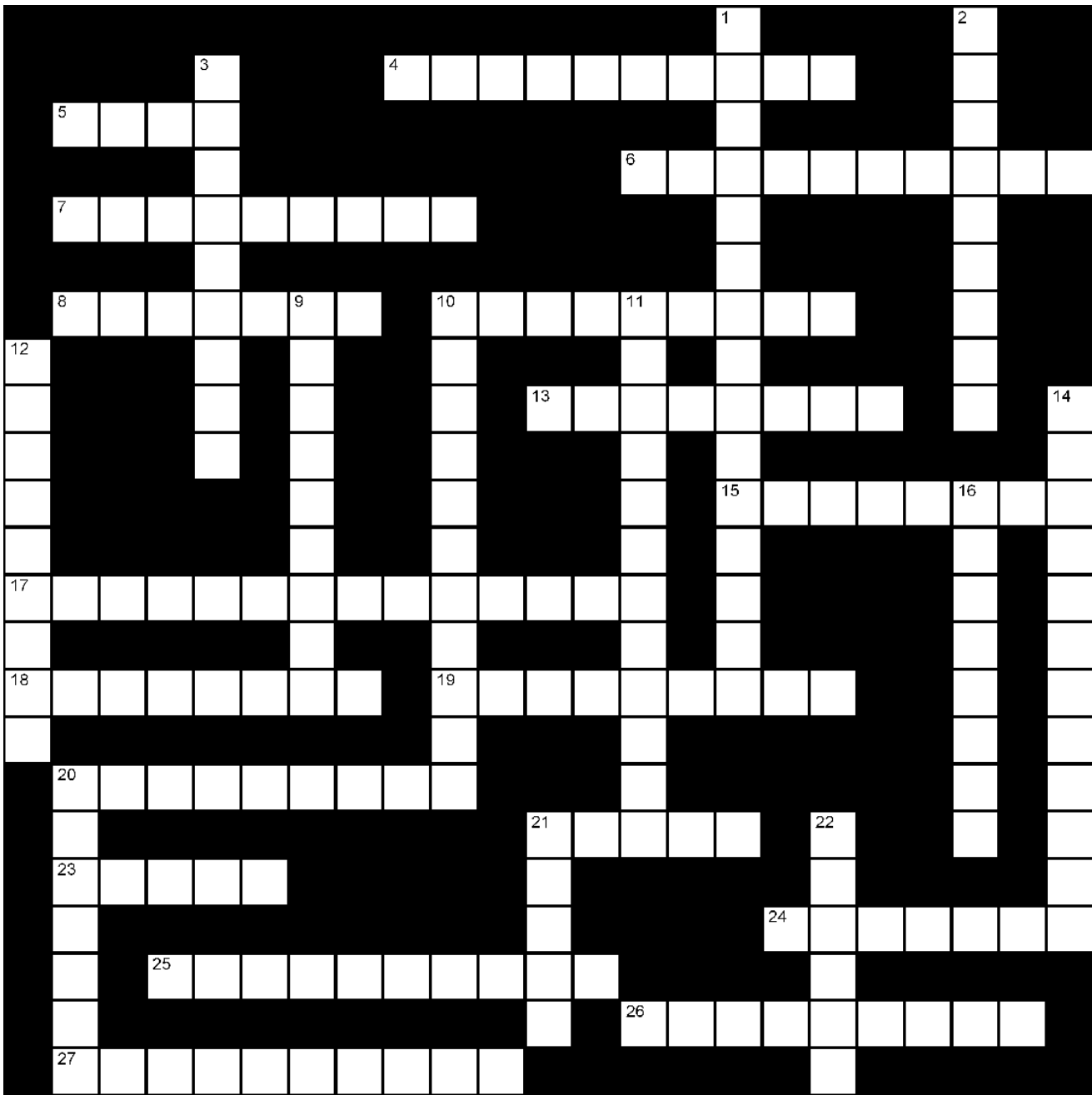


Across

1. _____ are naturally produced opioid substances in the human body and help to reduce pain sensations. (p. 215)
5. People who suffer from _____ somatoform disorders misinterpret and overreact to bodily symptoms and sensations, no matter what friends, relatives, and physician may say. (p. 208)
7. Some theorists believe that dissociative disorders are the result of a process called _____-hypnosis, in which one achieves an altered state of consciousness without the assistance of another person. This alteration of consciousness is then used to block the memory of unpleasant events. (p. 230)
8. Marita is a 32-year old single woman who often pretends to be sick so that others will pay attention to her. She enjoys the fact that playing the “patient role” gets people to visit her, shower her with kindness, and be more sociable. Because she has no real physical symptoms, Marita might be diagnosed with _____ disorder. (p. 208)
13. They key to our sense of identity - our very basic knowledge of who we are, where we’ve been, and where we come

- from - is _____. This link to our past, present, and future is often compromised in dissociative disorders. (p. 218)
15. One pattern of multiple personalities disorder is called a mutually _____ relationship, in which different personalities have no awareness of each other. (p. 225)
 16. Also called circumscribed amnesia, _____ amnesia occurs when a person loses all memory of events that took place within a specific time period. (p. 220)
 19. In the movie *Me, Myself, and Irene*, Jim Carrey portrayed an individual who had several personalities in him at the same time. Though many incorrectly believe that his character suffered from schizophrenia, in fact he would be correctly diagnosed with dissociative _____ disorder. (p. 224)
 21. Lajuan has exhausted his physician's patience! He goes to his doctor for emergency appointments whenever he experiences the slightest physical complaint. His latest visit was for "terrible sinus congestion" which his doctor diagnosed as a "slight" case of the common cold. Lajuan's exaggerated interpretation of minor physical symptoms indicates that he may suffer from _____. (p. 209)
 24. Some cognitive theorists suggest that hysterical disorders are forms of _____, providing a means to express emotions that might otherwise be difficult to convey. (p. 214)
 25. People who suffer from dissociative _____ are unable to recall important information, usually of an upsetting nature, about their lives. The memory loss is much more extensive than normal forgetting, and has no physical or organic cause. (p. 220)
 28. Paralysis, blindness, or anesthesia (loss of feeling) are three commonly experienced symptoms of _____ disorder, which is so named because the sufferer's mind transforms psychosocial conflicts into dramatic physical symptoms. (p. 204)
 31. The ultimate goal of hypnotherapy with people suffering from dissociative identity disorder is a state of _____, in which there is a final merging of two or more subpersonalities. (p. 233)
 32. When a physical ailment has no apparent medical cause, doctors may suspect a _____ disorder, which is a pattern of physical complaints with largely psychosocial causes. (p. 204)
 33. Many people believe that dissociative identity disorder does not truly exist, and argue that these cases are _____; that is, unintentionally produced by practitioners. (p. 226)
 35. Sufferers of dissociative identity disorder experience the emergence of one or more _____ personalities, or subpersonalities, that coexist with the primary, or host, personality. (p. 224)
- Down**
2. People who suffer from _____ often feel as though they have become separated from their body and are observing themselves from outside. (p. 246)
 3. Psychodynamic theorists suggest that people achieve _____ gain when their hysterical symptoms keep their internal conflicts out of awareness. (p. 213)
 4. _____ amobarbital and _____ pentobarbital are two barbiturates, commonly referred to as truth serums, that help people with dissociative amnesia and fugue to recover lost memories. (p. 232) (Hint: the answer to both blanks is the same word)
 5. Sometimes the belief that one is receiving treatment is enough to bring about a reduction in symptoms. This finding is the basis for the use of _____, which are basically pretend, or sham, treatments. (p. 214)
 6. When the various identities that exist in a person with dissociative identity disorder are well aware of each other, this is called a mutually _____ pattern. (p. 225)
 7. Joella is set to give a presentation in front of 450 people at work this afternoon, but when she wakes up her voice has mysteriously disappeared. Her symptom of laryngitis has no physical cause, but because it allows her to avoid an unpleasant activity, psychodynamic theorists would suggest that she is achieving a(n) _____ gain from her lost voice. (p. 213)
 9. Anwar recently left his home town and traveled across the country. Once he got to a place that felt comfortable, he began calling himself Edward, got a new job and a new home, and started a new life for himself. Anwar/Edward's memory loss was not caused by any physical event, so he might be diagnosed as suffering from a dissociative _____. (p. 221)
 10. Owen spends hours each day staring in the mirror at the tiny freckle on his left cheek. Although his friends have assured him that the freckle is barely visible, Owen convinces himself that it is all people look at when they see him. Owen's misinterpretation of this minor skin feature suggests that he suffers from body _____ disorder. (p. 210)
 11. Somatization disorder is also known as _____, after the French physician who first described the symptom pattern in 1859.
 12. According to Freud, young girls (between the ages of 3 and 5 years) experience the _____ complex, during which they develop sexual feelings for their fathers and resentment toward their mothers. (p. 212)
 14. A severe and chronic form of factitious disorder is called _____ syndrome after an 18th century Baron who went from town to town in Europe making up fantastic tales about his various adventures. (p. 208)
 17. When an individual experiences a major disruption of memory, identity, or consciousness that has no identifiable physical explanation, they are suffering from a(n) _____ disorder. (p. 219)
 18. Research in the late nineteenth century at the Nancy School in Paris, France suggested that the symptoms of hysterical somatoform disorders could be both produced and eliminated by _____ suggestion. (p. 211)
 20. Sheila has been complaining for months about a wide variety of physical ailments. Some of her many symptoms include migraines, irregular menstrual periods, constipation, dizziness and double vision. Because physical examination reveals no organic cause for these symptoms, the most appropriate psychiatric diagnosis would be _____ disorder. (p. 206)
 22. The one form of amnesia that involves an inability to accurately encode new memories is called _____ amnesia. (pp. 220–221)
 23. The DSM-IV-TR lists three _____ somatoform diagnoses: conversion disorder, somatization disorder, and pain disorder associated with psychological factors. The shared feature of these three illnesses is that the sufferer experiences actual changes in their physical functioning. (p. 204)
 26. The shared feature of cases of both dissociative amnesia and dissociative fugue is that while semantic memories remain accessible, _____ memories become lost or unavailable.
 27. Body dysmorphic disorder is sometimes referred to as dysmorpho_____. (p. 210)
 29. Louisa went to great lengths to hide the fact that she was intentionally making her son, Jordan, ill. She would put tasteless chemicals into his food so that he would have severe gastrointestinal symptoms, and then went to different hospitals and doctors to get Jordan treated. Her actions, which some consider a form of child abuse rather than an illness, describe the diagnosis of factitious disorder by _____. (p. 208)
 30. _____-dependent learning suggests that if a person learns something when they are in a particular situation or frame of mind that they will be more likely to remember it accurately when they are in the same situation or frame of mind. (p. 229)
 34. *Sybil* and *The Three Faces of _____* are two of the best known accounts of individuals who have suffered from multiple personality disorder. (p. 219)

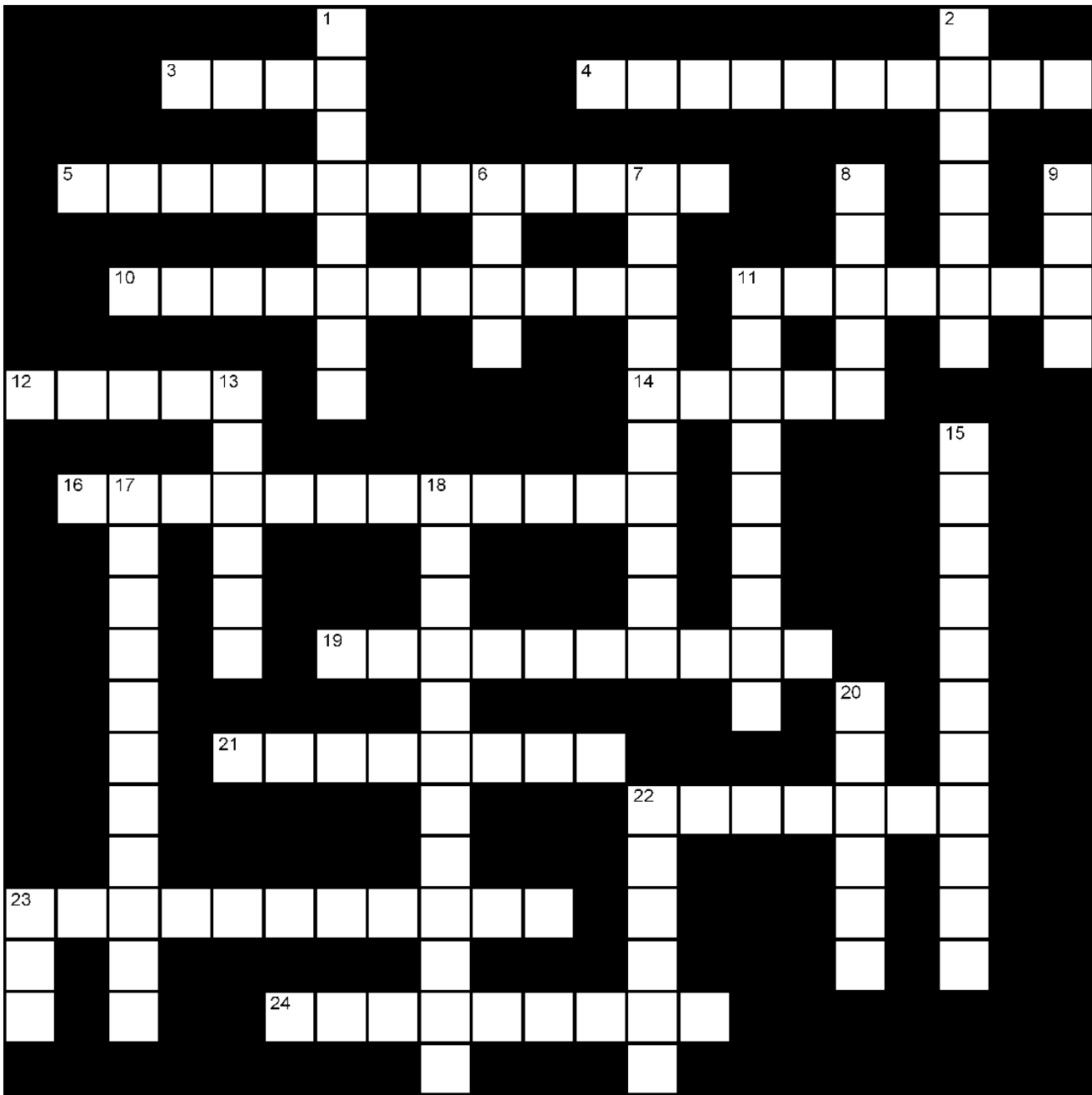
CROSSWORD PUZZLE—CHAPTER 8



Across

4. _____ is the tendency to keep focusing on one's feelings when depressed and to repeatedly consider the causes and consequences of that depression. (p. 262)
 5. The fact that women in our society experience more stress than men - more menial jobs, less adequate housing, and more discrimination - is the basis of the _____ stress theory of depression. (p. 261)
 6. Larika and her husband Spence welcomed a new son into their family just two weeks ago, but rather than enjoy and celebrate this happy event, Larika has been sad, exhausted, and has not been able to get out of bed for more than an hour a day. The best diagnosis for Larika would be _____ depression. (p. 248)
 7. One of the primary components of the cognitive theory of depression is that individuals suffering from depressive symptoms experience _____ thoughts, a steady train of unpleasant thoughts that cause them to feel ineffective and worthless. (p. 256)
 8. The mood disorder that is marked by alternating periods of mania and depression is called _____ disorder. (p. 241)
 10. Aaron Beck, a noted theorist in the area of depression, suggested that people suffering from depressive symptoms often think negatively in three specific areas, what he called the _____ triad. (p. 256)
 13. Bonnie is a psychologist who argues that depression is just as common in men as it is in women, but that clinicians often overlook the signs of depression in men. Bonnie believes in the _____ theory of depression. (p. 261)
 15. People with unipolar depression have been found to have unusually high levels of the hormone _____, which is released by the adrenal glands during times of stress. (pp. 249-250)
 17. For years it was thought that one of two neurotransmitters, serotonin or _____, was responsible for producing depression, but more recent studies suggest that it may be a combined rather than individual effect. (p. 249)
 18. Of the two major categories of mood disorders, _____ is the more common, and includes only low, sad states without vacillating moods. (p. 241)
 19. Though scary sounding, the hormone _____, which is sometimes referred to as the "Dracula Hormone," is released only in the dark. (p. 250)
 20. While sufferers of bipolar I disorder experience moods swings that range from full depression to full mania, bipolar II disorder is marked by shifts from full depression to _____ episodes. (p. 264)
 21. Barbara has been experiencing a state of breathless euphoria and frenzied energy, and has had thoughts that she is much more skilled, talented, and capable than she actually is. This state, called _____, is the opposite of a depressive episode. (p. 241)
 23. When the mood swings of bipolar disorder occur four or more times within one twelve-month period, their disorder is classified as _____ cycling. (p. 264)
 24. According to the cognitive triad, people suffering from depression have negative interpretations of themselves, their experiences, and their _____. (p. 256)
 25. _____ is a low, sad state in which life seems dark and its challenges overwhelming. (p. 241)
 26. _____ depression is a pattern of depressed behavior found among very young children that is caused by separation from one's mother. (p. 254)
 27. Translated as "internally generated," the type of depression whose symptoms seem to be a response to internal factors rather than external stressors is called a(n) _____ depression.
- Down**
1. Females in Western societies are taught that they should seek a low body weight and a slender figure, almost to unreasonable, unrealistic, unhealthy, and unattainable extremes. These tendencies cause women to be more likely to be depressed, according to the body _____ explanation. (p. 261)
 2. Vo has been mildly depressed for the past two years, but has still been able to take care of his daily responsibilities, including going to school, showing up for his part time job, and spending time with friends. This chronic but less disabling set of depressive symptoms is called _____ disorder. (p. 246)
 3. While several different neurotransmitters may be responsible for the symptoms of depression, some research suggests that one, _____, acts as a neuromodulator. This means that this single neurotransmitter affects the activities of others. (p. 249)
 9. Cornelius has been experiencing several symptoms of depression in recent weeks. One such symptom, _____, is described as the inability to experience any pleasure or happiness at all. (p. 243)
 10. When a person experiences numerous periods of hypomanic symptoms and mild depressive symptoms, the DSM-IV-TR assigns a diagnosis of _____ disorder. (p. 267)
 11. Some psychodynamic theorists believe that sufferers of depression turn negative emotions that they should direct at others in on themselves. This process, called _____, leads to the sadness and despair of depression. (p. 252)
 12. When the symptoms of depression follow a clear-cut and identifiable stressful event, clinicians refer to it as a reactive, or _____, depression. (p. 247)
 14. Martin Seligman performed experiments using laboratory dogs to demonstrate that the concept of learned _____ is very salient in cases of depression. He suggested that depression often occurs when people believe that they are incapable of changing or controlling their surroundings. (p. 258)
 16. As an explanation for depressive symptoms, Freud proposed the concept of _____, or imagined, loss, in which people equate other kinds of events with the loss of a loved one. (p. 253)
 20. The _____ explanation of depression holds that specific chemical changes in women make them more susceptible to depression when compared to men. (p. 261)
 21. People who experience a depressive episode without having any history of manic episodes receive a diagnosis of _____ depressive disorder. The diagnosis can be further specified with one of five different classifiers: recurrent, postpartum, seasonal, melancholic, or catatonic. (p. 246)
 22. When the symptoms of dysthymic disorder lead to a major depressive episode the sequence is called _____ depression. (p. 246)

