

Chapter 19: Mental Health

Building a Medical Terminology Foundation 2e – Student Companion by Kimberlee Carter; Marie Rutherford; and Connie Stevens

This book is intended as a companion to *Building a Medical Terminology Foundation 2e* (<https://ecampusontario.pressbooks.pub/medicalterminology2/>).

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Please visit the web version of *Building a Medical Terminology Foundation 2e – Student Companion* (<https://ecampusontario.pressbooks.pub/medicalterminology2studentworkbook/>) to access the complete book, interactive activities and ancillary resources.

Mental Health

If you would like to review the textbook chapter content, please visit [Chapter 19: Mental Health \[New Tab\]](#).

Learning Objectives

- Define mental health and mental illness
- Analyze, translate, and define medical terms and common abbreviations used with mental health
- Practice the spelling and pronunciation of mental health terminology
- Identify the medical specialties associated with the mental health and explore common diseases, disorders, pharmacology, diagnostic tests and procedures

Key Word Components

Identify meanings of key word components of mental health:

Prefixes

- acro- (heights, extremes, extremities)
- an- (no, not, without)
- bi- (two)
- dis- (apart)
- dys- (bad, difficult, painful, abnormal)
- eu- (good)
- ex- (outward)
- para- (near, beside, abnormal)

Combining Forms

- affect- (emotional reaction)
- agor/a- (marketplace)
- ambul/o- (to move)
- amnes/o- (forgetful)
- anxio/o- (fear, worry)
- aut/o- (self)
- centr/o- (centre)
- compuls/o- (drive, compel)
- cycl/o- (cycle)
- delus/o- (false belief, to cheat)
- ech/o- (sound)
- fab/o- (story)
- hallucinat/o- (to wander in mind)
- hedon/o- (pleasure)
- Iatr/o- (treatment)
- klept/o - (to steal, stealing)
- ment/o- (mind , do not confuse with chin)
- narc/o- (sleep, stupor)
- neur/o- (nerve)
- obsess/o- (besieged by thought)
- path/o- (disease)
- phil/o- (attraction)
- phor/o- (carry, bear, state)
- psych/o, thym/o, phren/o - (mind)
- pyr/o- (fire)
- schiz/o- (divide, split)
- soci/o- (society)
- somat/o- (body)
- somn/o- (sleep)

Suffixes

- -ia, -ism (condition)
- -iatrist (one who specializes in the treatment)
- -lepsy (seizure)
- -mania (condition of madness; frenzy; excessive excitement)
- -phobia (condition of fear)
- -thymia (condition of the mind)

- -orexia (appetite)

Pronouncing and Defining Commonly Abbreviated Mental Health Terms

Practice pronouncing and defining these commonly abbreviated mental health terms:

- ADL (Activities of Daily living)
- BD or BP (Bipolar disorder)
- BDD (Body dysmorphic disorder)
- CBT (Cognitive-behavioural therapy)
- DSM-5 (Diagnostic and Statistical Manual of Mental Health Disorders)
- DTs (Delirium tremens)
- ECT (Electroconvulsive therapy)
- GAD (generalized anxiety disorder)
- ICD (International Classification of Diseases)
- ID (intellectual disability)
- OCD (obsessive-compulsive disorder)
- ODD (oppositional defiant disorder)
- PD (panic disorder *also personality disorder)
- PTSD (post-traumatic stress disorder)
- SAD (seasonal affective disorder)

Sorting Terms

Sort the terms from the word lists above into the following categories:

- **Disease and Disorder** (terms describing any deviation from normal structure and function)
- **Diagnostic** (terms related to process of identifying a disease, condition, or injury from its signs and symptoms)
- **Therapeutic** (terms related to treatment or curing of diseases)

- **Anatomic** (terms related to body structure)

Test Your Knowledge

Test your knowledge by answering the questions below:

Mental Health Reinforcement Activity (Text version)

1. Psychology _____[Blank 1].
 - a. is a medical specialty focused on childhood diseases.
 - b. is the study of infectious diseases.
 - c. is the study of human behaviour and thought processes of the mind.
 - d. include sebaceous glands and sweat glands
2. The Diagnostic and Statistical Manual of Mental Disorders (DSM) _____[Blank 2].
 - a. is the resource used by healthcare professionals in much of the world to diagnose mental disorders.
 - b. is a manual related to nutrition and healthy eating.
 - c. a manual that provides statistical analysis of epidemiology.
 - d. is a guideline for the treatment of childhood cancer.
3. Anxiety is _____[Blank 3].
 - a. the state of feeling uneasiness, apprehension, worry or dread.
 - b. a treatment for common forms of skin cancer.
 - c. the feeling that one is going to vomit.
 - d. an infectious disease.
4. Withdrawal is _____[Blank 4].
 - a. a diagnostic test for colon cancer.
 - b. an unusual presentation of a skin infection.
 - c. a state where a person is attempting to come down from having a drug or alcohol over a long time.
 - d. a symptom related to an endocrine disorder.

