Beware: Labels Can Misguide Patients

Description

At 11, Kassondra Ola took many meds for mental health. Living in Virginia she struggled with bipolar disorder, misdiagnosed and given lots of meds. By 20, she discovered she had Asperger's, a condition similar to autism. The rise in bipolar diagnoses is concerning and may lead to misdiagnosis and overprescription of meds. Misdiagnosis can delay treatment for important conditions and make underlying issues worse.

Some believe the bipolar diagnosis has expanded too far, including borderline personality disorder, ADHD, and neurodivergence. Medication isn't always the best treatment for these conditions. Misdiagnosis can harm individuals and prevent them from getting the proper help they need.

Experts are reconsidering the criteria for bipolar diagnosis to prevent mislabeling. It's crucial to accurately diagnose mental health conditions to provide the right care and support for each individual.

Vocabulary List:

1. **Diagnosis** /ˌdaɪ.əgˈnəʊ.sɪs/ (noun): The identification of the nature of an illness or other problem by examination of the symptoms.
2. **Misdiagnosis** /ˌmɪsˌdaɪəgˈnəʊ.sɪs/ (noun): An incorrect diagnosis of a condition or disease.
3. **Overprescription** /ˌoʊ.vər.prɪˈskrɪp.ʃən/ (noun): The act of prescribing too much medication.
4. **Neurodivergence** /ˌnjʊə.roʊ.daɪˈvɜr.dʒəns/ (noun): The concept that neurological differences should be recognized and respected as a social category on par with gender ethnicity or sexual orientation.
5. **Treatment** /ˈtriːt.mənt/ (noun): The management and care of a patient for the purpose of combating a disease or condition.
6. **Criteria** /kraɪˈtɪə.ri.ə/ (noun): Principles or standards by which something is judged or decided.

Comprehension Questions

Multiple Choice

1. What age was Kassondra Ola when she took many meds for mental health?

   Option: 8

Option: 11
Option: 15
Option: 20

2. By what age did Kassondra Ola discover she had Asperger's?

Option: 15
Option: 18
Option: 20
Option: 25

3. What condition did Kassondra Ola struggle with in Virginia?

Option: Schizophrenia
Option: Bipolar disorder
Option: ADHD
Option: Depression

4. Which term is used to describe conditions similar to autism?

Option: Dyslexia
Option: Asperger's
Option: PTSD
Option: OCD

5. What did some people believe has expanded too far beyond bipolar disorder?

Option: Neurodivergence
Option: Depression
Option: Schizophrenia
Option: Borderline personality disorder

6. Why are experts reconsidering the criteria for bipolar diagnosis?

Option: To increase medication usage
Option: To prevent mislabeling
Option: To introduce new diagnostic tools
Option: To support overprescription

Answer

Multiple Choice: 1. 11 2. 20 3. Bipolar disorder 4. Asperger's 5. Borderline personality disorder 6. To prevent mislabeling

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which aspect is crucial for maintaining good health?

   Option: Nutrition
   Option: Exercise
   Option: Meditation
   Option: Entertainment

2. What unit is used to measure the energy content in food?

   Option: Grams
   Option: Liters
   Option: Calories
   Option: Kilowatts

3. What are you aiming to achieve when you set objectives?

   Option: Limitations
   Option: Goals
   Option: Distractions
   Option: Regrets

4. What is an additional product taken to support health and wellbeing?

   Option: Primary
   Option: Supplement
   Option: Trash
   Option: Accessory

5. Which term best describes a health issue that is serious and intense?

   Option: Mild
   Option: Moderate
   Option: Severe
   Option: Negligible

6. What is something not natural but created by humans called?

   Option: Abstract
   Option: Real
   Option: Artificial
   Option: Organic

7. Which term refers to feelings of worry or interest about something important?

Option: Doubts
Option: Concerns
Option: Joy
Option: Relief

8. What is the attitude of being careful about potential risks or problems?

Option: Fearless
Option: Cautious
Option: Ruthless
Option: Reckless

9. What is the process of identifying a medical condition or disease called?

Option: Judgment
Option: Diagnoses
Option: Prescriptions
Option: Therapy

10. Which term describes individuals whose neurological development and function differ from the norm?

Option: Conventional
Option: Neurodivergence
Option: Ordinary
Option: Stereotypical

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ of daily calorie intake is important for weight management.

12. Ignoring health warnings can put you at _____ for serious illnesses.

13. Proper diagnosis is crucial for effective _____ of medical conditions.

14. High _____ blood pressure can lead to heart problems.

15. The job application must meet all the specified _____ to be considered.

16. An incorrect _____ can result in wrong treatments.

17. Consuming _____ amounts of sugar can lead to health problems.

18. Effective marketing involves strategic _____ of products in the market.

19. Leaving an infection _____ can cause complications.

20. _____ of antibiotics can lead to drug resistance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. It is important not to let personal biases with objective decision-making.
22. Skydiving without proper training can be extremely .
23. A diet includes a variety of nutrients in appropriate proportions.
24. For precise measurements it is essential to use instruments.
25. She always follows the latest fashion trends and loves clothes.
26. When hiking in unfamiliar terrain it is wise to be and prepared.
27. The earthquake caused damage to the city making rescue efforts challenging.
28. Eating a balanced diet is essential for maintaining the lifestyle.
29. Doctors are trained to make accurate based on the patients' symptoms and test results.
30. Some individuals may require multiple to manage chronic conditions.

Answer

Multiple Choice: 1. Nutrition 2. Calories 3. Goals 4. Supplement 5. Severe 6. Artificial 7. Concerns 8. Cautious 9. Diagnoses 10. Neurodivergence
Gap-Fill: 11. Estimation 12. Risk 13. Treatment 14. Systolic 15. Criteria 16. Misdiagnosis 17. Excessive 18. Positioning 19. Untreated 20. Overprescription
Matching sentence: 1. Interfere 2. Risky 3. Balanced 4. Accurate 5. Trendy 6. Cautious 7. Severe 8. Healthiest 9. Diagnoses 10. Medications

CATEGORY

1. Health - LEVEL2

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