CROSSWORD PUZZLE—CHAPTER 9



Across

3. When major life changes such as marriage, divorce, or the birth of a child occur, these experiences of interpersonal _____ transition may lead to depressed symptoms. (p. 284)
4. The discovery of _____, so named because of their three-ring chemical structure, was accidental. Researchers were looking for a new drug to treat schizophrenia, and instead created an antidepressant medication. (p. 290)
5. Loss, role dispute, role transition, and deficits are four different types of problems that may lead to depression, according to the founders of _____ psychotherapy, Gerald Klerman and Myrna Weissman. (p. 284)
10. Research indicates that the _____ process - the manner in which individuals experience grief after the death of a friend or relative - varies greatly from culture to culture. (p. 282)
11. In order to maximize the likelihood of minority clients overcoming the symptoms of depression, _____-sensitive approaches are being increasingly combined with traditional forms of psychotherapy. (p. 283)
12. An herbal treatment for cases of mild depression includes taking Saint _____ Wort, a common flower that produces few side effects. This supplement is not effective, however, for cases of severe depression. (p. 287)
14. Theresa is undergoing a surgical procedure in which a surgeon implants a small device called a pulse generator under the skin of her chest, and then guides a wire up the neck to a major nerve. This form of treatment, _____ nerve stimulation, is used to send messages to the brain every five minutes. (pp. 293-294)
16. While colleges and universities recognize the importance of having psychological counseling available for students, nearly half of all college counseling offices lack a full-fledged staff _____, which means that students would not be likely to receive prescriptions for important psychotropic medications at these offices. (p. 277)
19. One of the most controversial forms of treatment for depression is electro _____ therapy, or ECT. Though it is often misperceived as a barbaric and ineffective treatment approach, it has actually been found to be quite effective and fast-acting for the treatment of unipolar depression symptoms. (pp. 285-287)
21. Wilhelm has suffered from extreme shyness and social awkwardness for as long as he can remember. Though he likes other people and wants to be friends with several of his classmates, his interpersonal _____ lead to depression symptoms. IPT therapists would focus on teaching him appropri-

ate social skills to overcome his problems. (p. 284)

22. The main purpose of ECT is to induce a brain _____ that lasts from 25 seconds to a few minutes. (p. 287)
23. Some people who take antidepressant medications choose to continue taking them even after their symptoms have been eliminated. People who take the drugs for three or more years after their initial improvement - a practice called _____ therapy - may significantly reduce their risk of relapse. (p. 291)
24. In _____ ECT, one electrode is applied to each side of the forehead and a current passes through both sides of the brain. (pp. 287-288)

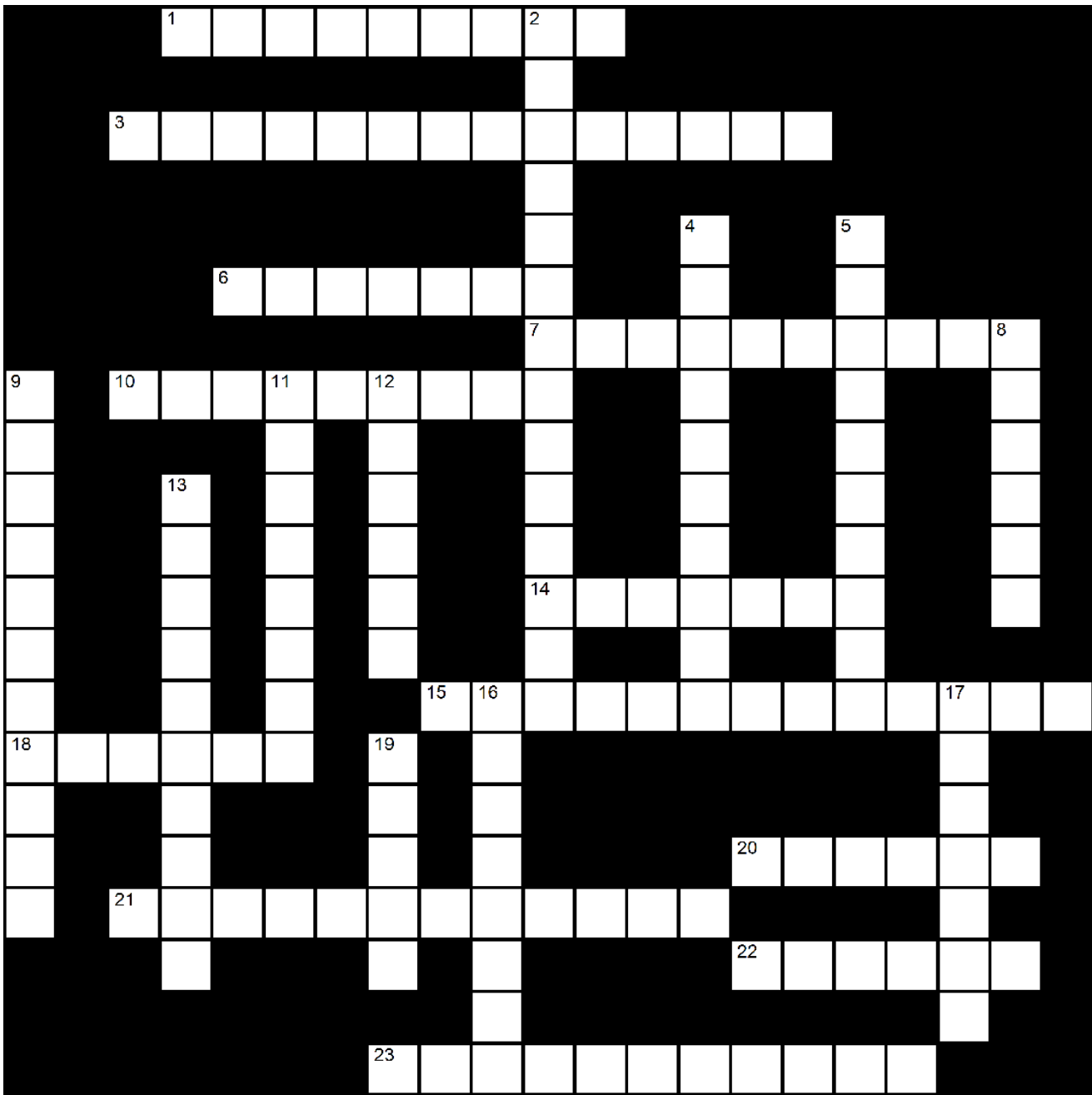
Down

1. Some of the most widely recognized and prescribed medications in the world belong to the category known as selective serotonin _____ inhibitors (SSRIs), and include Zoloft, Prozac, and Lexapro. (p. 292)
2. Treatment for those suffering from bipolar disorder got a real boost in 1970, when the Food and Drug Administration approved the use of _____, a naturally occurring silvery-white element, as a psychotropic drug. (p. 298)
6. The natural supplement s-adenosylmethionine, also referred to as _____, has been used for more than 20 years in Italy and 13 other countries to treat depression. It is fast acting and produces relatively few undesired side effects. Its main limitation, however, is that it is relatively expensive. (p. 287)
7. The first stage of Albert Ellis's therapy approach to addressing depression involves increasing _____ and elevating moods. This can include preparing detailed hourly schedules for the upcoming week, schedules which are co-constructed by the therapist and client. (p. 280)
8. While Aaron Beck is most noted for his work developing the cognitive approach to treating depression, Albert _____ developed a four-stage model of cognitive therapy called rational-emotive therapy. (p. 280)
9. One experimental treatment for depression that was developed after similar techniques were successfully applied to patients suffering from seizure disorders or Parkinson's disease is _____ brain stimulation (DBS). (p. 295)
11. Identifying and reducing negative thinking, including illogical and automatic thoughts that maintain depressed states, is the focus of _____ therapy. (p. 280)
13. When a neurotransmitter binds to the receptors of a receiving neuron, a series of changes occur within the receiving neuron to set the stage for firing. These substances in the neuron that carry out those changes are often called _____ messengers, because they

rely on the original message from the receptor site to the firing mechanism of the neuron. (p. 302)

15. The _____ management approach to treating depression involves ignoring a client's depressive behaviors and/or statements while praising or otherwise rewarding constructive statements and behaviors. (p. 279)
17. Since the discovery of Lithium for the treatment of bipolar disorder, other mood _____, or antibipolar, drugs have been developed and are now used extensively due to the fact that produce fewer side effects and better clinical outcomes. (p. 298)
18. In _____ magnetic stimulation (TMS) clinicians pass an electromagnetic coil on or above the patient's head in order to increase neuron activity in the prefrontal cortex of the brain. (p. 294)
20. _____ therapy is an approach to counseling in which a therapist works with two people who share a long-term relationship. (p. 285)
22. A key to behavior therapies for depression is the training of effective _____ skills, including eye contact, facial expression, posture, and other behaviors that send messages to other people. (p. 279)
23. _____ inhibitors are antidepressant drugs that work to stop the enzyme monoamine oxidase from degrading the neurotransmitter norepinephrine. Because of potentially serious side effects, however, patients on these medications have to stick to a rigid diet that reduces their intake of the chemical tyramine. (p. 290)

CROSSWORD PUZZLE—CHAPTER 10



Across

1. Highlighting the possibility for suicide by one person to set up a family pattern of such behavior, famous novelist Ernest _____ killed himself approximately 35 years before his granddaughter Margaux, a model and actress, committed suicide by taking an overdose of barbiturates. This family had five instances of suicide in only four generations. (p. 309)
3. When an individual plays an overt, indirect, partial, or unconscious role in their own demise, this is referred to by Shneidman as _____ death. (p. 312)
6. _____ environments, such as being a prisoner of war, living in a concentration camp, or being a victim of domestic violence, can lead people to try to “escape” their situation through suicide. (p. 316)
7. The first suicide _____ program in the United States was founded in Los Angeles in 1955. The goal of this program was to identify people at risk of killing themselves and to offer them support and crisis intervention. (p. 333)
10. Sherilyn suffers from amyotrophic lateral sclerosis (ALS), more commonly known as Lou Gehrig’s disease. As the illness has robbed her of control of her body and will surely cause her death within several months, she has decided to take an overdose of sleeping pills so that she can die quietly and with dignity. Sherilyn is an example of a death _____, according to Edwin Shneidman’s labels. (p. 311)
14. One alarming research finding regarding suicidal behaviors among teenagers suggests that for every completed suicide in this age group, 200 other individuals _____ to kill themselves. (p. 328)
15. After a suicide, clinicians and researchers may gather information about the deceased individual in an attempt to determine the reasons behind the suicide. This “psychological autopsy” is sometimes referred to as a(n) _____ analysis, since it involves looking back at the individual’s life. (p. 312)
18. _____ intervention refers to a treatment approach that tries to help people experiencing psychological turmoil to view their situation more accurately, make better decisions, and act more constructively until the difficulties subside or at least are reduced.
20. Demonstrating the problem of suicide contagion, the national suicide rate rose 12 percent after the suicide of Marilyn _____ in 1963. (p. 320)
21. _____ is a pessimistic belief that one’s present circumstances, problems, or mood will not change, and it is highly correlated with suicidal feelings. (p. 317)
22. Ophelia decided that she wanted to die. She was quite certain that this was the

right choice for her, right up until the moment when she pulled the trigger of the gun that killed her. According to Shneidman, Ophelia would be classified as a death _____. (p. 311)

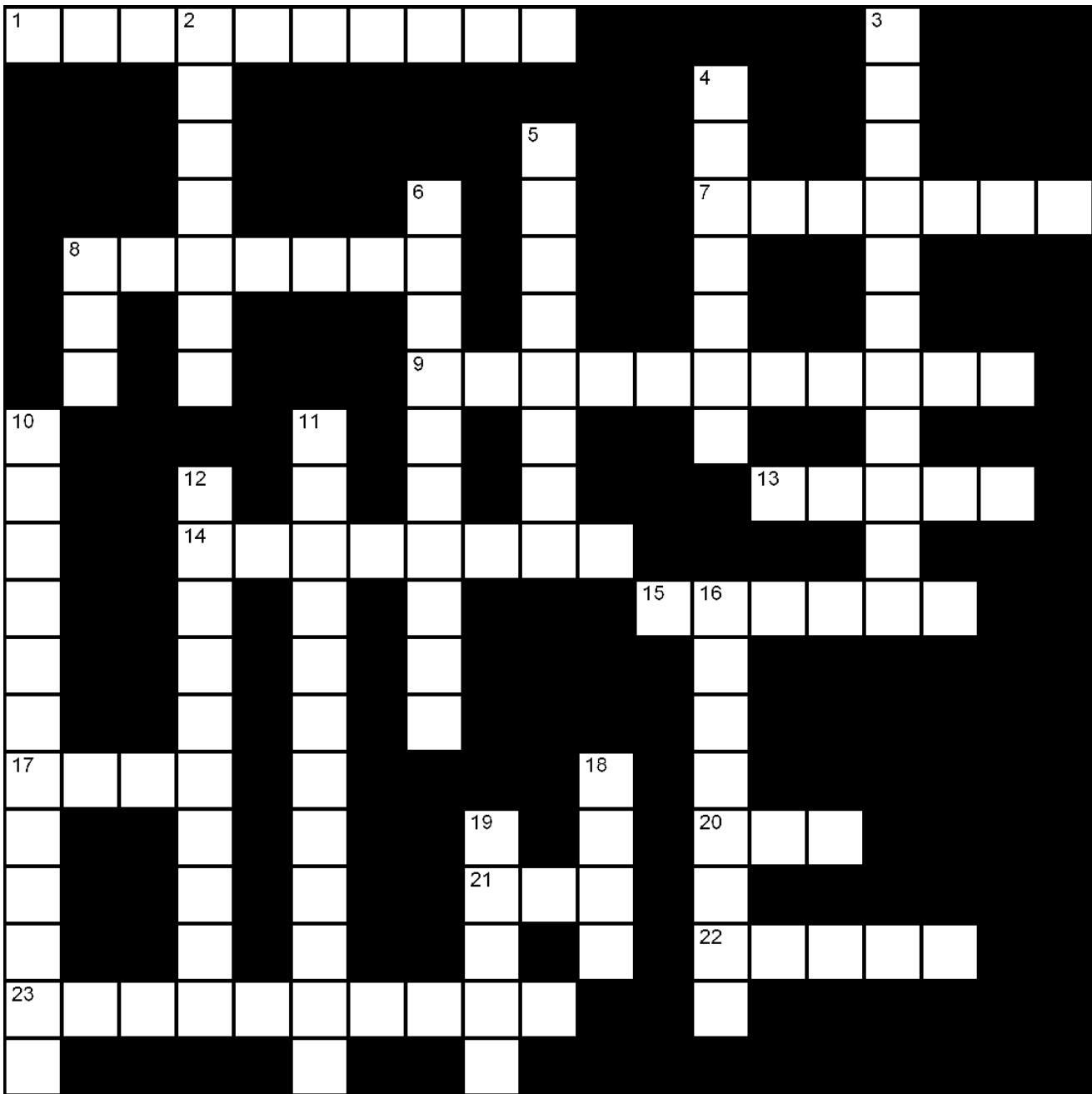
23. individuals who engage in _____ thinking (i.e., seeing the world in either/or terms) tend to experience greater levels of suicidality. (p. 317)

Down

2. The controversy over “Black Box” warnings surrounds the issue of increased risk of suicidal thoughts and actions among children and teenagers who take _____ medications. (p. 329)
4. Research into the relationship between religion and suicidal feelings has found that merely having religion in one’s life is not enough to prevent suicidal actions; rather, it is the level of _____ that seems to have an insulating effect against suicidality. (p. 314)
5. When his father’s store was robbed, Buck chased the thieves into the street and jumped on their getaway car to prevent them from taking his father’s money. Buck was unfortunately killed during this event, and thus Durkheim would label this as a(n) _____ suicide. (p. 323)
8. In studies of the relationship between age, ethnicity, and suicide, researchers have consistently found that the highest teenage suicide rate is displayed by _____ Americans. (p. 330)
9. A suicide attempt that does not result in death is called a(n) _____. It is difficult to know the exact number of such attempts, given the challenges in collecting data from individuals who have tried but failed to kill themselves. (p. 308)
11. According to Freud, suicide occurs when individuals direct their “death instinct,” or _____, at themselves instead of at others. (p. 323)
12. Taking its name from the French word that means “without law,” this type of suicide occurs when an individual’s social environment fails to provide stable structure in their life. As a result, this person may feel a deep lack of belonging in society. (p. 323)
13. This psychiatric illness has the greatest relationship with suicide. Research suggests that half of all suicide victims had suffered from this problem before their deaths. (p. 318)
16. _____ suicides are committed by people over whom society has little or no control. Those likely to engage in this form of suicide are often isolated, alienated, and nonreligious. (p. 323)
17. Certain that God is waiting for him and that he will receive the joys and treasures of heaven, Kevin kills himself so that he can move on from his earthly existence to this new plane of being. Kevin is an example of a death _____. (p. 311)

19. The death _____ is a person who is ambivalent about their wish to die even as (s)he attempts suicide. (p. 311)

CROSSWORD PUZZLE—CHAPTER 11



Across

1. Jared goes through the same behavior cycle several times per week. First he will consume massive quantities of food - much more than he would normally eat - and then he will starve himself for two days to make up for the calories he ingested. This pattern of behavior is indicative of _____-type bulimia nervosa. (p. 345)
7. The _____ hypothalamus (LH) is a region of the brain that, when stimulated, produces hunger and motivates eating behaviors. (p. 354)
8. Sadly, research suggests that between 2 and 6 percent of those with anorexia will die from their illness. Death can come by one of two mechanisms - from the medical complications related to starvation or from _____. (p. 343)
9. Malaika seeks to lose weight by gradually reducing the variety of foods she allows herself to eat. After some time, her "permitted" foods have been reduced to only bananas, non-fat yogurt, and rice cakes. Clearly Malaika is suffering from _____-type anorexia nervosa. (p. 342)
13. Another name for bulimia nervosa is _____-purge syndrome. (p. 345)
14. Influential family theorist Salvador Minuchin coined the phrase _____ family pattern. This refers to a family system in which members are over-involved with each other's affairs and individuality and healthy separation from other family members are lacking. (pp. 358-359)
15. _____ environment has been found to play an important role in the development of eating disorders, as many people suffering from these diagnoses live in homes where weight, thinness, and body image are emphasized. (p. 358)
17. An individual's body _____ index is a formula used to indicate whether a person's weight is appropriate for his or her height. It is calculated as the person's weight (in kilograms) divided by the square of his or her height (in meters). (p. 356)
20. Hilda Bruch forwarded a psychodynamic explanation of the origin of eating disorders suggesting that disturbed mother-child interactions lead to serious _____ deficiencies and perceptual disturbances in a child that jointly help produce disordered eating patterns. (p. 351)
21. Eating disorder specialists have recently become concerned about a fictional online character named _____ who promotes unhealthy and disordered eating behaviors. Studies suggest that as many as 40% of teens with eating disorders have visited websites that promote these behaviors. (p. 364)
22. Just as it is in women, body _____ seems to be a key factor in the development of eating disorders for men. (p. 362)

23. Lynette is 17-years old, and has recently experienced a lot of weight loss. Though she is not sexually active, she has noticed that her menstrual cycles have recently stopped. First they became irregular, then they disappeared entirely. This symptoms, called _____, is seen in women with anorexia nervosa. (pp. 344-345)

