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Exam Review

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| **Across**  **6.** Irrational and intense fear, panic or dread of a specific object or situation  **8.** Reinforce reality; Discourage intake of coffee, alcohol or drugs; Understand there is no cure for this illness  **10.** Have excessive fears and worries that affect normal functioning  **11.** Risk increases with “dose” of trauma, lack of social support; Pre-existing psychiatric disorder  **12.** An attempt to relieve the distress of a situation that threatens the well being of the person  **13.** Delusions; Hallucinations; Disturbances in thinking | **Down**  **1.** Problems not due to alcohol or drugs; Very stressful for the client and may interfere with social and job performance; Signs are worse with stress  **2.** Weight and Shape are very important; Computer Graphics: make thin models even thinner; Preoccupation with food, eating, fitness; Unrealistic Ideals  **3.** affect people of all ages, educational and income levels, and cultures  **4.** Episodes can repeat themselves or can happen just once; Usually precipitated by a stressful event  **5.** Prolonged loss of appetite; self-starvation; rapid ingestion of large quantities of food over a short period of time, inappropriate compensatory behaviors to rid the body of the excess calories.  **7.** Frantic efforts to avoid abandonment (real or imagined)  **9.** Is the highest level of anxiety disorders |

   eating disorder       Cultural influences       mental illness       Anxiety       Panic       Phobias        Obsessive Compulsive       PTSD       Major Depression        Bipolar       Borderline        Schizophrenia        suicide