# Patterns, Not Labels

Compare the central features of six mental health disorder groups.

**SS24.P.16b** "Differentiate among types of mental illness, including mood, anxiety, somatoform, schizophrenic, dissociative, and personality disorders."

NAME _____ DATE _____

## 1 READ AND MARK

Read it twice

**YOUR JOB** Underline the central feature of each disorder group. Circle the sentence that explains why one symptom cannot establish a disorder.

### Reading a Mental Health Resource Card

1. At a school health fair, a student reads a card describing six mental health disorder groups. Mood disorders chiefly disrupt a person's emotional state over time, as in depression or bipolar disorder. Anxiety disorders feature excessive fear or worry that can interfere with daily life. Somatoform disorders, now often grouped under somatic symptom and related disorders, involve distressing physical symptoms and intense concern about them. The symptoms are real, whether or not a medical cause is found; they are not simply invented.

2. The next side of the card describes three more groups. Schizophrenic disorders, often called schizophrenia spectrum disorders, can involve hallucinations, delusions, and disorganized thinking. Dissociative disorders involve disruptions in memory, identity, or awareness, sometimes linked to trauma. Personality disorders involve long-lasting, inflexible patterns of thinking, feeling, and relating that cause problems across situations. These groups describe different patterns, not different kinds of people. Hearing a voice that others do not hear differs from losing access to personal memories.

3. The card ends with a warning about labels. A person can have symptoms from more than one group, and one experience alone does not establish a disorder. Clinicians consider how long symptoms last, how much they disrupt life, and other possible explanations, including physical illness. A category describes a pattern; it cannot tell you everything about someone. When comparing groups, ask which kind of disruption is central: mood, fear, physical symptoms, perception or thought, memory or identity, or enduring ways of relating.

## 2 ANSWER WITH EVIDENCE

Use the passage

1. One person has a lasting change in mood; another has excessive fear that disrupts daily life. Which group best fits each pattern, and what separates them?

2. How would you distinguish intense concern about distressing physical symptoms from a disruption in personal memory?

3. Which group could involve hallucinations and disorganized thinking? How is its central pattern different from that of personality disorders?

4. A person reports both stomach pain and fear. Why can't you identify a disorder group from those details alone? What central features would help you compare possible groups?

## 3 YOUR TURN

Your own words

Write two brief fictional situations that suggest two different disorder groups from the passage. Name each group, then explain how their central features differ without claiming either person has a diagnosis.

# Patterns, Not Labels



## PART 1 · READ AND MARK

Underline the central feature of each disorder group. Circle the sentence that explains why one symptom cannot establish a disorder. Accept any marking that follows this job and points at the right text.

## PART 2 · ANSWERS

| # | QUESTION | ANSWER |
|---|---|---|
| 1 | One person has a lasting change in mood; another has excessive fear that disrupts daily life. Which group best fits each pattern, and what separates them? | **The first pattern fits mood disorders; the second fits anxiety disorders. The central disruptions are emotional state and excessive fear, respectively.** |
| 2 | How would you distinguish intense concern about distressing physical symptoms from a disruption in personal memory? | **Concern about distressing physical symptoms fits somatoform disorders; disrupted personal memory fits dissociative disorders.** |
| 3 | Which group could involve hallucinations and disorganized thinking? How is its central pattern different from that of personality disorders? | **Schizophrenic disorders can involve hallucinations and disorganized thinking. Personality disorders involve long-lasting, inflexible patterns of thinking, feeling, and relating across situations.** |
| 4 | A person reports both stomach pain and fear. Why can't you identify a disorder group from those details alone? What central features would help you compare possible groups? | **Symptoms can overlap, and one experience does not establish a disorder. Compare whether excessive fear or distressing physical symptoms and intense concern about them are central; clinicians also consider duration, disruption, and other explanations.** |

## PART 3 · YOUR TURN (SAMPLE ANSWER)

For several weeks, Alex has felt persistently low, which could suggest a mood disorder. Sam has gaps in personal memory, which could suggest a dissociative disorder. Alex's situation centers on mood, while Sam's centers on memory; neither detail alone establishes a diagnosis.

Accept current names such as somatic symptom and related disorders or schizophrenia spectrum disorders. In Part 3, look for two distinct central features and tentative language rather than a diagnosis.