Chapter 4 Learning Goals

Learning Goals
1. I can explain how mental disorders are recognized.
2. I can identify four causes of mental disorders.
3. I can describe five types of anxiety disorders and four other types of mental disorders.

Learning Goals
1. I can identify health risks associated with anorexia.
2. I can explain the relationship between bulimia and dieting.
3. I can list the main health risks of binge eating disorder.

Learning Goals
1. I can explain why it is important to identify and treat clinical depression.
2. I can explain why individuals might deliberately injure themselves.
3. I can describe one major risk factor for suicide.

Learning Goals
1. I can list reasons that might prevent a person from seeking help for a mental disorder.
2. I can identify four types of mental health professionals.
3. I can describe some general types of treatment for mental disorders.