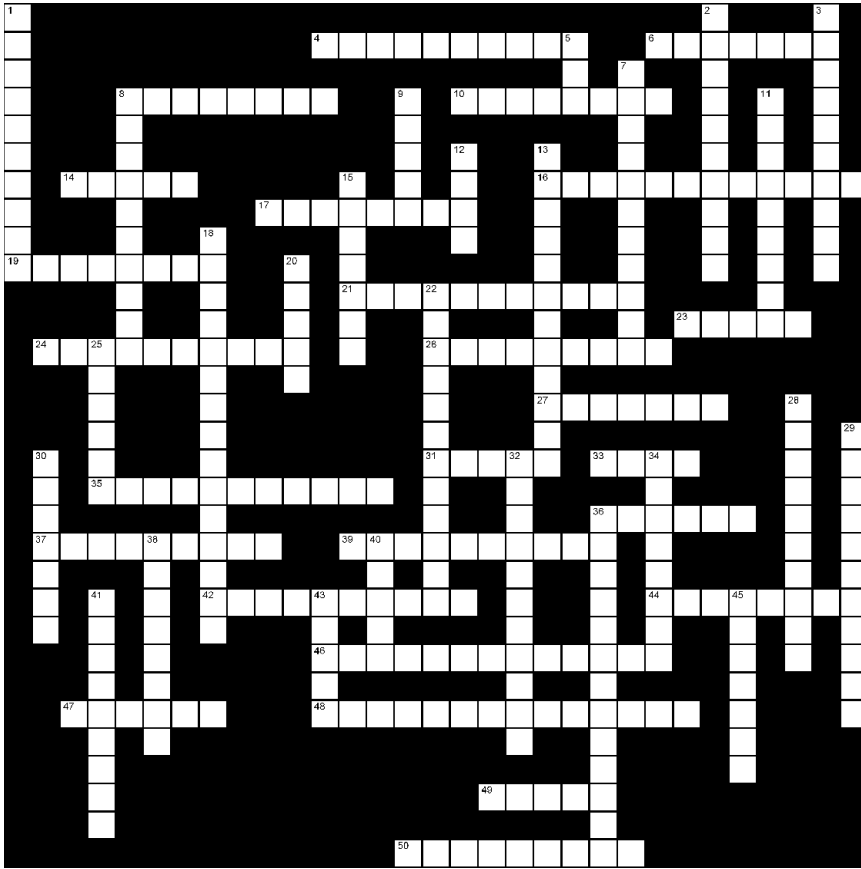
Down

2. While many people believe that those who engage in self-induced vomiting should be diagnosed with bulimia nervosa, this is not always true. Those who engage in such behaviors might also be diagnosed with binge-eating/_____ -type anorexia nervosa. (p. 342)
3. A theory that identifies several kinds of risk factors that are combined to help cause a disorder is called a multi_____ risk perspective. It basically states that the more risk factors present, the greater the risk of developing the disorder. (p. 351)
4. _____ nervosa is an eating disorder marked by frequent eating binges that are followed by self-induced vomiting or other extreme behaviors used to avoid gaining weight. (pp. 344-345)
5. A behavioral intervention used to interrupt the binge-purge cycle is _____ and response prevention, which is a technique also used to treat obsessive-compulsive disorder. For those suffering from bulimia, they are encouraged to eat particular kinds and amounts of food *without* engaging in self-induced vomiting or other purging behaviors. (p. 367)
6. Anti-_____ medications have been used to help treat bulimia nervosa. Research suggests that these drugs can reduce binges by as much as 67 percent and vomiting by 56 percent. (p. 368)
8. Biological researchers have suggested that each person has their own weight _____ point, which is the weight level that a person is predisposed to maintain. Many factors contribute to this unique feature of each individual, including various brain areas and chemicals. (p. 354)
10. Stimulation of the _____ hypothalamus (VMH) is associated with the depression of hunger and the cessation of eating behaviors. (p. 354)
11. Examples of _____ behaviors include all of the following - misusing laxatives, diuretics, or enemas; fasting; exercising excessively; and engaging in self-induced vomiting. (p. 345)
12. Many people with eating disorders, particularly those with bulimia nervosa, experience symptoms of _____, leading some theorists to suggest that this mood disorder sets the stage for the development of eating disorders. (p. 353)
16. _____ nervosa is a serious illness that is marked by extreme thinness, an

intense fear of gaining weight, and disturbed body perception. (pp. 342-343)

18. Anorexia nervosa has often been described as sharing several features of a phobia because there is an intense _____ of becoming obese, or even of gaining weight. This leads sufferers to worry that they will lose control over the size and shape of their bodies. (p. 344)
19. _____ account for only 5 to 10 percent of all cases of eating disorders, and many experts blame Western society's double standards for attractiveness as one of the key reasons for this gender-related trend. (p. 361)

CROSSWORD PUZZLE—CHAPTER 12

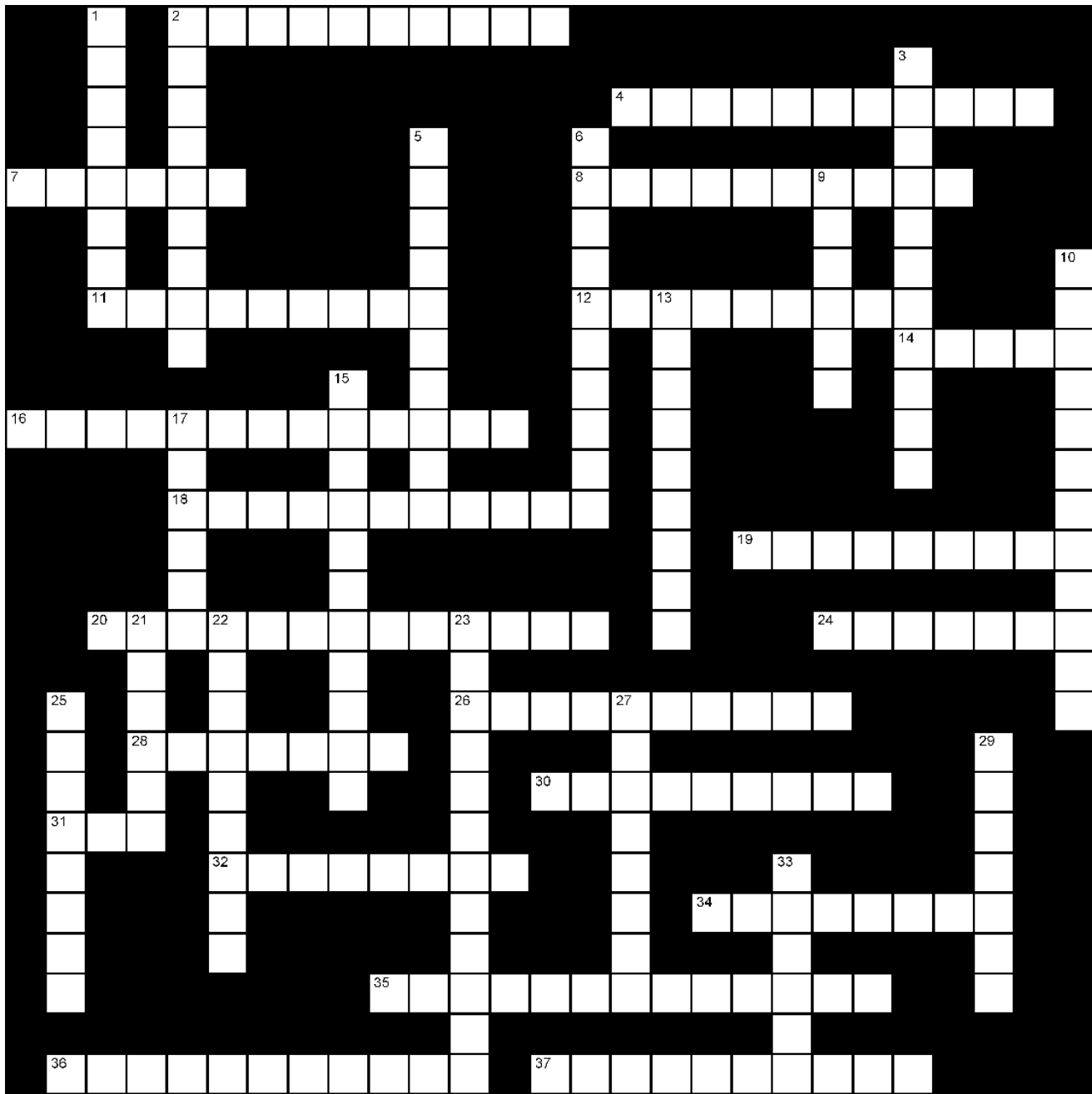


Across

4. Bettina has recently decided to stop smoking, and has opted to quit all at once, or “cold turkey.” For several days after quitting, she experienced headaches, irritability, physical cravings, and some nausea from the lack of nicotine. These symptoms are called _____, and often occur when an individual suddenly reduces or discontinues the use of a drug. (p. 374)
6. _____-prevention training is an approach to treating alcoholism that is similar to BSCT, and focuses on planning ahead for risky situations where the overuse of alcohol will be particularly tempting and/or likely. (p. 404)
8. Readily available in a number of different forms, including coffee, tea, chocolate, energy drinks, and sodas, _____ is easily the world’s most widely used stimulant. (p. 388)
10. The single greatest risk of cocaine use is an _____, which can lead to a heart arrhythmia that results in cardiac arrest and, in many cases, death. (p. 386)
14. A very powerful and addictive ready-to-smoke form of freebase cocaine is called _____. It gets its name from the distinctive sound that it makes when it is inhaled. (p. 386)
16. While cocaine is a derivative of a naturally occurring substance, _____ are stimulant drugs that are 100 percent synthetic; that is, they are made entirely in a laboratory. (p. 387)
17. Theorist Richard Solomon has proposed the _____-process model of substance addiction, which suggests that for each bit of pleasure or “high” that a drug causes, there is a contrasting “low” or unpleasant effect that must be endured. Eventually the drug use is continued to avoid the “lows” rather than to achieve the “highs.” (p. 399)
19. _____-hypnotic drugs, also known as *anxiolytics*, produce feelings of drowsiness and relaxation. At low doses they can have a calming effect, but at high doses they can serve as sleep inducers, or *hypnotics*. (p. 380)
21. Many self-help programs have expanded into _____ treatment centers, also called therapeutic communities. In such environments, people formerly addicted to drugs live, work, and socialize in a drug-free environment while promoting healthy choices, therapy, and making the transition back to community life. (p. 409)
23. When a woman consumes alcohol during pregnancy, it may lead to a condition called _____ alcohol syndrome in her baby. Symptoms of this condition include mental retardation, hyperactivity, physical deformities, and heart defects. (p. 380)
24. _____ syndrome is an alcohol-related disorder marked by extreme confusion, memory impairment, and other neurological symptoms. To make up for the lost memories, people suffering from this condition may “confabulate,” or make-up memories to fill in holes in their own memory. (p. 380)
26. When David first came to college, he would get very tipsy after drinking only one beer. Three years later, he is known as the “best drinker” in his fraternity, because he can put away a 12-pack without getting very drunk. This ability to ingest more of the substance with a reduced effect is called _____. (p. 374)
27. When a sufferer of extreme alcohol dependence discontinues the use of the drug, (s)he may experience a very severe withdrawal reaction called delirium _____ (the “DTs”) which include very frightening visual hallucinations, confusing, and clouded consciousness. (p. 379)
31. Because two different drugs may act in a similar fashion on the brain, people can display a condition called _____-tolerance, where symptoms of withdrawal from one drug can be reduced by taking another drug. (p. 395)
33. Ecstasy is the common street name of the popular party drug _____, whose chemical formula is *3,4-methylenedioxymethamphetamine*. (p. 392)
35. _____ are a category of substances that slow or reduce the activity of the central nervous system, and include alcohol, sedative-hypnotics, and opioids. (p. 375)
36. A third attempt to create an opium derivative that was both effective and safe produced the drug _____, which was first created in 1898. Though extremely powerful as a pain reliever, it was even more addictive than the morphine from which it was created. As a result, in 1917 the U.S. Congress determined that all opium derivatives (“opioids”) were addictive and restricted their use to medical settings. (p. 381)
37. _____ is a term frequently commonly used to refer to substance de-

- pendence. The term is generally associated with a loss of control over drug usage habits. (p. 374)
39. Some theorists believe that people who abuse drugs do not receive enough reward experiences through normal activities, a process called reward-_____ syndrome. The use of drugs is therefore intended to artificially stimulate their pleasure pathway. (p. 401)
42. Neurotransmitters that are effective at relieving pain and reducing emotional tension are called _____. Opioids are able to produce pain relief by mimicking the chemical action of these neurotransmitters. (p. 382)
44. When a person ingests a drug by _____ it, they may experience the effects on the brain in as few as 7 seconds. (hint: see Table 12-4) (p. 399)
46. A _____-related disorder refers to a long-term pattern of maladaptive behaviors centered on the abuse of or dependence on a combination of drugs. (p. 396)
47. Free-_____ is a technique for ingesting cocaine in which the pure cocaine basic alkaloid is chemically separated from processed cocaine and is then inhaled with a pipe after being vaporized by a flame. (p. 386)
48. The systematic and medically supervised withdrawal from a drug is known as _____, and it can be performed on an inpatient or outpatient basis. (p. 404)
49. _____ is a highly addictive drug that is made from the sap of the poppy. It was used for quite a few years for the reduction of both physical and emotional pain before its dangerous addictive properties were fully recognized. (p. 381)
50. One way that barbiturates are believed to help produce sleep is by depressing the functions of the _____ formation, a part of the brain responsible for controlling wakefulness. (pp. 380–381)
- Down**
1. _____ are substances that increase the activity of the central nervous system. (p. 383)
2. One dangerous long-term effect of LSD is the experience of _____, or recurrences of sensory and emotional changes that are experienced after the LSD has left the body. Some people report having these experiences months or even years after using LSD. (p. 390)
3. A very serious pattern of drug use is called substance _____, and it includes indications of both physical addiction (tolerance and withdrawal) as well as psychological addiction (a loss of control over the usage habits). (p. 374)
5. _____, a common acronym for the hallucinogen known as acid, was widely used during the 1960s as people turned to drugs as a way of expanding their own experiences and rebelling against government. (p. 390)
7. Hallucinogens, also known as _____ drugs, cause powerful changes in sensory perception, occasionally creating extremely powerful and unusual experiences known as “trips.” (p. 389)
8. According to a recent survey of tenth grade students, alcohol is the easiest drug to get. _____ are the second easiest! (hint: see Figure 12-3) (p. 391)
9. _____ drinking has become a very serious problem on college campuses, and is generally defined as the consumption of five or more drinks on a single occasion. Sadly, this practice can easily lead to death. (pp. 375, 378)
11. One of the best-known and yet weakest forms of cannabis is _____, which produces different types of effects when ingested at different dosages. (p. 391)
12. _____ amphetamine, also known as *crank*, is a powerful drug that has experienced a popularity surge in recent years and poses major health and law enforcement issues. (p. 387)
13. One type of sedative-hypnotic drugs includes _____, which are very addictive and can reduce anxiety and produce sleep.
15. Proponents of behavioral _____ control training (BSCT) believe that the alcoholic individual can learn to gain control over their drinking without necessarily discontinuing their alcohol use entirely. (p. 404)
18. The most common group of anti-anxiety drugs are the _____, which include Valium and Xanax. They are able to provide enhanced calm and relaxation without the hypnotic and sedative effects of barbiturates. (p. 381)
20. Kendra has recently been using cocaine with great regularity. She occasionally shows up late to work because of her habit, she has started neglecting her relationships, and she was arrested twice for trying to buy the drug from an undercover police office. The best diagnosis for Kendra’s situation would be substance _____. (p. 374)
22. When one ingests an excessive amount of alcohol in a short period of time, (s)he may suffer from a state called _____, which literally means “poisoning.” This can lead to poor judgment, mood changes, irritability, slurred speech, and poor coordination. (p. 374)
25. Some experts believe that all drugs eventually work in the same fashion; that is, by stimulating the _____ center, or “pleasure pathway” of the brain. (p. 401)
28. *Disulfiram* (commonly known as Antabuse) is a(n) _____ drug that counteracts the chemical effects of alcohol. (pp. 405–406)
29. One form of behavioral therapy for treating substance-related problems uses _____ management, which makes incentives dependent on the submission of drug-free urine samples. (p. 403)
30. The most powerful stimulant currently known is _____, which is the central active ingredient of a South American plant. Though it is most frequently snorted, some users prefer injecting or smoking it. (p. 383)
32. If a user takes more than one drug at a time, it is possible that the individual effects of each substance may be significantly increased, or “potentiated.” This is known as a(n) _____ effect. (p. 395)
34. Derived from opium, _____ was and still is used for the relief of pain. Though more potent than opium, it is also extremely addictive. (Hint: This drug gets its name from the Greek god of sleep) (p. 381)
36. When a person takes ecstasy, their body heat tends to rise because of a reduction in sweat production. To counter this effect, many people drink large amounts of water and risk another life-threatening condition called _____, or “water intoxication.” (p. 393)
38. _____ drugs are produced from the varieties of a hemp plant. They cause a mixture of hallucinogenic, depressant, and stimulant effects. (pp. 390–391)
40. The specific chemical that is contained in all alcoholic beverages is _____ alcohol, a substance that is quickly absorbed into the blood through the stomach and intestines. (p. 375)
41. A synthetically created substitute for heroin is called _____, and it was developed in the 1960s to reduce the amount of heroin usage in the United States. Some have argued that it should no longer be used because it simply substitutes one addiction for another. (p. 406)
43. Marvin is undergoing aversion therapy for his addiction to cigarettes. He is left in a small, closed room and instructed to puff on a cigarette every few seconds until he begins to feel sick and cannot smoke any further. This approach, known as _____ smoking, is designed to create a distaste for cigarettes. (p. 384)
45. The single most widely used depressant drug in the world is _____, with the World Health Organization estimating that it is consumed by over 2 billion people around the globe. (p. 375)

CROSSWORD PUZZLE—CHAPTER 13



Across

- 2. Beth very much wants to have sex with her boyfriend, but whenever they attempt intercourse she experiences involuntary contractions of the outer one-third of her vaginal muscles, which makes intercourse very painful. Beth's symptoms are consistent with a diagnosis of _____. (p. 426)
- 4. Virgil enjoys going to the local wave pool, because in the chaos of the swirling water he can physically rub up

against other people without them realizing that he is getting sexually aroused by the contact. He also enjoys crowded places like elevators or subway cars where such physical contact can occur. Virgil is experiencing a paraphilia known as _____. (p. 439)

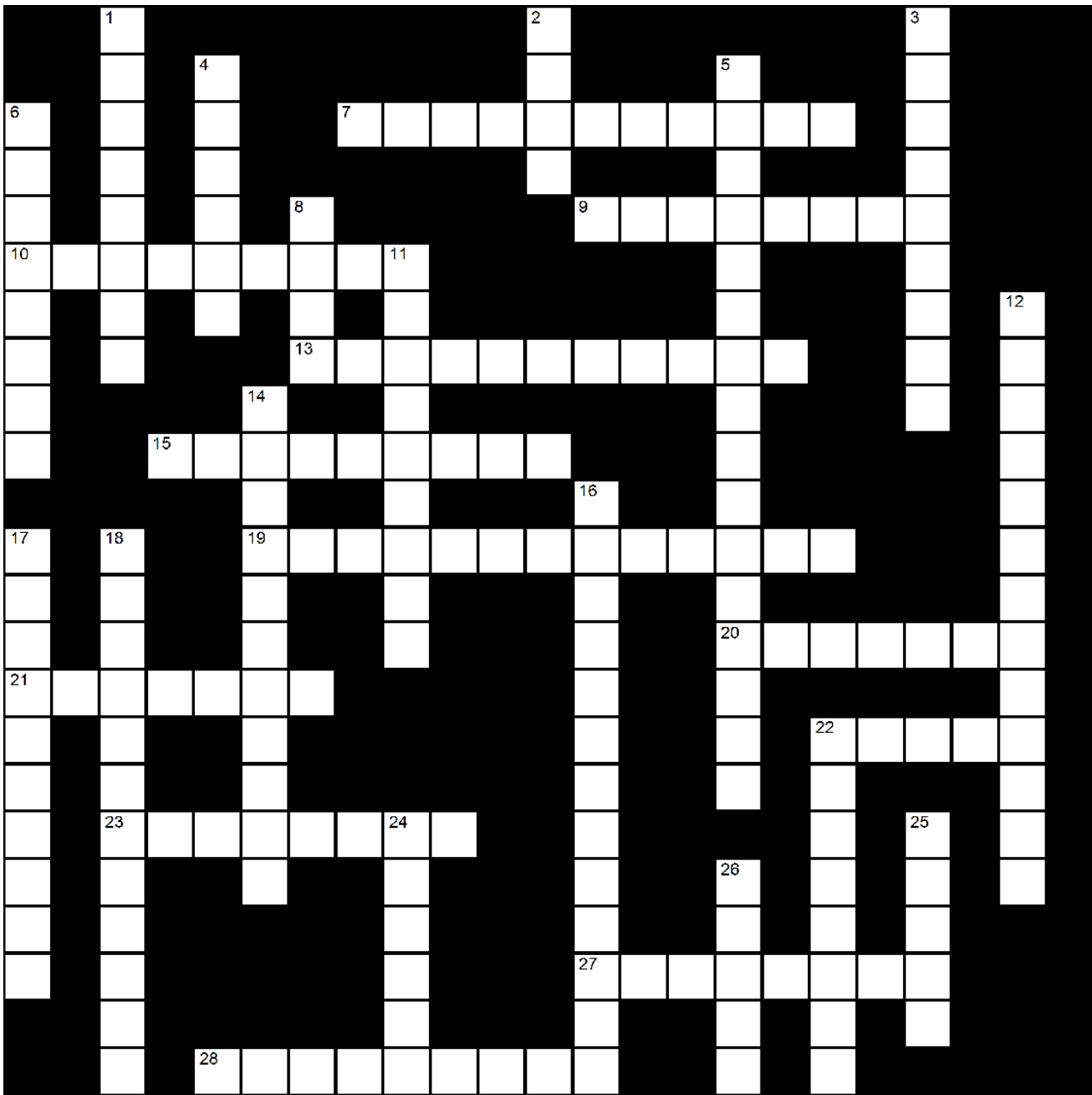
- 7. Before the development of medications used to help stimulate erections, many men used a _____ erection device (VED) which drew blood into the penis to produce an erection. (p. 433)

