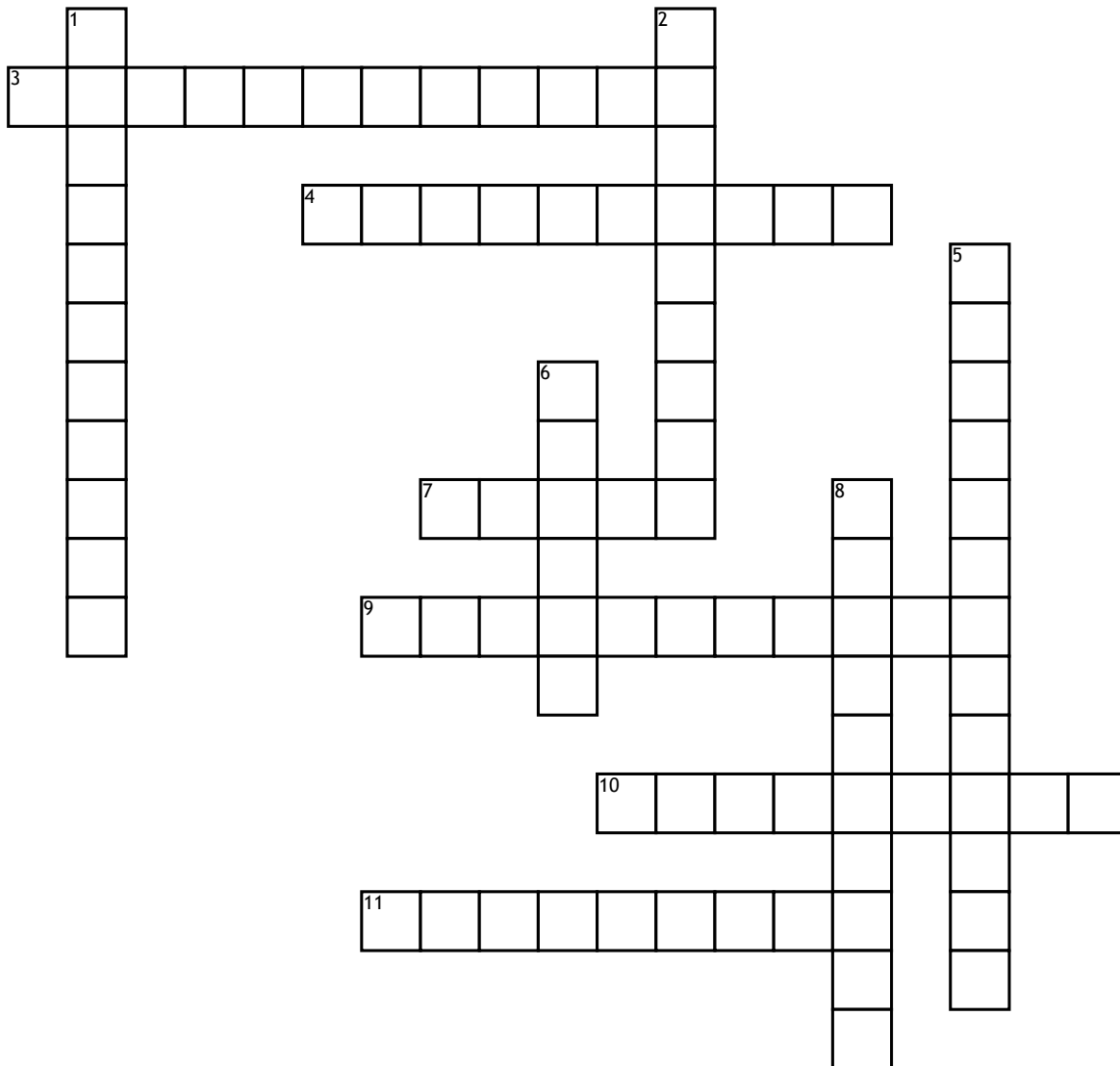


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Psychological Health



## Across

3. Belief in one's ability to perform a task successfully
4. Sense of self-respect or self worth
7. Bipolar disorder is also called \_\_\_\_\_ depression
9. Type of therapy that uses concepts of stimulus, response and reinforcement
10. Type of therapy that focuses on impact of thought and ideas on feelings and behaviour
11. Age of onset of Anorexia Nervosa

## Down

1. Subtype of Anorexia in which one does not engage in regular binge eating or purging behaviour
2. A disorder which is less severe than depression and harder to recognise
5. Type of health associated with valuing diversity
6. Type of health associated with developing rational strategies to solving problems
8. \_\_\_\_\_ thinking may indicate poor mental health