

# Psychiatry and the Natural World

Psychiatry · Answer Key · 8 Questions

---

**1. Which animal species has been extensively studied in laboratory settings to understand the neurobiological mechanisms of depressive-like behavior, often referred to as 'learned helplessness'?**

- A) *Canis lupus familiaris*
- B) *Rattus norvegicus***
- C) *Felis catus*
- D) *Pan troglodytes*

**2. In environmental psychology, the 'Biophilia Hypothesis' suggests that humans possess an innate tendency to seek connections with nature. Which psychiatrist and biologist is most famously associated with popularizing this term?**

- A) Sigmund Freud
- B) Edward O. Wilson**
- C) Carl Jung
- D) B.F. Skinner

**3. What is the clinical term for the psychiatric phenomenon where a person believes they are transforming into an animal, which is often rooted in cultural beliefs or delusional disorders?**

- A) Lycanthropy
- B) Zoanthropy**
- C) Therianthropy
- D) Zoomorphism

**4. Exposure to specific natural environments has been shown to reduce cortisol levels in humans. What is the Japanese practice of 'forest bathing', which psychiatrists often recommend for stress reduction, known as?**

- A) Shinrin-yoku**
- B) Ikebana
- C) Kintsugi
- D) Zazen

**5. Research into animal behavior has shown that social isolation in Rhesus macaques leads to significant deficits in neural development. Which researcher conducted these famous, albeit controversial, maternal-separation studies?**

**A) Harry Harlow**

B) Konrad Lorenz

C) Ivan Pavlov

D) Jane Goodall

**6. In the context of light therapy for Seasonal Affective Disorder (SAD), what environmental factor is being artificially simulated to regulate a patient's circadian rhythm?**

A) Humidity levels

B) Nocturnal bioluminescence

**C) Full-spectrum sunlight**

D) Geomagnetic shifts

**7. Which neurotransmitter, heavily involved in the regulation of mood and often targeted by antidepressants, is also found in various plants and animals, playing a role in basic physiological signaling?**

**A) Serotonin**

B) Dopamine

C) Acetylcholine

D) Glutamate

**8. Studies on 'Green Exercise' suggest that performing physical activity in the presence of nature has a superior effect on mental health compared to indoor exercise. What is this documented psychological benefit called?**

A) The Biophilic Effect

B) The Green Exercise Paradox

C) The Nature-Deficit Disorder

**D) The Restoration Theory**