8. The second stage of the human sexual response cycle is the _____ phase, which is marked by changes in the pelvic region (erection in men and vaginal lubrication in women), physical arousal, and increases in pulse, muscle tension, blood pressure, and respiratory rate. (p. 420)

- 11. Gender _____ refers to the experience of being unhappy with ones given gender. (p. 443)
- 12. A man who suffers from rapid, or _____, ejaculation typically experi-

- ences an orgasm after very sexual stimulation or very shortly after the penetration of intercourse. This disorder can occur at any age, but is more frequently seen in younger, sexually inexperienced men. (p. 422)
14. Though research is far from certain, there have been findings that the bed nucleus of _____ terminalis (BST) is a part of the brain that is related to gender identity disorder and appears to be of different sizes in those suffering from this diagnosis. (p. 446)
 16. In early versions of the DSM, _____ was listed as a sexual disorder. Thanks to the protests of various activist groups, it was delisted as an illness in 1973. (p. 444)
 18. Oscar has become very distressed about his problem. You see, he regularly experiences sharp and severe pains in his genitals during sex, and he worries so much about the pain coming back that he has begun making excuses to his partner in order to avoid sex. Oscar is suffering from _____. (p. 427)
 19. Masturbatory _____ is a technique used to treat fetishism that is designed to reduce the sexual response to the target of the fetish by creating a sense of boredom that is connected to the inappropriate object. (p. 437)
 20. A major tenet of sex therapy is increasing sexual and general _____ skills, so that partners can express their feelings, needs, and desires in a mutually supportive and nonthreatening manner. (p. 430)
 24. _____ focus, or *nondemand pleasuring*, is a sexual therapy technique that stresses caresses, touching, and physical pleasure that is not focused on orgasm or intercourse. The goal is to increase the overall experience of sex and reduce the exclusive focus on achieving an orgasm. (p. 430)
 26. _____ (trade name *Viagra*) was developed in 1998 and has been shown to increase blood flow to the penis and thus help men with erectile difficulties. While effective in 75% of men who use it, the drug does carry some dangerous side effects for men with certain heart conditions. (p. 432)
 28. Women who suffer from female sexual _____ disorder may become psychologically excited by sexual thoughts or activities, but lack the vaginal swelling and/or lubrication needed to facilitate sexual penetration. (p. 420)
 30. Dominic finds that he cannot get sexually excited unless he is very close to, preferably holding, a pair of women's leather knee-length boots. He constantly asks his girlfriend to wear them before and during sex. Because this obsession is causing problems in his relationship, Dominic is suffering from _____. (p. 436)
 31. _____ is the abbreviation for the stage of sleep when men typically experience erections due to changes in the electrical activity of the brain. (p. 421)
 32. Gender _____ disorder is a disorder in which a person persistently feels that a mistake was made and that they were born into the wrong sex. (p. 443)
 34. Male _____ disorder refers to a persistent inability to achieve or maintain adequate rigidity during sexual activities. (p. 420)
 35. Orgasmic _____ is a behavioral approach to treating various paraphilias. It is designed to substitute conventional sexual stimuli for objects that are considered inappropriate. (p. 437)
 36. Once a man begins to experience difficulties with achieving erections, he may become fearful about the problem repeating itself in the future. This worry, called _____ anxiety, can actually cause the problem to reoccur even though it may not have happened again on its own. (pp. 421–422)
 37. A nocturnal penile _____ (NPT) test measures erections during sleep and is particularly useful at helping to diagnose the cause of male erectile disorder. (p. 421)
- Down**
1. Research suggests that women who suffer from an absence of orgasms may benefit from _____ masturbation training, during which she is taught step by step how to masturbate to achieve an orgasm on her own. After this is accomplished, orgasm during intercourse becomes possible in approximately 30 percent of those who use the technique. (p. 434)
 2. A person who engages in _____ has repeated and intense sexual desires to observe unsuspecting and nonconsenting individuals as they undress or engage in sexual activities. (p. 439)
 3. The need or desire to dress in the clothing of the opposite sex in order to achieve sexual arousal is a paraphilia known as _____ fetishism, and is sometimes referred to as cross-dressing.
 5. Carla has recently experienced a sharp decline in her sexual appetite. She rarely fantasizes about sex, has little interest in having sex, and rarely engages in sexual activities. On the infrequent occasions when she does choose to have sex, there are no problems with her physical functioning. Carla would best be diagnosed with _____ sexual desire disorder. (p. 417)
 6. Sexual gratification that comes from watching, touching, or engaging in sexual acts with prepubescent children (usually under the age of 13) is called _____. (p. 439)
 9. Therapists conducting sex therapy stress the concept of _____ responsibility, which means that the problem "belongs" to both of them, regardless of who actually experiences the dysfunction. This approach leads to greater teamwork when addressing the problem. (p. 429)
 10. While some people with gender identity disorder undergo sexual _____ surgery, others find a satisfactory existence through the use of hormone therapy and psychological counseling. (p. 447)
 13. One basic premise of sex therapy is providing clients with _____ about sexuality, since many people know very little about the physiology and techniques of sexual activity. (p. 429)
 15. The _____ are disorders in which individuals repeatedly have intense sexual urges or fantasies that focus around nonhuman objects, children, nonconsenting adults, or the experience of suffering or humiliation. (p. 435)
 17. People who fantasize about sexual _____ typically imagine that they have total control over their partner, and then engage in humiliating and/or torturing their victim. (p. 442)
 21. The third state of the human sexual response cycle is the _____ phase, which is marked by a peak of sexual pleasure, muscular contractions in the pelvic and genital areas, and a release of sexual tension. (p. 422)
 22. Sexual _____ is a paraphilia that is characterized by repeated and intense sexual urges, fantasies, or desires that involve being humiliated, beaten, or made to suffer. (p. 441)
 23. While a reduction in this hormone can lower sexual desire, it has also been found to interfere with ejaculation. (p. 424)
 25. Erik finds the thought of sexual activities absolutely repulsive. He is nearly sickened by the sexual activities that many people enjoy, and though he has a girlfriend the only "sexual" activity between that is kissing. In fact, Erik's disdain for sexual behaviors is threatening to end his relationship. Erik is likely suffering from sexual _____ disorder. (p. 418)
 27. Researchers have found that certain hormones play a large role in an individual's sex drive. High levels of prolactin and/or low levels of testosterone can diminish sex drive, while high or low levels of _____ can have the same effect. (p. 418)
 29. To assist men who suffer from premature ejaculation, some sex therapists recommend the _____ technique, in which a man is brought to the verge of orgasm, and then he or his partner applies firm pressure to the ridge of his penis just below the head to delay the orgasmic response. (p. 433)
 33. The first step in the human sexual response cycle is the _____ phase, which is marked by the urge to have sex, sexual fantasies, and sexual attraction to others. (p. 416)

CROSSWORD PUZZLE—CHAPTER 14



Across

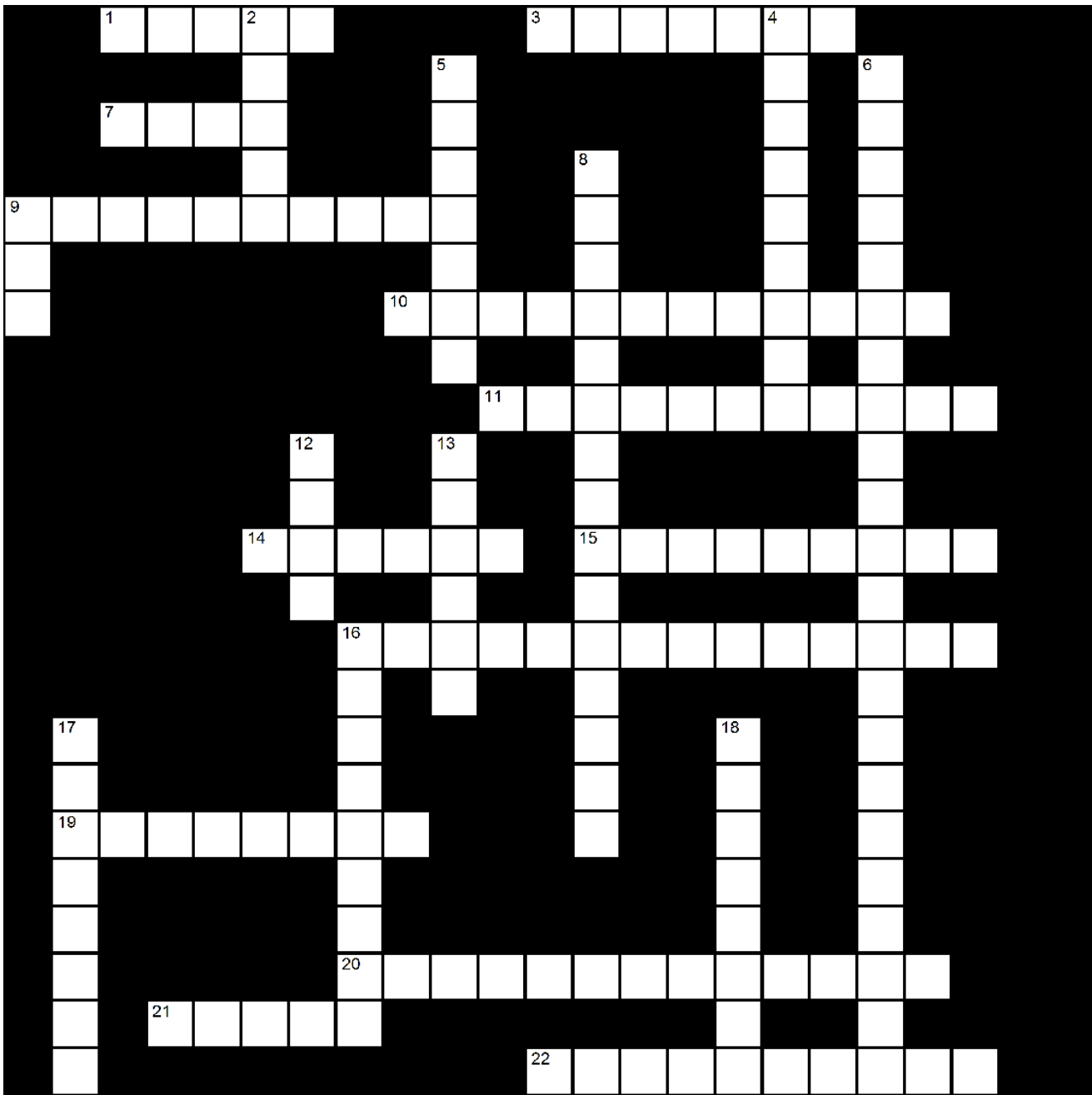
7. According to one psychodynamic theorist Frieda Fromm-Reichmann, those suffering from schizophrenia were raised by mothers who were simultaneously overprotective and rejecting. She referred to these women as schizo_____ mothers. This theory has generally been dismissed in the years since it was first forwarded. (p. 471)
9. _____ symptoms of schizophrenia are marked by pathological excesses of certain conditions, behaviors, thoughts, or emotions. They are sometimes described as “bizarre additions” to a person’s behavior profile. (p. 457)
10. A symptoms of schizophrenia that involves a loss of will or ability to start or complete a course of action is called _____. (p. 462)
13. The central symptoms of _____ type of schizophrenia include confusion, incoherence, and flat or inappropriate affect. These individuals may have significant disturbances in their ability to communicate, and may come across as being silly or childish at times. (p. 463)
15. People who experience a loss of contact with reality in key areas of functioning are experiencing a state of _____. (pp. 453–454)
19. _____ drugs are those medications that are designed to reduce the grossly confused or distorted thinking of those suffering from schizophrenia. They are generally effective, but also carry the risk of different types of troubling side effects. (p. 467)
20. When the rates of schizophrenia are compared across racial and ethnic groups, _____ Americans seem to have a higher likelihood of receiving this diagnosis. This may reflect a reality that the illness is more prevalent among this population, or it may indicate a bias on the part of those who diagnose illnesses in the first place. (p. 473)
21. Formal _____ disorders occur when people with schizophrenia experience an interruption in their ability to think logically, speak in a coherent manner, and experience great confusion. (p. 458)
22. The fact that people of lower socioeconomic backgrounds seem more vulnerable to developing schizophrenia has a lot of explanations, however this tendency is generally known as the downward _____ theory. (p. 454)
23. _____ antipsychotic drugs refers to a relatively new group of antipsychotic drugs whose biological action is different from the previous generation of medications used to treat these individuals. (p. 468)
27. _____ symptoms of schizophrenia are marked by a deficit of a particular behavior or skill, and are sometimes referred to as pathological absences. (pp. 461–462)

28. A pattern of extreme psychomotor disturbance sometimes seen by those suffering from a rare form of schizophrenia is called _____. (pp. 462–463)

Down

1. There are several different types of schizophrenia. The most common type, _____ schizophrenia, is marked by an organized system of delusions and hallucinations that may guide the sufferer’s life. (p. 464)
2. The term “schizophrenia” was coined by the Swiss psychiatrist Eugen Bleuler by combining the Greek words that mean “split _____.” (p. 453)
3. _____ emotion is the general level of criticism, disapproval, and hostility that is communicated in a family. (pp.476–477)
4. Poverty of speech, or _____, is a negative symptom of schizophrenia that is marked by a decrease in speech or speech content. (p. 462)
5. When no one clear pattern of symptoms dominates a schizophrenic individual’s clinical presentation, (s)he may be diagnosed with schizophrenia of the _____ type. (p. 464)
6. The belief that the activity of a specific neurotransmitter is found to be excessive in the brain of those suffering from schizophrenia is called the _____ hypothesis. (p. 467)
8. A very well-known theory of schizophrenia suggests that parents repeatedly and unintentionally communicate opposing messages to their children, messages that put their kids in a no-win situation. This is called the double-_____ hypothesis, and is believed to plant the seeds of schizophrenia from a very early age. (p. 475)
11. When asked how his day was going, Terrell replied, “Well, I’ll tell you. It has been a very schmorpish morning. How about you. Are you having a schmorpish day?” The fact that Terrell has made up a new word and inserted it into his vocabulary demonstrates the use of a(n) _____, a symptom often seen in those suffering from schizophrenia. (p. 459)
12. A(n) _____ is defined as having a sensory and/or perceptual experience in the absence of an associated stimulus. In other words, it is when a person sees, hears, smells, tastes, or feels things that are not really there. (p. 460)
14. The delusion that one is truly an animal is called _____, and it originally referred to the belief that people who demonstrated the symptoms of a mental illness were, indeed, werewolves! (p. 461)
16. _____ is a psychotic disorder in which strange perceptions, unusual emotions, and motor abnormalities interfere with persona, social, and occupational functioning. (pp. 453–454)
17. Small areas in the brain where cerebrospinal fluid collects called _____ are believed to be enlarged in those suffering from schizophrenia, suggesting a physiological cause for this illness. (p. 470)
18. A common thinking disturbance in schizophrenia is the experience of loose _____, also called derailment, which is characterized by rapid shifts from one topic of conversation to another. (p., 458)
22. A(n) _____ is a strange or unusual false belief that an individual clings firmly to despite either (1) evidence that the belief is incorrect or (2) an absence of evidence to support that belief structure. (pp. 457–458)
24. Flat _____ refers to a marked lack of expressed or even experienced emotions, and is a common symptom of schizophrenia. (p. 462)
25. When people from different economic statuses are compared, the highest rate of schizophrenia is seen among those from the _____ socioeconomic class. (p. 454)
26. “Hi there, Marty! You sure are a smarty. I don’t know about you, but I’m gonna go to the party.” This sentence demonstrates the use of _____, which refers to the tendency of a schizophrenic individual to rhyme his or her sentences for no apparent reason. (p. 459)

CROSSWORD PUZZLE—CHAPTER 15



Across

1. _____ hospitals are public mental hospitals in the United States that were established to provide care for patients who could not afford private hospital care. (p. 482)
3. Crisis or group homes, also known as _____ houses, are residences for those with schizophrenia or other severe problems that are staffed by para-professionals. They are for those who do not need constant supervision but who are also not able to live independently. (pp. 498-499)
7. One problem that was encountered by the state hospital system was overcrowding. This led to patients being transferred to _____ wards, or chronic wards, if they did not make rapid progress. These chronic wards provided little treatment and resembled the asylum conditions of the previous centuries. (p. 482)
9. Patients taking antipsychotic medications must be monitored for the appearance of tardive _____, a side effect that can lead to ticks or tremors primarily seen in the face or head. (p. 489)
10. The Community _____ Act of 1963 was a governmental initiative designed to promote a wide range of services to patients with psychological disorders, including outpatient therapy, inpatient treatment, emergency and preventative care, and aftercare. (hint: The answer is two words) (p. 497)
11. Mellaril, Prolixin, Stelazine, and Haldol are all examples of _____ drugs, so named because they often produce undesired side effects that resemble the symptoms of various neurological disorders. (p. 487)
14. _____ therapy conceptualizes the recovery from schizophrenia as being greatly influenced by the behavior and reactions of a person's relatives at home, and seeks to improve those relationships to support better psychological functioning. (p. 496)
15. A _____ mental health center is a treatment facility that provides medication, psychotherapy, and emergency care for psychological problems and coordinates treatment in a person's own neighborhood. (p. 498)
16. While antipsychotic drugs are currently used to treat the symptoms of schizophrenia, they were first discovered when a particular class of antihistamines called _____ were discovered to have a calming effect for patients about to undergo surgery. (p. 487)
19. While initially believed to be a "miracle cure" for those suffering from schizophrenia and other serious mental illnesses, we now know that the _____ is actually a rather brutal surgical procedure. (p. 483)
20. The drugs that eliminate, or at least reduce, many of the symptoms of schizophrenia are called _____, and were discovered in the 1950s. (p. 486)

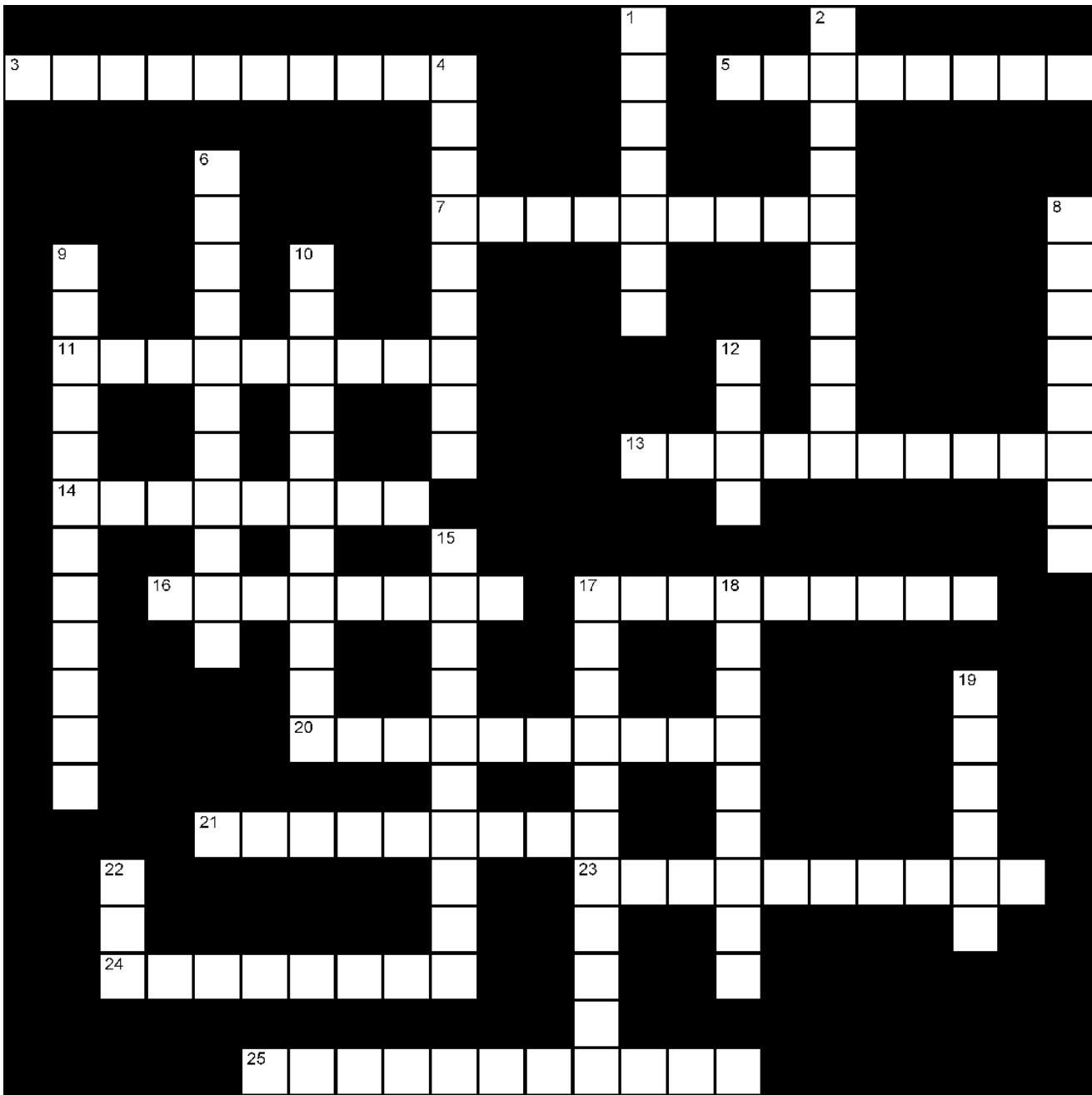
21. Thanks to the work of Philippe Pinel in 1793, a movement toward _____ treatment of those with mental disorders became a trend that grew across Europe and then the United States. (p. 482)
22. _____ and commitment therapy is used to help people with schizophrenia become detached and comfortable observers of their symptoms. It helps teach patients to work with their symptoms instead of constantly struggling and fighting against them. (p. 493)