Check your answers: ¹

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Notes

1. 1. c) is the study of human behaviour and thought processes of the mind, 2. a) is the resource used by healthcare professionals in much of the world to diagnose mental disorders, 3. a) the state of feeling uneasiness, apprehension, worry or dread, 4. c) a state where a person is attempting to come down from having a drug or alcohol over a long time.



Mental Health Chapter 19 Worksheet

Instructions

Work through the chapter and find the meaning for the following prefixes, suffixes, and abbreviations. Add in any that are missing on the worksheet.

Prefixes and Suffixes

Prefix	Meaning	Suffix	Meaning
acro-		-ia	
an-		-ism	
dis-		-iatrist	
dys-		-lepsy	
eu-		-mania	
ex-		-phobia	
para-		-thymia	
		-orexia	

Abbreviations

Abbreviation	Meaning
ADL	
BP	
BDD	
CBT	
DSM-5	
DTs	
ECT	
GAD	
ICD	

ID	
OCD	
ODD	
PD	
PTSD	

Words easily broken into word parts listed by combining form (root)

Review of Word Parts

Please note that sometimes words are made up of word parts but are not translated literally. Several combining forms are shown in bold below. List their meaning from chapter 19.

amnes/o

1. amnesia

anxi/o

2. anxiety

narc/o

3. narcolepsy

phil/o

4. necrophilia

psych/o

5. psychiatric

schiz/o

6. schizophrenia

somat/o

7. psychosomatic



Create Your Own Scenario Using Chapter Terms

Instructions

You will create a scenario related to this body system. The scenarios can be based on an actual medical experience (personal, friend, or family member) or completely made up. You can give details of signs/symptoms of a disease/condition, medical tests/procedures performed, diagnosis given, possible treatment, etc.

This scenario must be your original work.

Requirements:

- Minimum 250 words
- Use at least 15 terms from the chapter
- Must include detail and context that help the reader to understand the scenario
- Highlight or underline the 15 terms you are using and then define the words at the bottom of the page (definitions are not included in the word count)

Example Scenario:

When I was ten, I wasn't feeling well and had pain in my joints for a few weeks. My mom thought I might have juvenile **arthritis**, so she made an appointment with my **pediatrician**. My doctor ordered blood work and sent me to **radiology** for x-rays. He said that my x-rays were normal, and my **arthralgia** was not related to arthritis. He gave me a **diagnosis** of **anemia** due to having low **hemoglobin** and **erythrocytes**. He was also concerned that I might have diabetes because my blood tests showed **hyperglycemia**. Due to these lab results, he referred me to an **endocrinologist** to make sure my glands were functioning appropriately. He also referred me to a **hematologist** to look more closely at my blood tests. The endocrinologist said my blood sugar was fine in a repeat test. He also told me my thyroid was working properly and wrote on the paperwork "**euthyroid**." The hematologist ran more tests and said my **leukocytes** were high. He asked the pathologist to look at the shape of my cells under the microscope to rule out leukemia. The **pathologist** couldn't find anything abnormal. I went back to my pediatrician after seeing all these specialists and he said based on the test results, he thinks I had a virus and that my **prognosis** was good. He was confident I'd be back to normal in a few weeks! He was right and my mom felt bad that I had to see all those doctors, so she took me out for ice cream.

- arthritis: inflammation of joint
- pediatrician: doctor who treats children
- radiology: study of x-rays

- arthralgia: pain in joint
- diagnosis: complete knowledge
- anemia: decreased number of red blood cells
- hemoglobin: protein in blood
- erythrocytes: red blood cells
- hyperglycemia: condition of high blood sugar
- endocrinologist: one who specializes in the study of the endocrine system (glands that secrete hormones within)
- hematologist: one who specializes in the study of blood
- euthyroid: normal thyroid
- leukocytes: white blood cells
- pathologist: specialist who studies disease
- prognosis: prediction about the outcome of an illness

Note: Your medical scenarios will be specific to the chapter. This example uses words not associated with a specific body system.



(Mental Health)

Abbreviations – Mental Health

Instructions

Type the abbreviation found in the listing below. Alternatively, the words could also be written out on a plain sheet of paper. Translate the abbreviation and then define the abbreviation in your own words. In the document, be sure to number each abbreviation.

Example

AIDS acquired immunodeficiency syndrome - chronic immune system suppression caused by human immunodeficiency virus (HIV) infection

Abbreviation List:

1. ADL
2. BD or BP
3. BDD
4. CBT
5. DSM-5
6. DTs
7. ECT
8. GAD
9. ICD
10. ID
11. OCD
12. ODD
13. PD
14. PTSD
15. SAD