Study Guide – Psychological & Spiritual Well-Being

**Vocabulary**
- Altruism
- Bipolar disorder
- Compulsion
- Dysthmic disorder
- Electroconvulsive therapy (ECT)
- Manic
- Mental disorder
- Obsession
- Phobia
- Positive psychology
- Spiritual health
- Spirituality
- Systematic desensitization

**Important Concepts**
- Be familiar with the Maslow pyramid

What are ways that experts suggest you can bring happiness into your life?

Be able to list and describe ways to enhance your spiritual health.

What effects can a lack of sleep have on your body and your life?

What do scientists think is the biological basis for most mental disorders?

What is the world’s most common mental disorder?

Know the 4 main types of depressive disorders.

What are they symptoms of minor and major depressive disorder? How is dysthmic disorder different?

How is depression generally treated?

Know the symptoms of bipolar disorder. How is it treated?

How are phobias treated?

Know the symptoms of obsessive-compulsive disorder. How is it treated?

Know the 3 main symptoms of attention deficit hyperactivity disorder (ADHD). How is it treated?

What are the symptoms of schizophrenia? How is it treated?