Down

2. A behavioral approach to treating schizophrenia is the use of a _____ economy, in which a person's desirable behaviors are reinforced throughout the day by providing rewards that can be exchanged for goods or privileges. (p. 485)
4. Follow-up monitoring and treatment in the community is provided for those who are released from mental health hospitals after they have shown improvement. This monitoring is called _____ and helps facilitate ongoing recovery. (pp. 498-499)
5. A case _____ is a community therapist who offers a full range of services for people with schizophrenia and/or other severe psychiatric disorders. They may provide therapy, advice, medication, guidance, and protection of a patient's rights. (p. 502)
6. The discharge of hundreds of thousands of patients with schizophrenia and other chronic mental illnesses from long-term treatment facilities in the mid-1900s was called _____. (p. 497)
8. _____ is a life-threatening reduction in white blood cells that is sometimes produced by the atypical antipsychotic drug *clozapine*. This drug can still be effectively used, but patients must undergo regular blood tests so that this side effect, if emerging, can be detected early. (p. 491)
9. A _____ center (or hospital) is a facility where patients can get outpatient help and treatment, but still return to their homes at night. (pp. 498-499)
12. Mental health patients who suffer from a chemical abuse or dependence problem in addition to another diagnosis are known as _____ diagnosis patients, and are also known as *mentally ill chemical abusers* (MICA). (p. 500)
13. _____ therapy is a humanistic approach to institutional treatment based on the belief that institutions can help patients recovery by creating a climate that promotes self-respect, responsible behavior, and meaningful activity. (pp. 484-485)
16. Unwanted movements, such as severe shaking, strange grimaces, twisting of the body, and extreme restlessness are examples of extra _____ effects that

- are sometimes produced by conventional antipsychotic drugs. (pp. 488-489)
17. The *National _____ on Mental Illness* (NAMI) began in 1979 and now, with over 220,000 members is made up largely of relatives of those suffering from mental disorders. They provide a number of services, including education and information, as well as politically lobbying for the rights of the mentally ill. (p. 504)
 18. A sheltered _____ is a supervised workplace for people who are not yet ready for competitive jobs. It provides some income, the chance to develop job skills, and the self-esteem that comes with having a job that one can successfully complete, even with help. (p. 501)

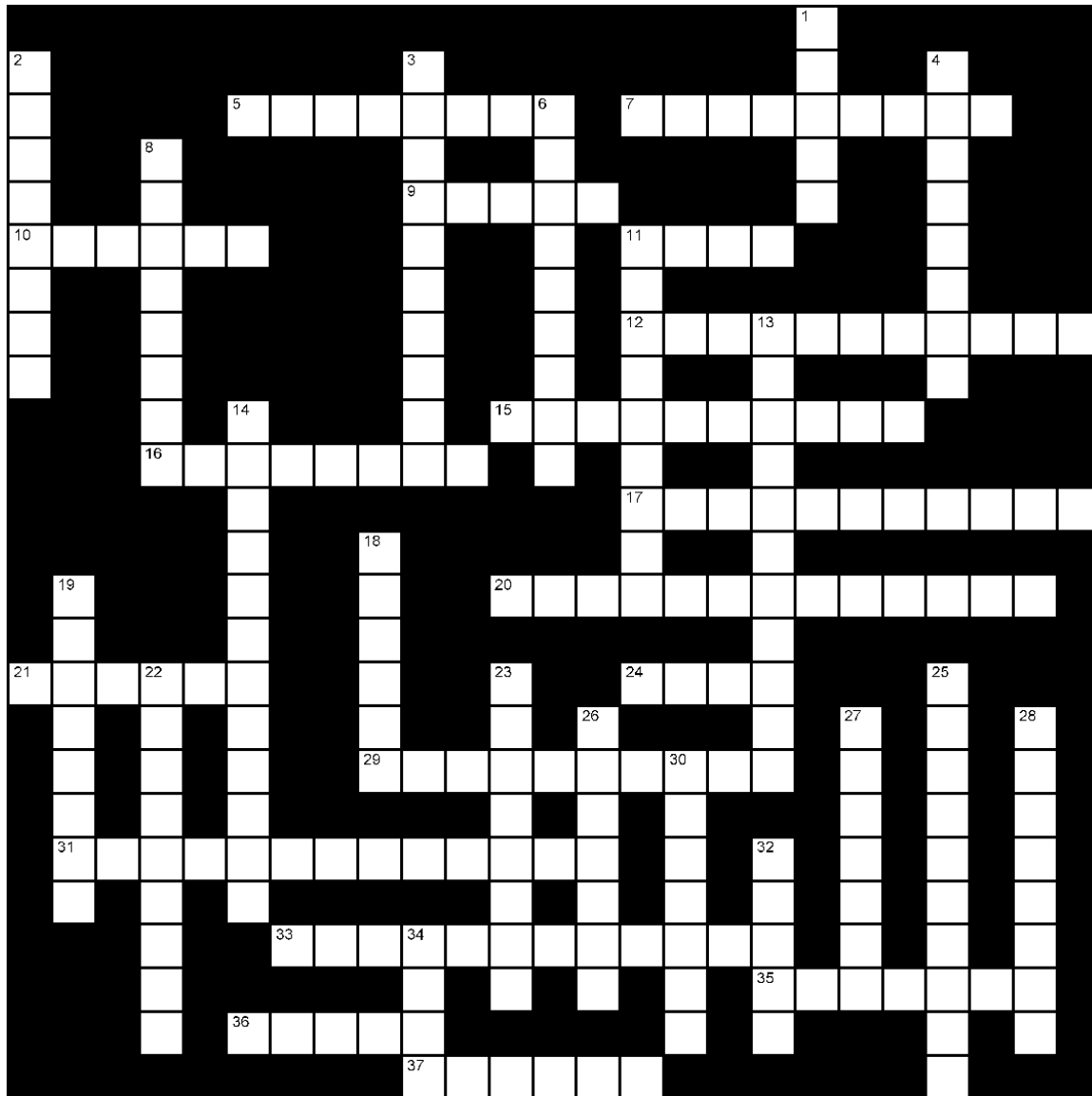
CROSSWORD PUZZLE—CHAPTER 16



Across

3. According to a 1995 survey, teenagers who were asked to write stories describing how fictional characters would respond to various conflicts were very likely to include violence in their responses. In fact, the country whose teenagers gave the highest frequency of violent responses was _____.
(Hint: The United States came in fourth place) (p. 523)
5. Janine is very uncomfortable and inhibited in social situations. She convinces herself that she is not as good or "cool" as others, and she is intensely afraid of rejection. Given that this pattern of behavior has been going on for the better part of her life, she might be diagnosed as suffering from _____ personality disorder. (p. 535)
7. Individuals with intermittent _____ disorder have periodic aggressive outbursts during which they may become violent, destroying property or hurting other people. The level of intensity of their outbursts is far beyond the level of any provocation they may have experienced. (p. 520)
11. Those who suffer from schizotypal personality disorder may experience ideas of _____, which are beliefs that unrelated events pertain to them in some important way. While technically not delusions, these idea patterns highlight the relationship between this Axis II disorder and schizophrenia-related Axis I problems. (p. 516)
13. Freudian theorists suggest that people with obsessive-compulsive personality disorder have a fixation of one of the basic psychosexual stages of development, leaving them with an anal-_____ personality. (p. 540)
14. Remus has worked for years as a long-distance truck driver. He generally prefers to be left alone, and when he is around others he acts and feels very awkward. He has never had a romantic relationship worth mentioning, and others describe him as being "emotionless." Remus probably suffers from _____ personality disorder. (p. 515)
16. The central characteristic of _____ personality disorder is a deep-seated mistrust of others and a constant air of suspicion regarding the motives of other people. (p. 513)
17. In the movie *Backdraft*, Donald Sutherland played a character who delighted in setting fires without regard to the damage or injury that they might cause. Because he did not set the fires for revenge or financial gain (a pattern called *arson*), this pattern of firesetting would be diagnosed as _____. (p. 520)
20. One Axis II disorder that has been dropped from the latest edition of the DSM is passive-_____ personality disorder, which is marked by a pattern of negative attitudes and passive resistance to the demands of others. Recent research, however, may provide evidence that this diagnosis should be revived in future years. (p. 543)
21. Neurological studies have found that those persons with borderline personality disorder who are particularly impulsive - attempting suicide or aggressing against others - may have lower activity of the hormone _____. (p. 526)
23. Those who suffer from _____ personality disorder can be very difficult to treat because they do not accept that they have a problem. Their behaviors that persistently disregard and violate the rights of others often serve their own purposes, and thus they don't see a need to change. (p. 518)
24. The _____ grouping of personality disorders includes antisocial, borderline, histrionic, and narcissistic personality disorders, and is often marked by emotional and/or erratic behaviors that severely interfere with relationships. (p. 518)
25. Those with _____ personality disorder are often perceived as being very odd and unusual. They may have noticeably disturbed thoughts and behaviors, but will not have symptoms that are extreme enough to be diagnosed with a psychotic disorder. (p. 516)
- Down**
1. The _____ group of personality disorders includes dependent, avoidant, and obsessive-compulsive personality disorders. They are often fearful and worried about various things in their surroundings, and their symptoms often resemble different Axis I disorders. (p. 535)
2. The main characteristics of _____ personality disorder are unstable relationships, a shifting and changing self-image, dramatic changes in mood, and impulsive, often dangerous behaviors. (p. 523)
4. On his first date with Lorene, James quickly becomes irritated with her inability to make a decision. She asks him to decide where they will go for dinner, what movie they will see, what time he will pick her up at, and what she should wear. At the restaurant, he is very put off by her insistence that he order a meal for her instead of choosing for herself. Clearly Lorene is suffering from _____ personality disorder. (p. 537)
6. One treatment technique that has shown promise for those with borderline personality disorder is _____ behavior therapy (DBT). It is an eclectic therapy approach borrowing from cognitive, behavioral, humanistic, and contemporary psychodynamic models. (p. 528)
8. The ten personality disorders that can be diagnosed according to the current edition of the DSM are often combined into three different groups, or _____. (p. 510)
9. While many professional athletes display colorful and entertaining personalities, some seem endlessly fixated on how wonderful, special, and talented they are. In fact, they talk about themselves so much that they often become annoying. Further, when they make a mistake, they always seem to have a reason why it was someone else's fault. This pattern of behaviors might remind you of _____ personality disorder. (p. 531)
10. _____ is described as the consistent tendency to steal items, even those of trivial value, despite having adequate money to pay for the products. It is described as an impulse-control disorder because the goal is not the possession of the stolen good, but rather the "rush" of getting away with the act of stealing. (p. 520)
12. One of the most famous cases of personality disturbance was that of Phineas _____, a railroad worker who was the victim of a serious brain injury that left him with severe personality changes for the remainder of his life. (p. 512)
15. Those who are constantly seeking attention and acting out in emotional and dramatic ways might be suffering from _____ personality disorder. They tend to be very uncomfortable in situations where they are not the center of attention. (p. 529)
17. A _____ disorder is an inflexible pattern of inner experience and outward behavior that is seen in most of a person's interactions, continues for years, and produces actions that are significantly different than would be expected by society. (pp. 509-511)
18. The popular television show "Monk" is about a detective who has an extreme need for things to be orderly, clean, and perfect. This character's axis II diagnosis would be _____-compulsive personality disorder, an illness that does share some features with the Axis I disorder that shares its name. (pp. 539-540)
19. Avoidant personality disorder is quite similar to _____ phobia; in fact, the symptoms of the two diagnoses resemble each other so closely that it has been suggested that the two diagnoses should be combined in future revisions of the DSM. (p. 536)
22. One of the personality groupings is the _____ personality disorders, which consist of paranoid, schizoid, and schizotypal personality disorders. (p. 513)

CROSSWORD PUZZLE—CHAPTER 17



Across

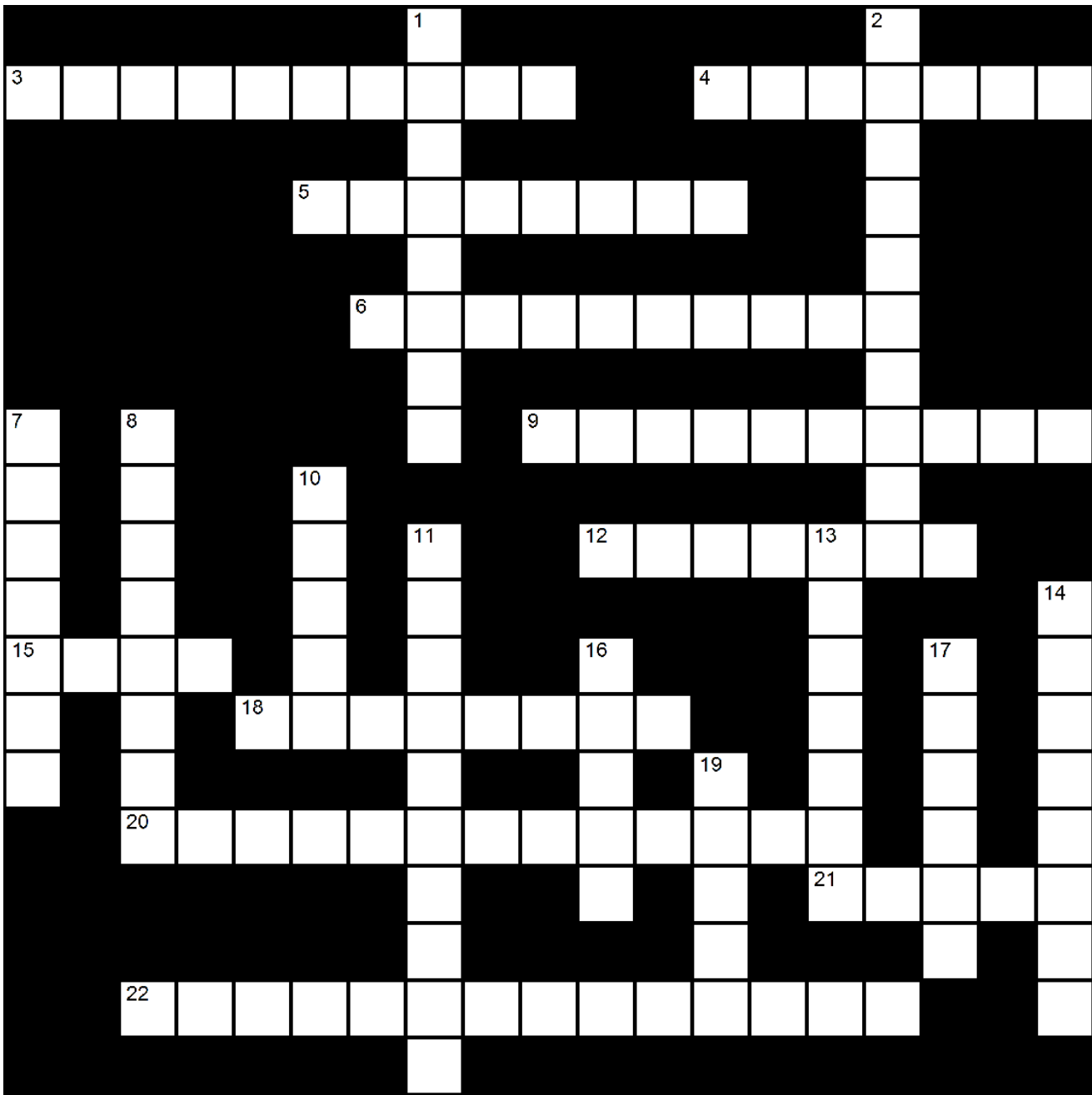
- 5. Marta is six years old, and regularly urinates in her clothes. Though she knows how to use the toilet and can do so when instructed to, she continues to have this problem and it has caused a great deal of embarrassment for her. Marta is suffering from _____. (p. 569)
- 7. Many schools have begun implementing a policy called _____, also known as *mainstreaming*, wherein children with mental retardation are put into regular classrooms instead of being separated from nonretarded students. There are varying opinions about the benefits and risks of such policies. (p. 587)
- 9. One child-focused treatment for conduct disorder is called the _____ *Coping and Coping Power Program*, the purpose of which is to teach the client how to handle his or her own aggressive emotions, solve problems, build social skills, and handle peer pressure. (p. 563)
- 10. Extreme cases of separation anxiety disorder can lead to _____ phobia, a problem in which children fear academic settings and end up staying at home for long periods of time. Though often related to fear of separation, this condition can also be related to depression or social fears. (p. 552)
- 11. The use of toys, dolls, drawing, and making up stories as an intervention for childhood anxiety disorders is called _____ therapy, and has been found to be effective at helping children face their feelings and/or fears. (p. 553)
- 12. Mental _____ is a diagnoses that describes a person who has a significant deficit of both intellectual and adaptive skills (home living, communication, self-care, self-direction, work, or safety). (p. 580)
- 15. _____ aggression, which is more common among girls than boys, involves social misdeeds such as slandering others, spreading rumors, and manipulating friendships. (p. 558)
- 16. Recent neuropsychological research suggests that the neurotransmitter _____ shows abnormal activity in children with ADHD. (p. 565)

