Clues, Not Diagnoses

Sort the main symptom, then explain your thinking.

PS.7.2 "Describe the symptoms and possible causes of categories of mental disorders, including neurodevelopmental, schizophrenic spectrum, depressive, bipolar, anxiety, obsessive-compulsive, dissociative, trauma/stressor-related, eating..."

NAME _____ DATE _____

ANXIETY PATTERN

The main clue is excessive fear or worry, sometimes with avoidance. Stressful events and inherited vulnerability may increase risk.

Each elevator ride brings Sam intense fear, so Sam takes the stairs even when it disrupts plans.

DEPRESSIVE PATTERN

The main clue is lasting low mood or loss of interest. Stressful events and inherited vulnerability may increase risk.

For weeks, Lee feels low and no longer wants to cook favorite meals.

1 SORT

8 items

Circle the category that best matches the main symptom in each clue, then pick two item numbers and explain what guided each choice.

1.	1. Constant worry about everyday finances makes it hard to focus.	ANXIETY	DEPRESSIVE
2.	2. Fear of being judged keeps a student from speaking in class.	ANXIETY	DEPRESSIVE
3.	3. For weeks, a student feels sad nearly every day.	ANXIETY	DEPRESSIVE
4.	4. For a month, a student has lost interest in playing the guitar.	ANXIETY	DEPRESSIVE
5.	5. For several weeks, a student feels hopeless most days.	ANXIETY	DEPRESSIVE
6.	6. Strong fear of a harmless spider makes a student avoid the shed.	ANXIETY	DEPRESSIVE
7.	7. A student repeatedly avoids the grocery store for fear of panicking there.	ANXIETY	DEPRESSIVE
8.	8. For weeks, a student no longer enjoys drawing, a favorite hobby.	ANXIETY	DEPRESSIVE

2 PROVE IT

Explain your thinking

Pick two items from Part 1. For each one, tell how you knew where it belonged.

ITEM # _____ **HOW I KNEW** _____

ITEM # _____ **HOW I KNEW** _____

3 MAKE YOUR OWN

One of each

Write one new symptom clue for each category without naming the category in your clue.

ANXIETY _____

DEPRESSIVE _____

CHALLENGE

Choose one sorted item, name a possible risk factor, and explain why that clue alone cannot prove a diagnosis.

Clues, Not Diagnoses

PART 1 · SORT

#	ITEM	CATEGORY	WHY
1	1. Constant worry about everyday finances makes it hard to focus.	**ANXIETY**	Excessive worry is the main symptom.
2	2. Fear of being judged keeps a student from speaking in class.	**ANXIETY**	Fear and avoidance are the main clues.
3	3. For weeks, a student feels sad nearly every day.	**DEPRESSIVE**	Lasting low mood is the main symptom.
4	4. For a month, a student has lost interest in playing the guitar.	**DEPRESSIVE**	Lasting loss of interest is the main symptom.
5	5. For several weeks, a student feels hopeless most days.	**DEPRESSIVE**	Persistent hopelessness points to low mood.
6	6. Strong fear of a harmless spider makes a student avoid the shed.	**ANXIETY**	Fear and avoidance are the main clues.
7	7. A student repeatedly avoids the grocery store for fear of panicking there.	**ANXIETY**	Fear and avoidance are the main clues.
8	8. For weeks, a student no longer enjoys drawing, a favorite hobby.	**DEPRESSIVE**	Lasting loss of interest is the main symptom.

PART 2 · PROVE IT

Accept any explanation that names the deciding feature from the rule box for the chosen item.

PART 3 · MAKE YOUR OWN (SAMPLE ANSWERS)

- **ANXIETY**: A student worries so much about making a mistake that they avoid trying new activities.
- **DEPRESSIVE**: For several weeks, a student has felt down and stopped enjoying board games.

Challenge: For item 1, a stressful life event could increase the risk of anxiety symptoms. One clue cannot prove a diagnosis because a professional must consider other symptoms, duration, and context.

Items describe symptom patterns, not diagnoses. For Part 2, accept explanations that identify the main symptom and connect it to the selected category.