

Chapter Two – Psychosocial Health quiz clues

- ✓ **Quizzes will be taken directly from up to four of the potential questions below**
- ✓ **Quizzes are closed book and note**

- ✓ Be able to list the four dimensions of psychosocial health

- ✓ Be able to list two characteristics of psychosocially healthy people

- ✓ Be able to list two INTERNAL factors that influence psychosocial health

- ✓ Be able to list two methods to maintaining self-efficacy or self esteem

- ✓ Be able to name the largest phobia in the United States that people have

- ✓ Be able to define SAD

- ✓ Be able list two methods for treating depression

- ✓ What are two things we can do to take action if we think someone is contemplating suicide