17. One form of sociocultural treatment designed to reduce the symptoms of conduct disorder is called parent-child _____ therapy. In such interventions, parents are taught to respond to their children positively, setting appropriate limits, acting consistently, and using setting fair and reasonable expectations for the child's behavior. (p. 562)
20. Children who display attention-deficit/_____ disorder (ADHD) have great difficulty attending to tasks, or behavior overactively and impulsively, or both. (p. 564)
21. The word _____ is french for "learned" or "clever", and refers to an individual who has some major mental disorder or handicap, yet also has a spectacular ability or area of particular brilliance. (p. 576)
24. The most common chromosomal cause of mental retardation is _____ syndrome, which is caused by the presence of three of the twenty-first chromosomes instead of two. It is also known as *trisomy-21*, and occurs in fewer than 1 out of every 1000 live births. (p. 584)
29. _____ is a childhood disorder that involves repeated defecating in inappropriate places, such as one's clothing. It is more common in boys than in girls. (p. 571)
31. _____ is the principle that those with mental retardation should be exposed to living conditions and opportunities that are similar to those found in the rest of society. (pp. 586-587)
33. Communication boards, sign language, and computers that use pictures, symbols, or written words to replace spoken language are collectively called _____ communication systems, and are used to help those suffering from autistic disorder. (p. 579)
35. Millions of children and adults alike have been treated for their symptoms of ADHD with _____, which is the trade name for the stimulant drug methylphenidate. (pp. 566-567)
36. Anna has been pregnant for 4 months, and despite knowing that she is expecting a child she still regularly enjoys a few cocktails after work. Her colleagues are all uncomfortable seeing her drink,, because they know that it increases the chance of the baby being born with _____ alcohol syndrome. (p. 585)
37. In order to help their son overcome his nighttime bedwetting, Roger and Elise are using a technique called _____ training, in which their son is regularly awakened through the night and encouraged to use the toilet before he wets the bed. By learning to control his nighttime urinating and learning to respond to the signals of his body, his problem should begin to decline quickly. (p. 571)
- adult on a child with the intent of hurting that child is referred to as child _____. Clearly this event can have a disastrous effect on that child's future psychological and physical health. (p. 560)
2. _____ disorder, masterfully depicted by Dustin Hoffman in the movie *Rain Man*, involves several different categories of symptoms, including (1) lack of responsiveness, (2) language and communication problems, (3) disturbed motor movements, (4) limited imaginative or abstract play, and (5) repetitive and rigid behaviors. (pp. 573-574)
3. One of the most common childhood anxiety disorders is _____ anxiety disorder, which is marked by excessive anxiety, even panic, whenever the child is parted from home or parent. (p. 552).
4. Those with _____ mental retardation have an IQ between 35 and 49, and often demonstrate clear deficits in language development and play during their early (preschool) years. (p. 583)
6. A _____ workshop is a protected and supervised workplace that offers job opportunities and training at a pace and level tailored to people with various psychological disabilities. Such work environments promote understanding and success, rather than frustration and discouragement. (p. 589)
8. _____ retardation is the most serious degree of mental retardation, and is marked by an IQ below 20, very early presentation of symptoms (at birth or in infancy), and a lack of basic self-care skills. While these individuals may learn to feed themselves, walk, or communicate in basic forms, they need structure, close supervision, and a one-on-one relationship with a caregiver to reach their maximum potential. (p. 584)
11. The _____ developmental disorders include autism, Asperger's disorder, Rett's disorder, and childhood disintegrative disorder. They are also known as the autism-spectrum disorders. (p. 572)
13. A 13-year study of depression in young persons called the *Treatments for _____ with Depression Study (TADS)* gave some very surprising findings that helped clarify the best practices (and ineffective treatments) for addressing teenage depression. (p. 554)
14. Children with _____ defiant disorder show a repetitive pattern of arguing with adults, losing their tempers, swearing, and feeling anger and resentment. (pp. 556-557)
18. Approximately 3 to 4 percent of mentally retarded individuals display _____ retardation, which is marked by a very low IQ (20-34) and significant deficits of cognitive, motor, social, and neurological functions. While they may be able to function with the assistance of group homes, they are rarely able to live independently. (pp. 583-584)
19. The skill in arithmetic, written expression, or reading exhibited by children with _____ disorders is well below their intellectual capacity, and causes academic and personal dysfunctioning. (p. 582)
22. One disorder that is related to autism is _____ syndrome, which is marked by significant social impairments. People who suffer from this problem do not have the cognitive and language deficits of autistic disorder, but may appear awkward to others and therefore become socially isolated. (p. 574)
23. An individual with an intelligence _____, or IQ, below 70 may qualify for a diagnosis of mental retardation, however several other symptoms must be present for this diagnosis to be made. (p. 580)
25. The _____, a part of the brain that controls functions including the coordination of movement and the shifting of attention, has been found to develop abnormally in people suffering from autistic disorder. (p. 577)
26. In addition to findings that indicate abnormal neurotransmitter activity, research also indicates that abnormalities in the _____-striatal regions of the brain may explain some of the symptoms of ADHD. (p. 565)
27. A very serious childhood problem that is marked by repeated violations of the basic rights of others, aggression, cruelty to people and/or animals, destruction of property, and running away from home or school is called _____ disorder. (pp. 556-557)
28. A report examining the increased incidence of school shootings that have taken place since 1997 found that _____ was a factor in two-thirds of them. The victims of this factor were quite often the shooter. (p. 559)
30. One possible risk of using antidepressant medication with children and adolescents is the potential increased risk of _____. The FDA now mandates that these medications carry a warning of this problem so that parents can be fully informed of the medicine's risks. (p. 555)
32. When a child has the _____-destructive pattern of conduct disorder, (s)he displays openly aggressive and confrontational behaviors. (p. 558)
34. Ahmad has an IQ of 62. His parents have noticed that he is sometimes slower than his classmates and friends to catch on to things, but with enough help he usually grasps concepts at an acceptable level. He tends to need the most help when he is anxious and under stress. Based on his symptoms, Ahmad might be diagnosed as suffering from _____ mental retardation. (p. 583)

Down

1. The nonaccidental use of excessive physical or psychological force by an

CROSSWORD PUZZLE—CHAPTER 18



Across

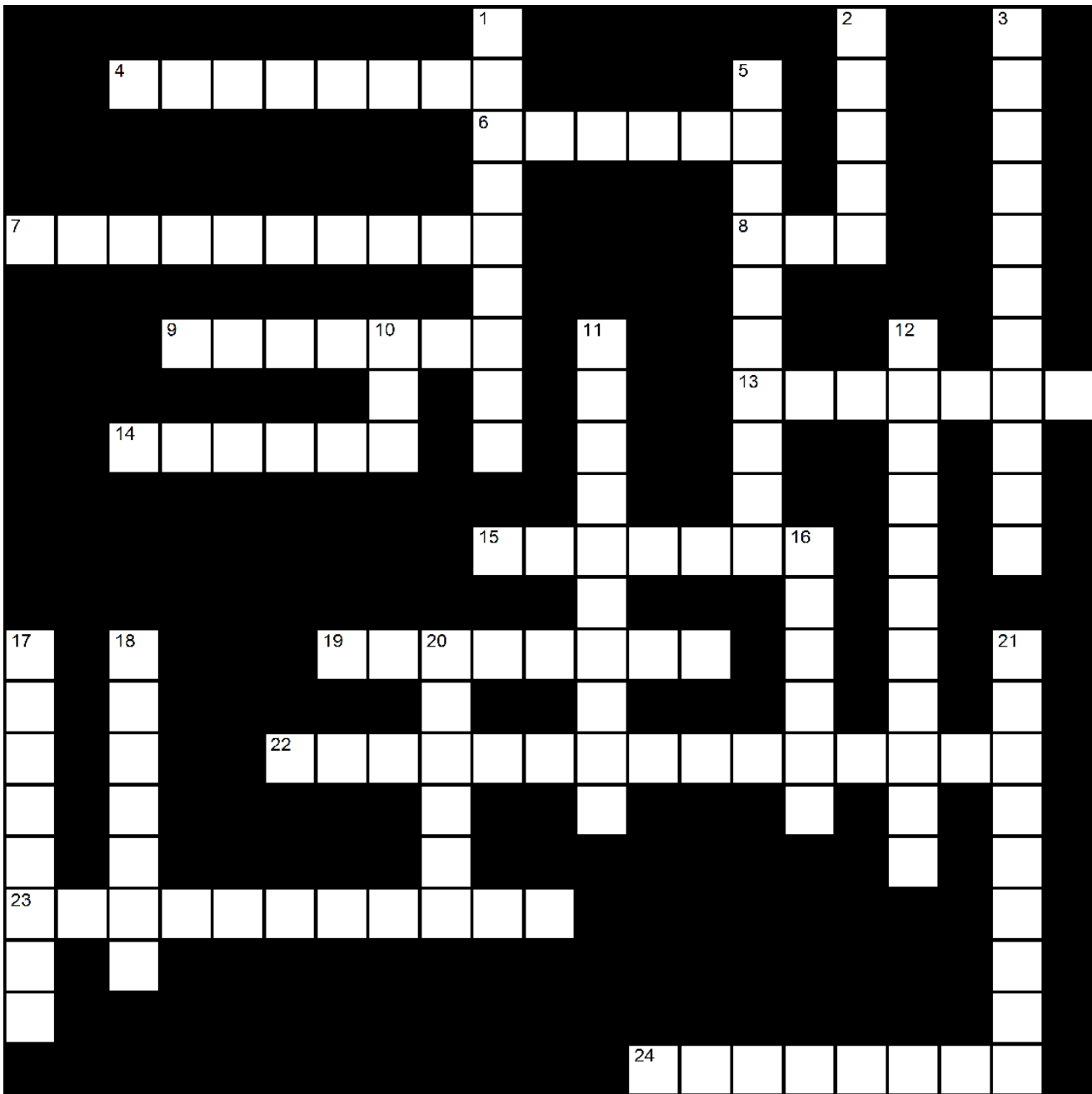
3. Named after a German physician in 1907, _____ disease is the most common form of dementia, accounting for nearly two-thirds of all cases. (pp. 602–603)
4. Vascular dementia is also known as multi-_____ dementia because it is caused by repeated occurrences of an interruption of oxygenated blood getting to the brain. (p. 608)
5. When one experiences _____, they experience a clouding of consciousness that involves a loss of concentration, difficulty focusing attention, and trouble following an orderly sequence of thought. It is treated by addressing the underlying medical cause. (p. 601)
6. _____ is a very common experience for the elderly, occurring in as many as 20 percent of individuals in old age. The rate is highest for older woman. (p. 595)
9. A combination of alcohol abuse and an improper diet can lead to a deficiency of vitamin B, which in turn can lead to _____ syndrome. The primary symptom is the inability to remember newly encoded information. (p. 606)
12. Though neuroimaging techniques like CAT and MRI scans can give a physician evidence that Alzheimer's disease should be diagnosed, the only certain way of making this assessment happens during _____ after death. (p. 609)
15. The human memory system that contains all of the information that we have accrued over the years is called _____ term memory. (p. 604)
18. _____ dementia occurs when a series of strokes, sometimes too small to be recognized by the patient, add up to significant brain injury and a loss of cognitive functions. (p. 608)
20. Research has found that a reduction in two neurotransmitters - glutamate and _____ - may be responsible for the memory loss of those suffering from Alzheimer's disease. (p. 607)
21. The human memory system that collects and processes new information is called _____-term memory, and is also known as *working* memory. (p. 604)
22. The field of psychology dedicated to the mental health of elderly people is called _____. (p. 594)

Down

1. Current medical science has focused on helping young adults to take a health-maintenance, or _____ promotion, approach to their own aging, so that the disease of old age can be reduced through proper health decisions earlier in life. (p. 615)
2. Public figures such as actor Michael J. Fox and former boxing champion Muhammad Ali have brought greater awareness of _____ disease to the public. (p. 609)
7. Neurofibrillary _____ are twisted protein fibers that form within certain brain cells as people age, and they are directly implicated in Alzheimer's disease. (p. 604)
8. Most forms of _____ are caused by brain diseases or injuries, such as Alzheimer's disease or stroke. The symptoms include significant memory losses along with losses of other cognitive functions. (p. 602)
10. The most common form of sleep disorder is called sleep _____, and it occurs in 10% of the elderly population. This illness occurs when an individual stops breathing in his/her sleep for up to 30 seconds or more at a time. (p. 596)
11. Gertrude, a 77-year old retiree, has an illness that causes her to randomly fall asleep when she is trying to perform her daily tasks. This illness, called _____, can obviously pose serious dangers to those afflicted. (p. 597)
13. People with Alzheimer's disease have an excessive number of senile _____, which are sphere-shaped deposits of beta-amyloid proteins that form between certain brain cells and in certain blood vessels. (p. 604)
14. _____ disorder occurs when there is a significant memory loss that is caused by brain disease or injuries. (p. 606)
16. One form of dementia that is caused by a slow-acting virus in the body is Creutzfeldt-_____ disease. People with this illness experience muscular spasms in addition to the cognitive symptoms of dementia. (p. 608)
17. Those with sleep _____ disorder awaken suddenly during the first third of their evening sleep, screaming in extreme fear and agitation. They experience a state of panic, incoherence, and increased heart rate. (p. 597)

19. Because Alzheimer's disease resembles Creutzfeldt-Jakob disease, some researchers have proposed a _____ theory to explain the origins of Alzheimer's disease. This theory has not found support to date, however. (p. 608)

CROSSWORD PUZZLE—CHAPTER 19



Across

4. Because there has been such public outcry over recent increases in sex crimes, 17 states have passed *sexually violent* _____ laws that require psychiatric treatment for sex offenders after their jail term has been served. This differs from past statutes where treatment was offered *instead of* jail time. (p. 627)
6. Each profession within the mental health field has its own code of _____, which is a body of principles and rules for ethical behavior designed to guide decisions and actions by members of that profession. (p. 641)
7. When an individual is judged to be mentally unstable at the time a criminal act occurred, they may be sent to a treatment facility instead of prison. This process is called criminal _____. (p. 620)
8. One verdict option that jurors can consider in addition to NGRI is *guilty but mentally* _____, which gives them the ability to convict a person whom they perceive as being dangerous but also recommend psychiatric treatment in addition to jail time. Some experts believe that this verdict serves no useful purpose. (p. 623)
9. After coming home from work to find his wife having a sexual affair with another man, Bernard took a gun and killed his wife and her lover. When he was tried for murder, he claimed that he was not guilty of the crime under the terms of the irresistible _____ test, because he acted in an uncontrollable fit of passion. (p. 621)
13. Of all persons who are found NGRI after committing a crime, physical _____ makes up the largest percentage of their crimes at 38% (hint: see figure 19-1). (p. 622)
14. Sometimes clinicians actually go to work for an insurance company, examining the treatment records of other professionals to make sure that money is being properly spent for the most effective treatments. This is called a peer _____ system. (pp. 644-645)
15. An insurance program in which the insurance company decides the cost, method, provider, and length of psychological treatment is called a _____ care program. (pp. 644-645)
19. _____ psychology is the field of study that refers to the intersection of the mental health and legal/judicial fields. (p. 620)
22. The principle that certain professionals will not divulge the information they obtain from a client is known as _____, however this code does have exceptions. In those exceptional cases, a therapist may be legally and ethically required to reveal to authorities secrets that a client has shared. (pp. 642-643)
23. When an individual is (1) unable to understand the charges against them,

and/or (2) unable to aid their attorney in their own defense, they may be found mentally _____ to stand trial. In such a case, that individual would be kept in a mental health facility until their mental status improved. (p. 627)

24. An attempt to assassinate the Prime Minister of England in 1843 gave rise to the _____ test (or rule), that states a person is not guilty of a crime if they did not know right from wrong or if they did not know the nature of the act they were committing. (p. 621)

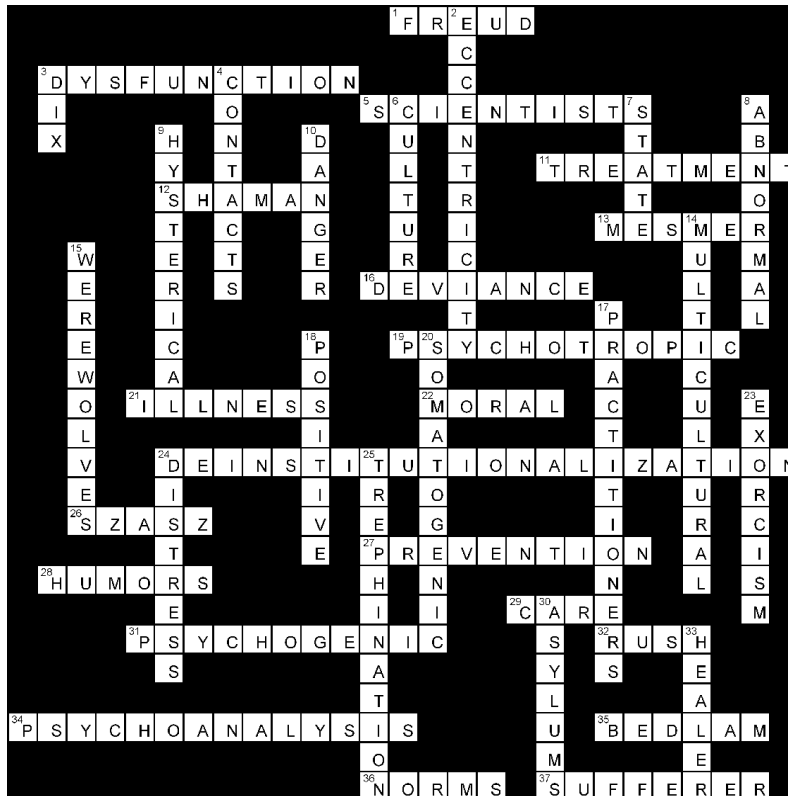
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1. When an individual is committed, either civilly or criminally, they have the legal right to receive _____. Such interventions are legally required to be adequate to give the individual an opportunity to improve their psychological functioning. (p. 634)
2. _____ commitment is a legal process by which an individual can be forced to undergo mental health treatment even when they have committed no crime or illegal act. (p. 629)
3. Of all prison inmates who displayed the symptoms of a psychiatric disorder, a majority of them (52 percent) met the diagnostic requirements for a _____ disorder, with antisocial being the most common type. (p. 628)
5. Many companies have started providing employee _____ programs that offer psychological counseling to their workers through contracted mental health providers. (p. 644)
10. The American _____ Institute Test, formulated in 1955, combined aspects of the M'Naghten, irresistible impulse, and Durham tests. (p. 621)
11. When a defendant's mental dysfunctioning is viewed as an extenuating circumstance in consideration of their guilt for committing a crime, they may be found *guilty with* _____ capacity. This finding can open the door for a reduced sentence in specific circumstances. (p. 623)
12. A _____ suit is a legal suit charging a therapist with improper conduct in the course of treatment. (p. 637)
16. The criterion of insanity that states that a person is not criminally responsible for an act if that act was the result of a mental disorder or defect is known as the _____ test. (p. 621)
17. One form of criminal commitment occurs when a person accused of a crime pleads not guilty by reason of _____, or NGRI. By making this claim, the defendant is stating that they were mentally unstable *at the time of the crime*, and therefore not guilty of wrongdoing. (p. 620)
18. The influential 1976 case of *Tarasoff v. Regents of the University of California* gave rise to a new ethical code that therapists have a duty to _____ a

person who is the proposed victim of a client's criminal intent. (pp. 642-643)

20. Justin was civilly committed to a psychiatric hospital, and while there the staff forced him to undergo electroconvulsive therapy despite his attempt to decline the treatments. In this case, the treating facility has violated Justin's right to _____ treatment. (p. 635)
21. A 2-PC, also known as a two-_____ certificate, refers to the fact that in many states the assent of two specific mental health or medical professionals in order to commit a person for psychiatric treatment against his or her will. (pp. 630-631)

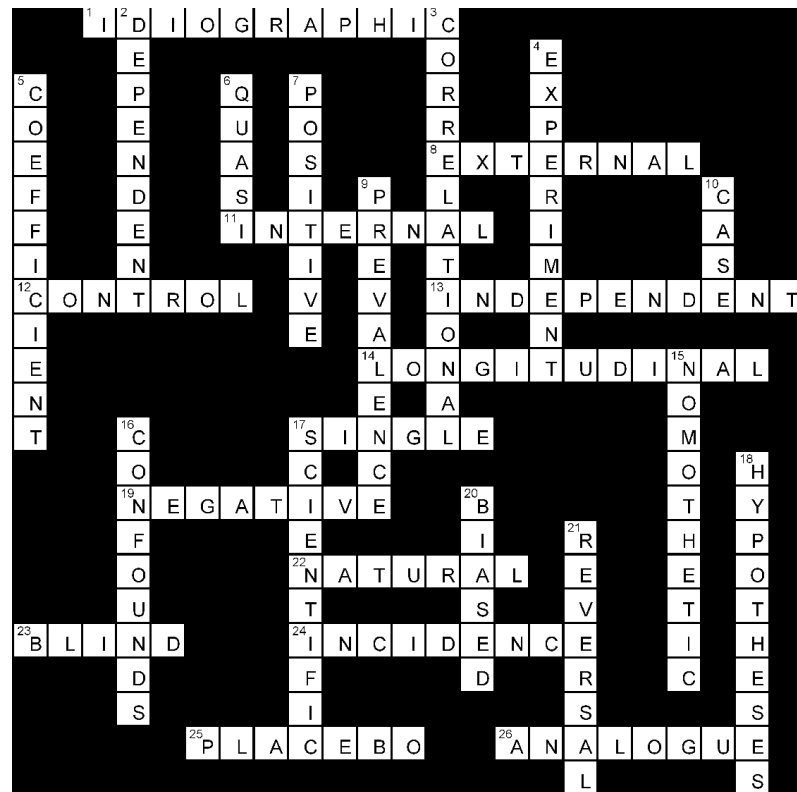
Answers to Crossword Puzzle I—Chapter I



Page References Answers to Crossword Puzzle I—Chapter I

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5	2	4	6
11	5	6	3
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13	15-16	8	2
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37	6		

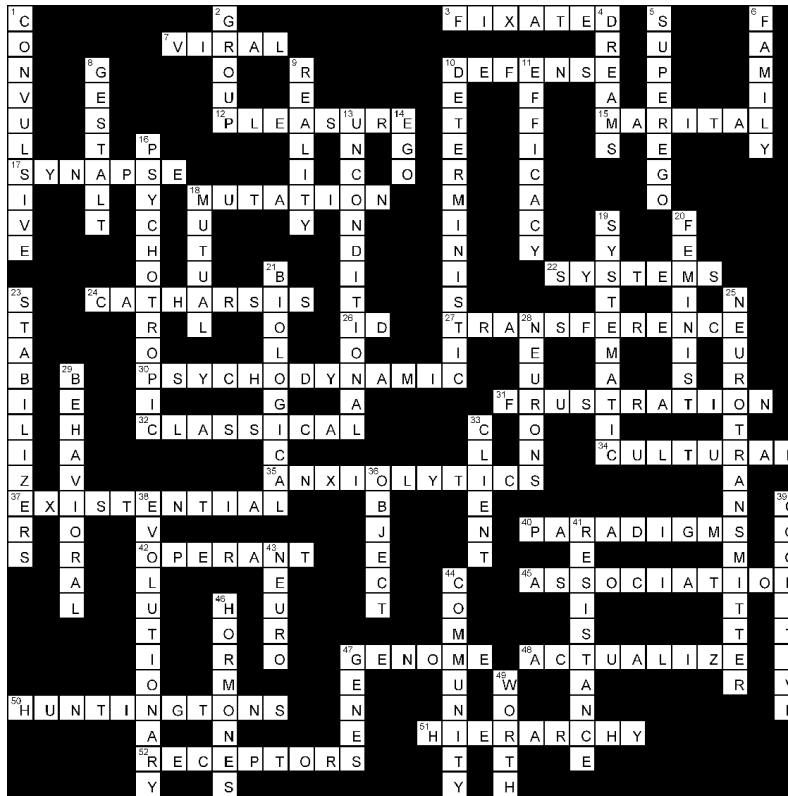
Answers to Crossword Puzzle 2—Chapter 2



Page References Answers to Crossword Puzzle 2—Chapter 2

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14	37	7	34
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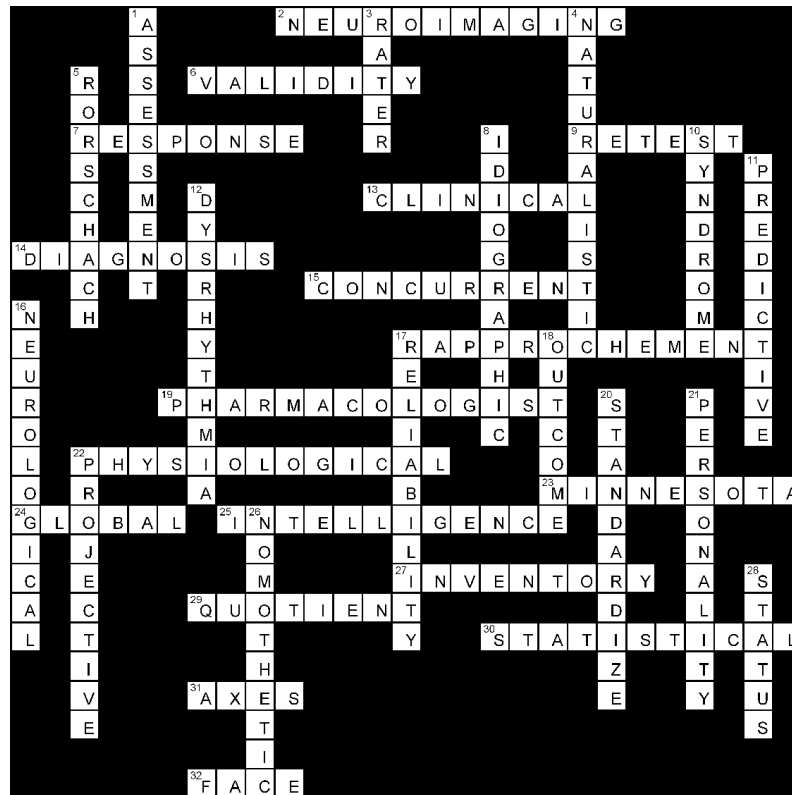
Answers to Crossword Puzzle 3—Chapter 3



Page References Answers to Crossword Puzzle 3—Chapter 3

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10	57	4	60
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17	52	8	71
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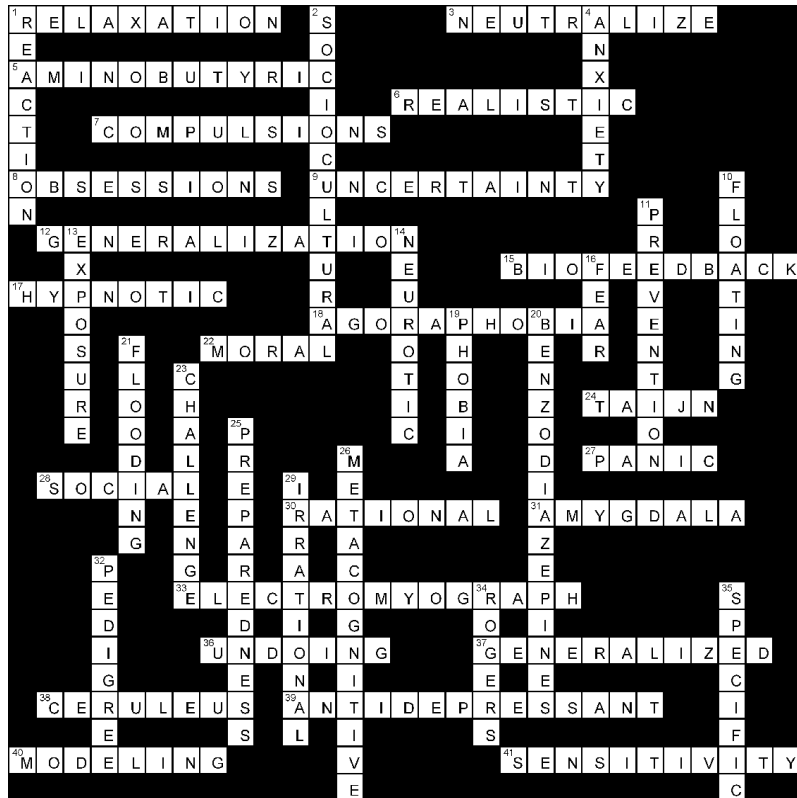
Answers to Crossword Puzzle 4—Chapter 4



Page References Answers to Crossword Puzzle 4—Chapter 4

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6	90	3	90
7	98	4	103
9	90	5	95
13	89	8	89
14	105	10	106
15	91	11	91
17	116	12	100
19	117	16	16
22	99	17	90
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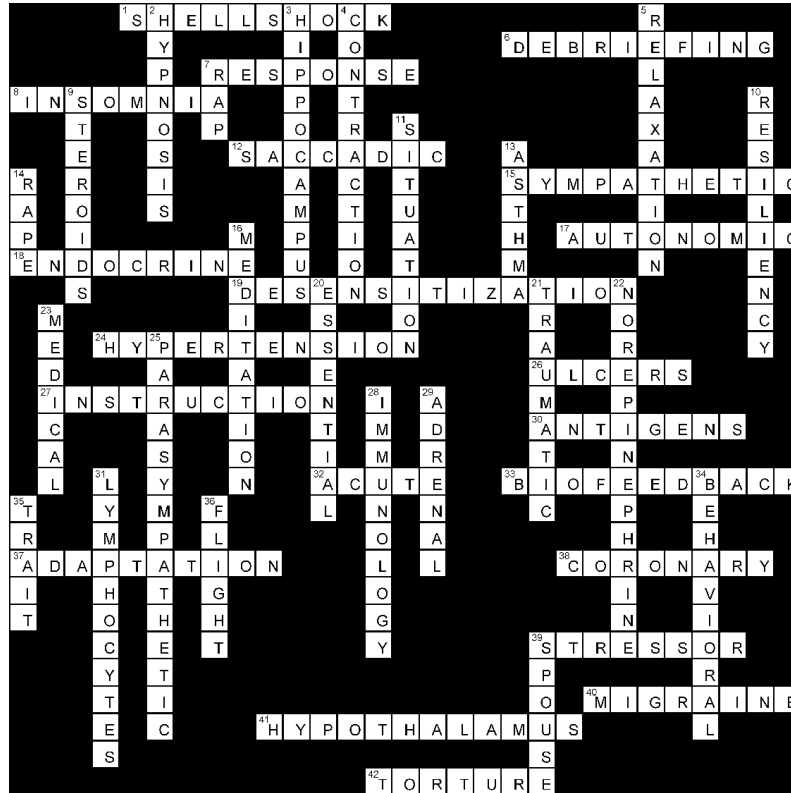
Answers to Crossword Puzzle 5—Chapter 5



Page References Answers to Crossword Puzzle 5—Chapter 5

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3	155	2	123
5	131	4	122
6	123	10	122
7	149	11	152-154
8	149	13	140
9	128	14	124
12	138	16	121
15	133	19	134
17	132	20	131
18	144	21	141
22	124	23	148
24	136	25	139
27	143	26	128
28	135	29	126
30	129	32	130
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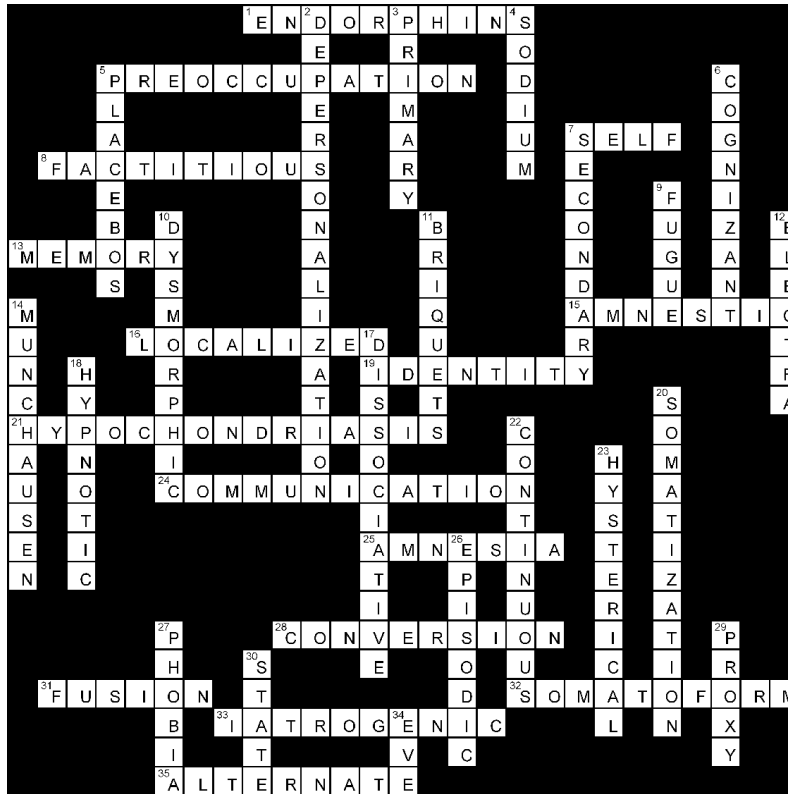
Answers to Crossword Puzzle 6—Chapter 6



Page References Answers to Crossword Puzzle 6—Chapter 6

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6	181	3	173
7	163	4	185
8	185	5	194
12	179	7	180
15	165-6	9	166
17	165	10	176
18	165	11	167
19	179	13	185
24	185	14	170
26	185	16	195
27	196	20	185-6
30	192	21	167-8
32	167-8	22	173
33	195	23	173
37	186	25	166
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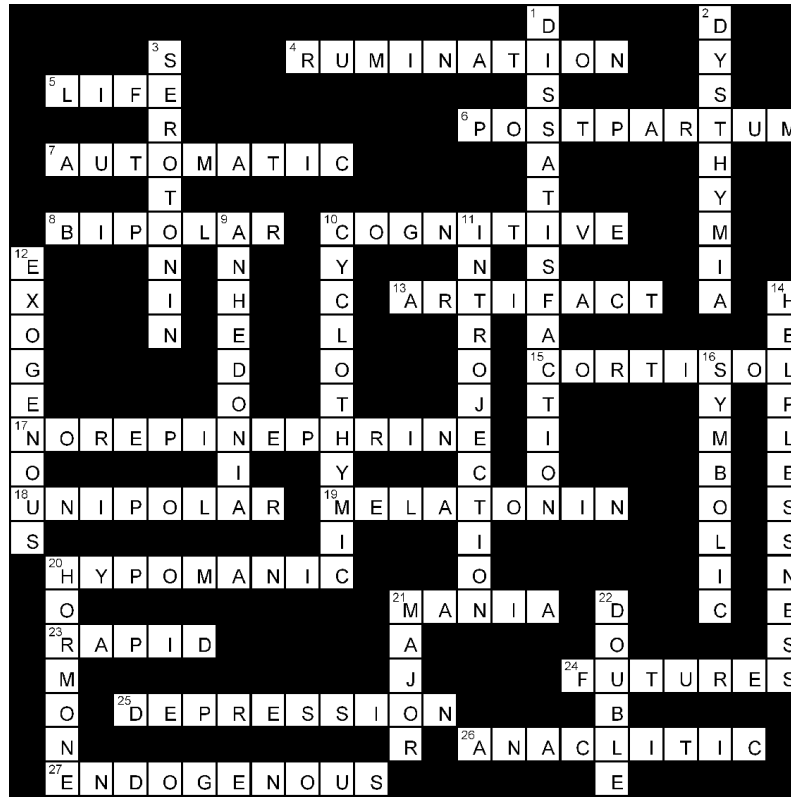
Answers to Crossword Puzzle 7—Chapter 7



Page References Answers to Crossword Puzzle 7—Chapter 7

Clue Numbers	Textbook Pages	Clue Numbers	Textbook Pages
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1	215	2	246
5	208	3	213
7	230	4	232
8	208	5	214
13	218	6	225
15	225	7	213
16	220	9	221
19	224	10	210
21	209	11	206
24	214	12	212
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32	204	20	206
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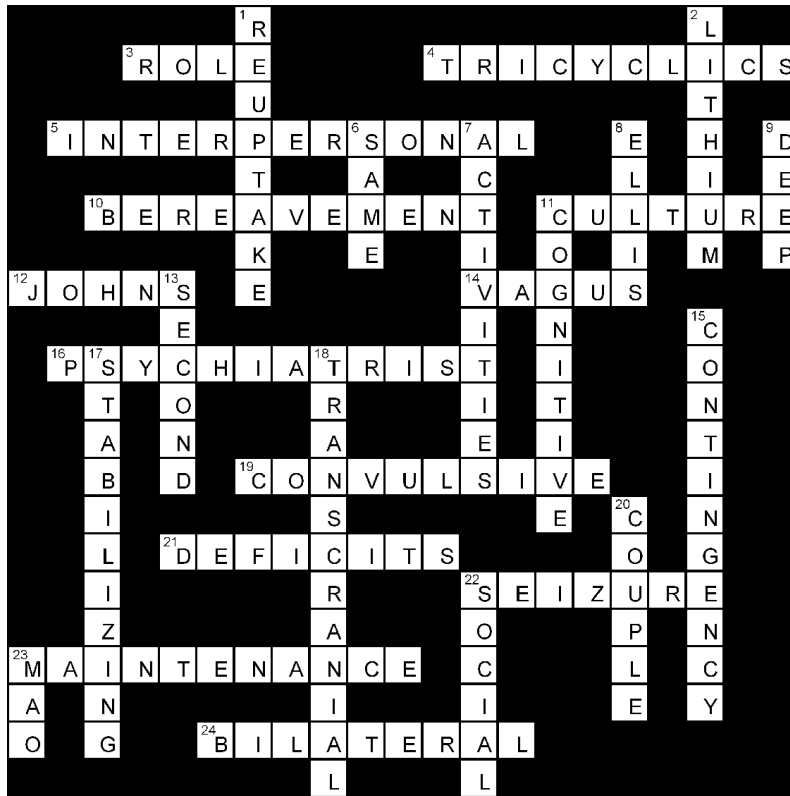
Answers to Crossword Puzzle 8—Chapter 8



Page References Answers to Crossword Puzzle 8—Chapter 8

Clue Numbers	Textbook Pages	Clue Numbers	Textbook Pages
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5	261	2	246
6	248	3	249
7	256	9	243
8	241	10	267
10	256	11	252
13	261	12	247
15	249-250	14	258
17	249	16	253
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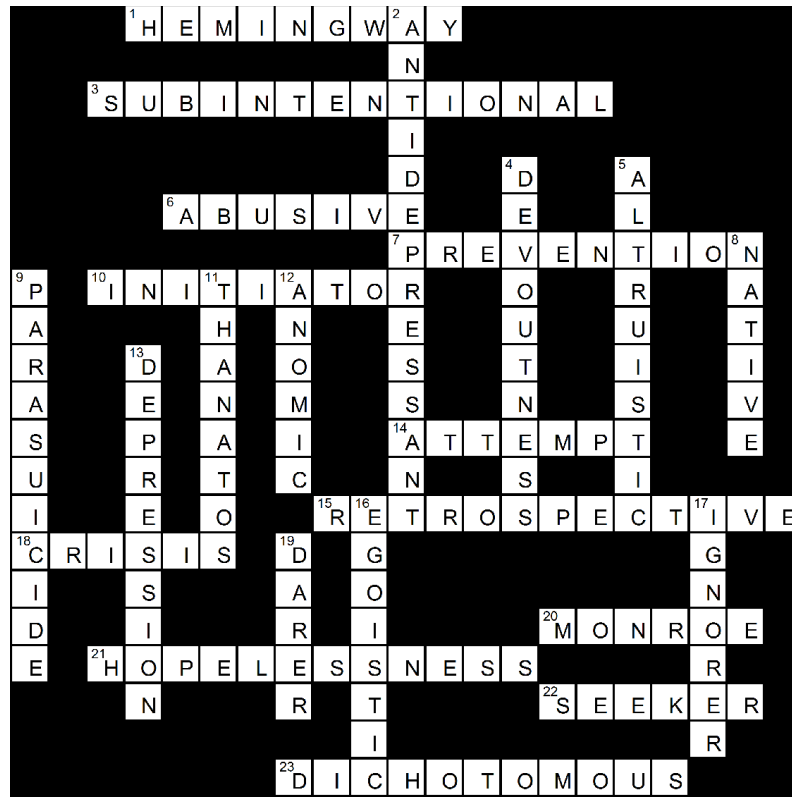
Answers to Crossword Puzzle 9—Chapter 9



Page References Answers to Crossword Puzzle 9—Chapter 9

Clue Numbers	Textbook Pages	Clue Numbers	Textbook Pages
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4	290	2	298
5	284	6	287
10	282	7	280
11	283	8	280
12	287	9	295
14	293-294	11	280
16	277	13	302
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		23	290

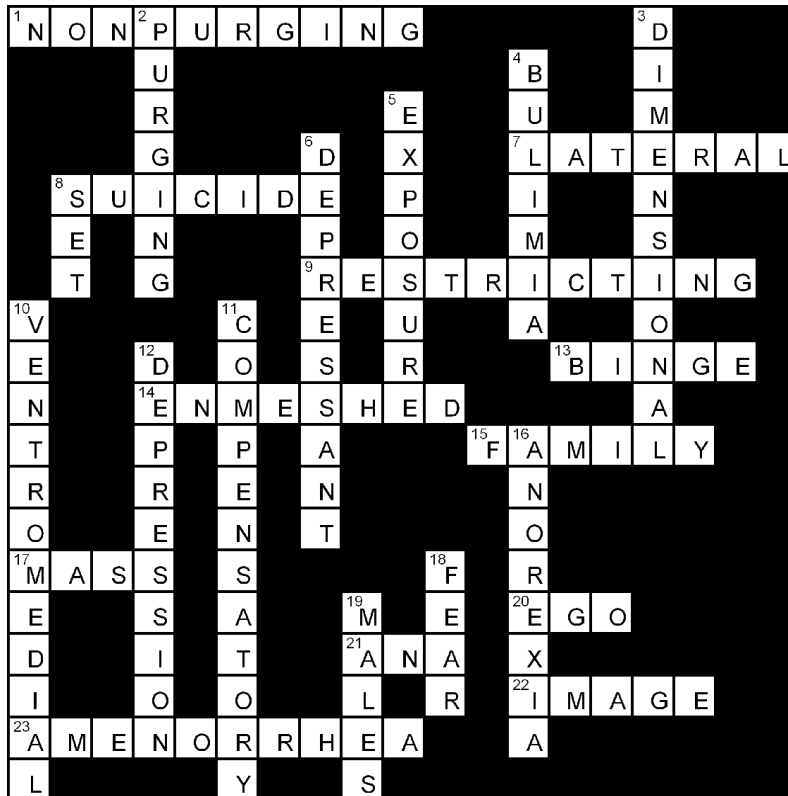
Answers to Crossword Puzzle 10—Chapter 10



Page References Answers to Crossword Puzzle 10—Chapter 10

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3	312	4	314
6	316	5	323
7	333	8	330
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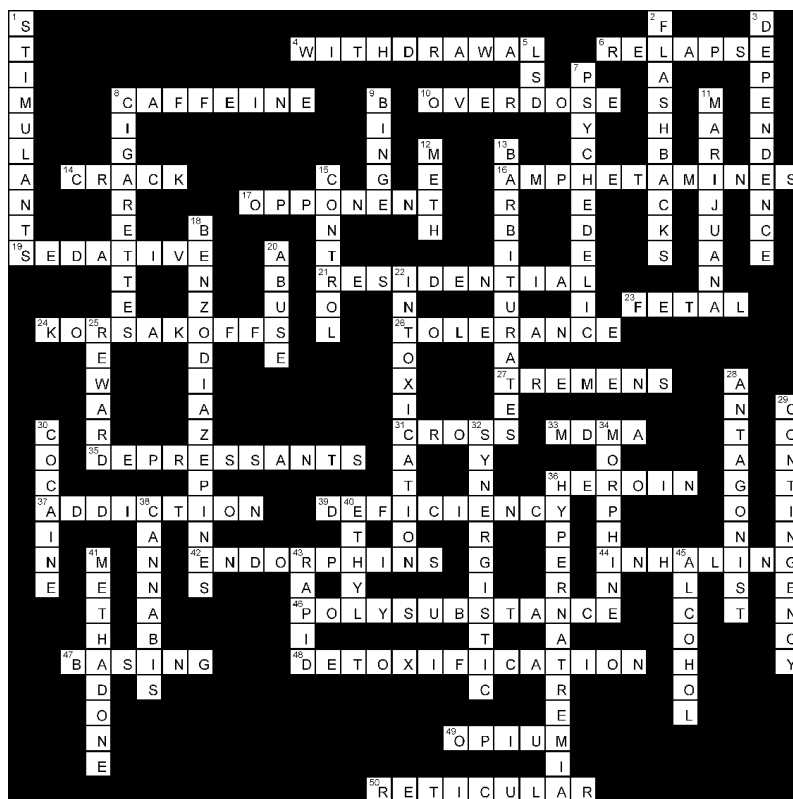
Answers to Crossword Puzzle II—Chapter II



Page References Answers to Crossword Puzzle II—Chapter II

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1	345	2	342
7	354	3	351
8	343	4	344-345
9	342	5	367
13	345	6	368
14	358-359	8	354
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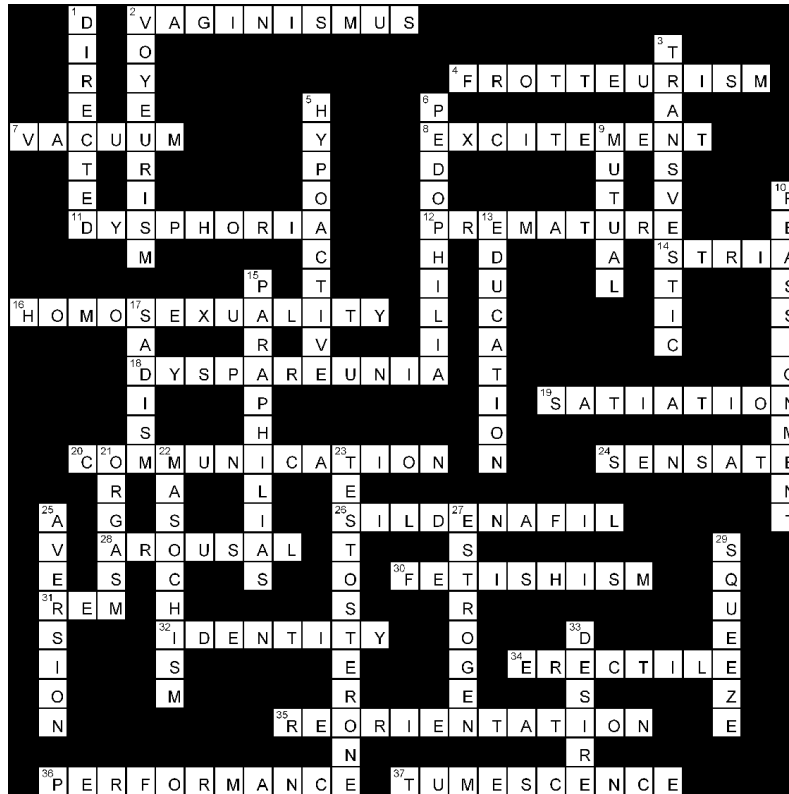
Answers to Crossword Puzzle 12—Chapter 12



Page References Answers to Crossword Puzzle 12—Chapter 12

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4	374	1	383
6	404	2	390
8	388	3	374
10	386	5	390
14	386	7	389
16	387	8	391
17	399	9	375, 378
19	380	11	391
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23	380	13	381
24	380	15	404
26	374	18	381
27	379	20	374
31	395	22	374
33	392	25	401
35	375	28	405-406
36	381	29	403
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42	382	34	381
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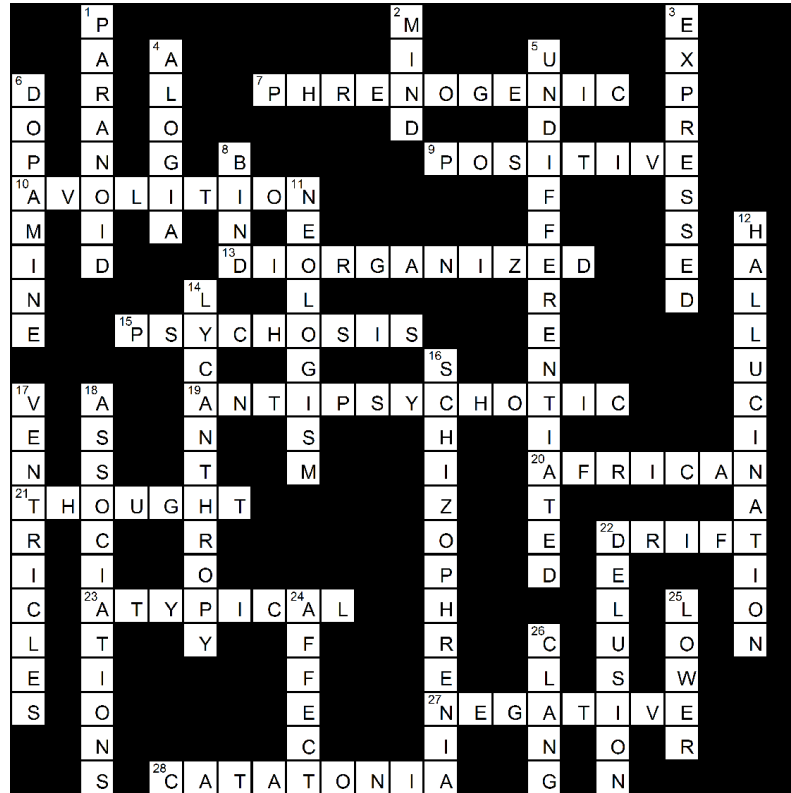
Answers to Crossword Puzzle 13—Chapter 13



Page References Answers to Crossword Puzzle 13—Chapter 13

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4	439	2	439
7	433	3	437
8	420	5	417
11	443	6	439
12	422	9	429
14	446	10	447
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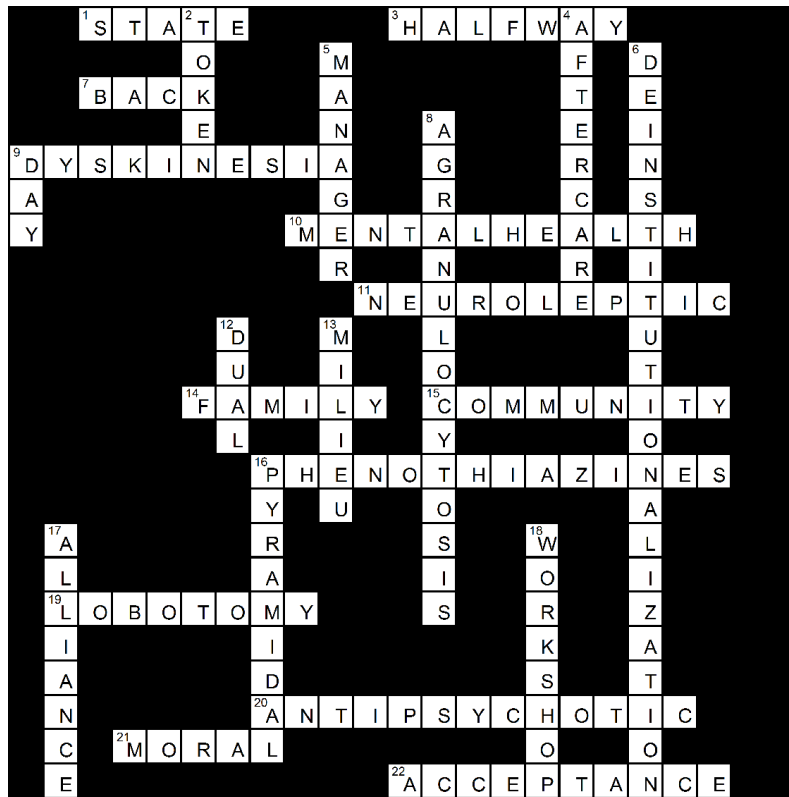
Answers to Crossword Puzzle 14—Chapter 14



Page References Answers to Crossword Puzzle 14—Chapter 14

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7	471	1	464
9	457	2	453
10	462	3	467-477
13	463	4	462
15	454-454	5	464
19	467	6	467
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21	458	11	459
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23	468	14	461
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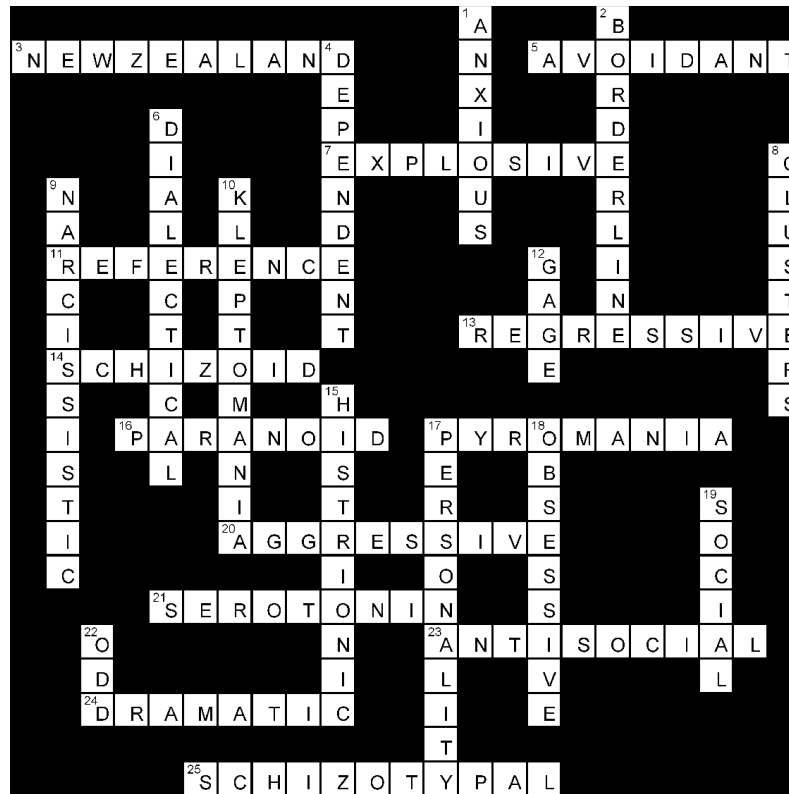
Answers to Crossword Puzzle 15—Chapter 15



Page References Answers to Crossword Puzzle 15—Chapter 15

Clue Numbers	Textbook Pages	Clue Numbers	Textbook Pages
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1	482	2	485
3	498-499	4	498-499
7	482	5	502
9	489	6	497
10	497	8	491
11	487	9	498-499
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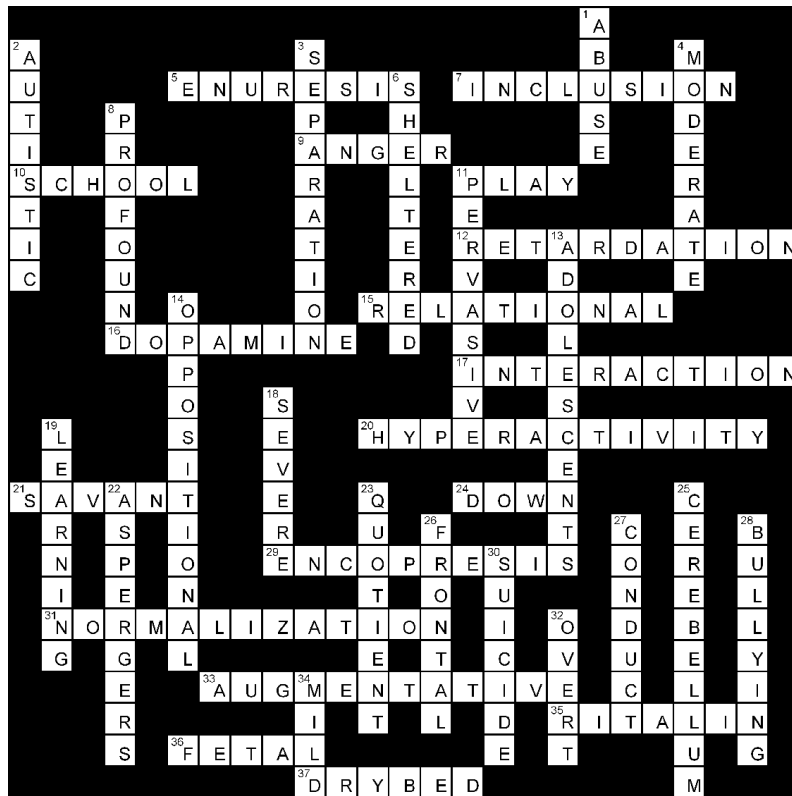
Answers to Crossword Puzzle 16—Chapter 16



Page References Answers to Crossword Puzzle 16—Chapter 16

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7	520	4	537
11	516	6	528
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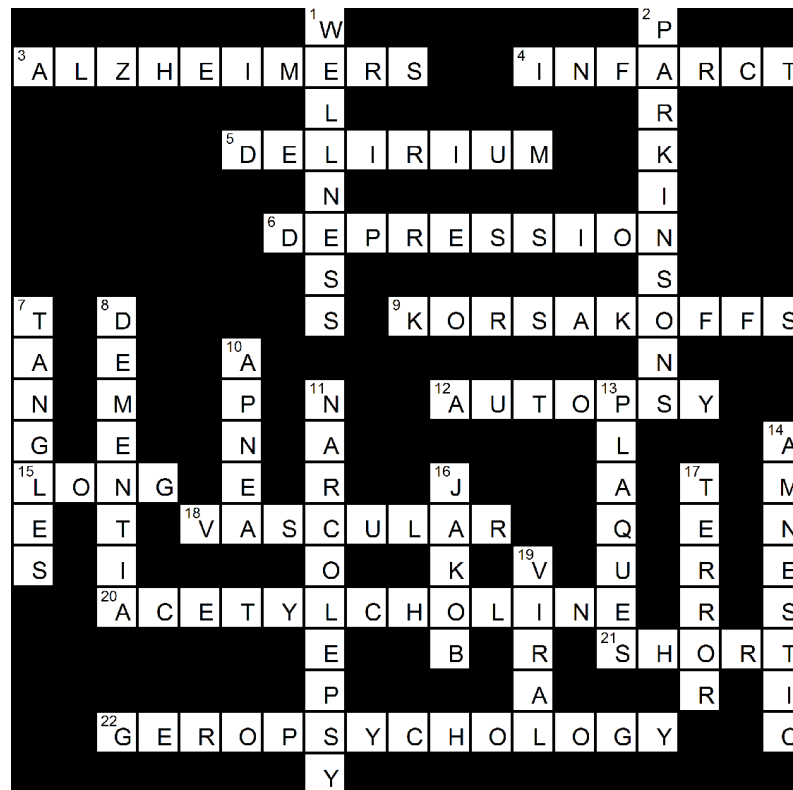
Answers to Crossword Puzzle 17—Chapter 17



Page References Answers to Crossword Puzzle 17—Chapter 17

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9	563	3	552
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15	558	11	572
16	565	13	554
17	562	14	556-557
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21	576	19	582
24	584	22	574
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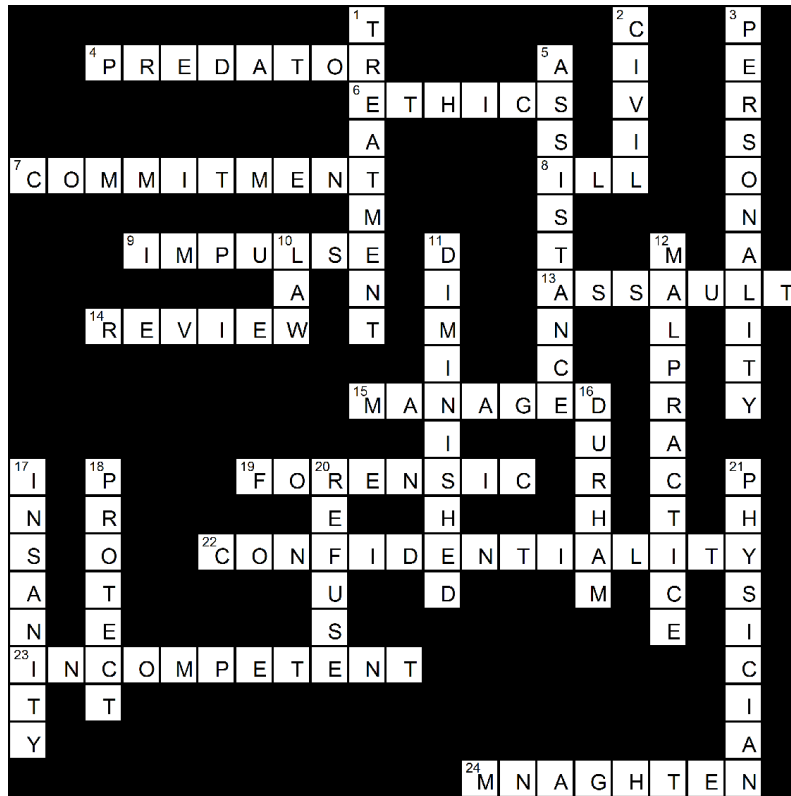
Answers to Crossword Puzzle 18—Chapter 18



Page References Answers to Crossword Puzzle 18—Chapter 18

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Answers to Crossword Puzzle 19—Chapter 19



Page References Answers to Crossword Puzzle 19—Chapter 19

Clue Numbers	Textbook Pages	Clue Numbers	Textbook Pages
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4	627	1	634
6	641	2	629
7	620	3	628
8	623	5	644
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14	644-645	12	637
15	644-645	16	621
19	620	17	620
22	642-643	18	642-643
23	627	20	635
24	621	21	630-631