

Journal 5/6

Anxiety Disorders

- a group of conditions where the primary symptoms are anxiety or defenses against anxiety.
- the patient fears something awful *will* happen to them.
- Most common group of mental disorders in the U.S.
- They are in a state of intense apprehension, uneasiness, uncertainty, or fear.
- [Analyze This](#)



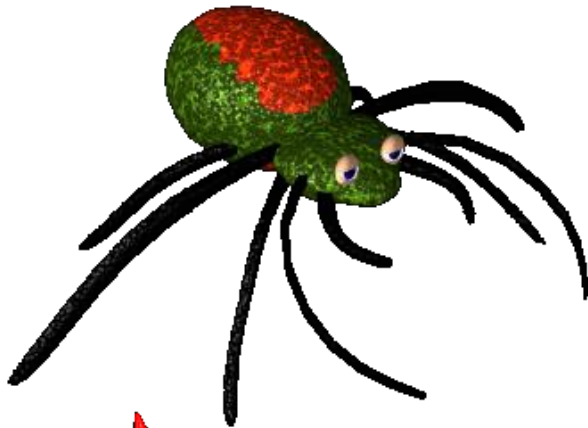
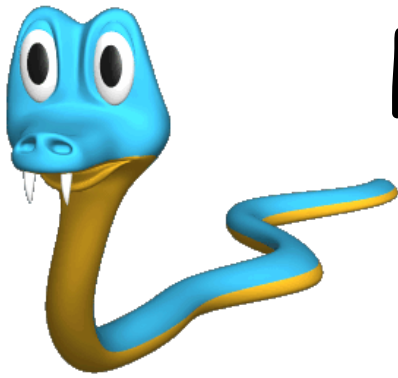
Generalized Anxiety Disorder

GAD



- An anxiety disorder in which a person is continuously tense, apprehensive and in a state of autonomic nervous system arousal.
- Worried, feels inadequate, oversensitive, can't concentrate or sleep
- No obvious cause
- Lasts 6+ months
- 66% of GAD sufferers are female

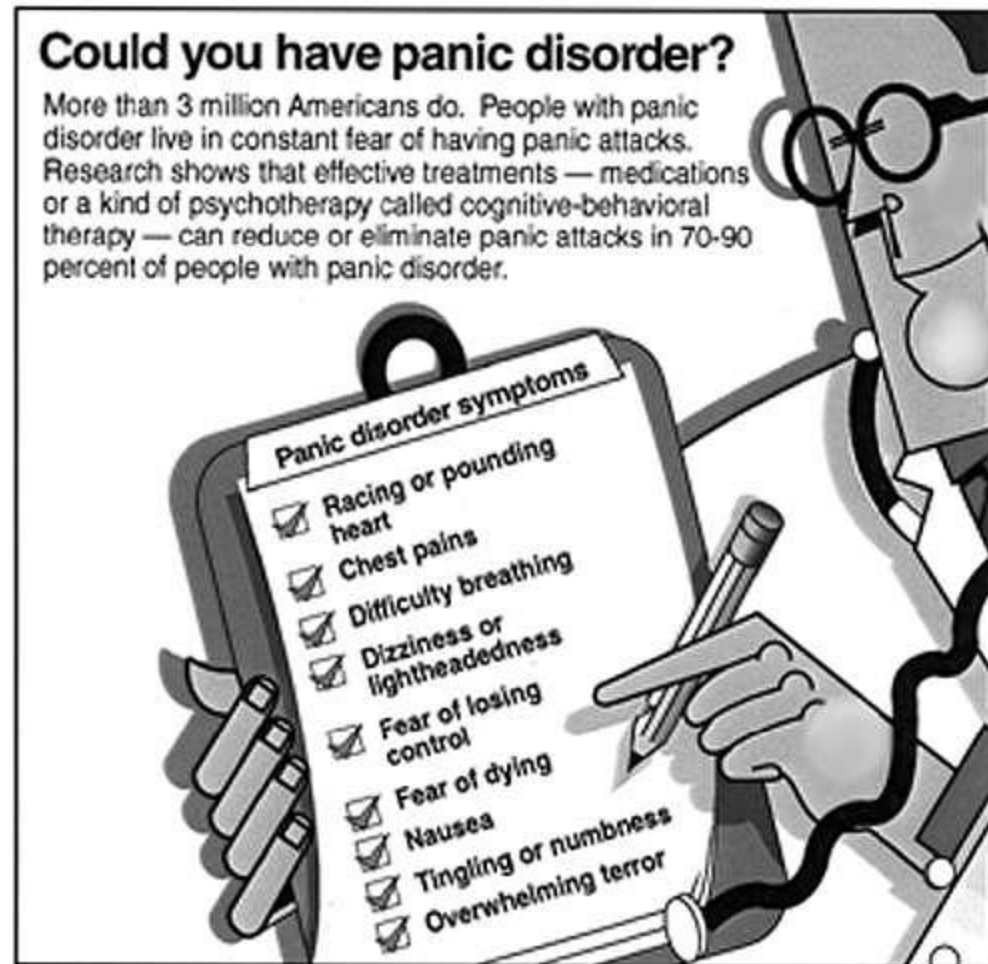
Phobic Disorder



- Persistent, irrational fear of a specific object, event, or person
- A person experiences sudden episodes of intense dread.
- Must be an irrational fear.
- [Phobia List](#)
- **Agoraphobia** - fear or avoidance of situations in which escape might be difficult (typically crowds)
- [Celebrity Phobias](#)

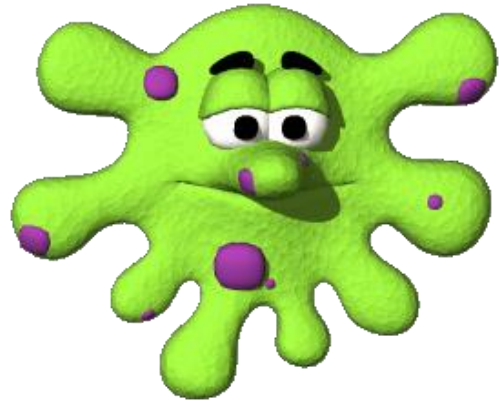
Panic Disorder

- Characterized by repeated panic attacks
- An anxiety disorder marked by a minutes-long episode of intense dread (panic attacks) in which a person experiences terror and accompanying chest pain, choking and other frightening sensations.



- Last a few minutes (common) to an hour (rare)
- Affects 1 in 75 people

Obsessive-Compulsive Disorder (OCD)



- Persistent unwanted thoughts (obsessions) cause someone to feel the need (compulsion) to engage in a particular action.
- Obsession about dirt and germs may lead to compulsive hand washing.
 - Examples
 - Good as it Gets
 - 2% of population
 - Sheldon
 - Aviator



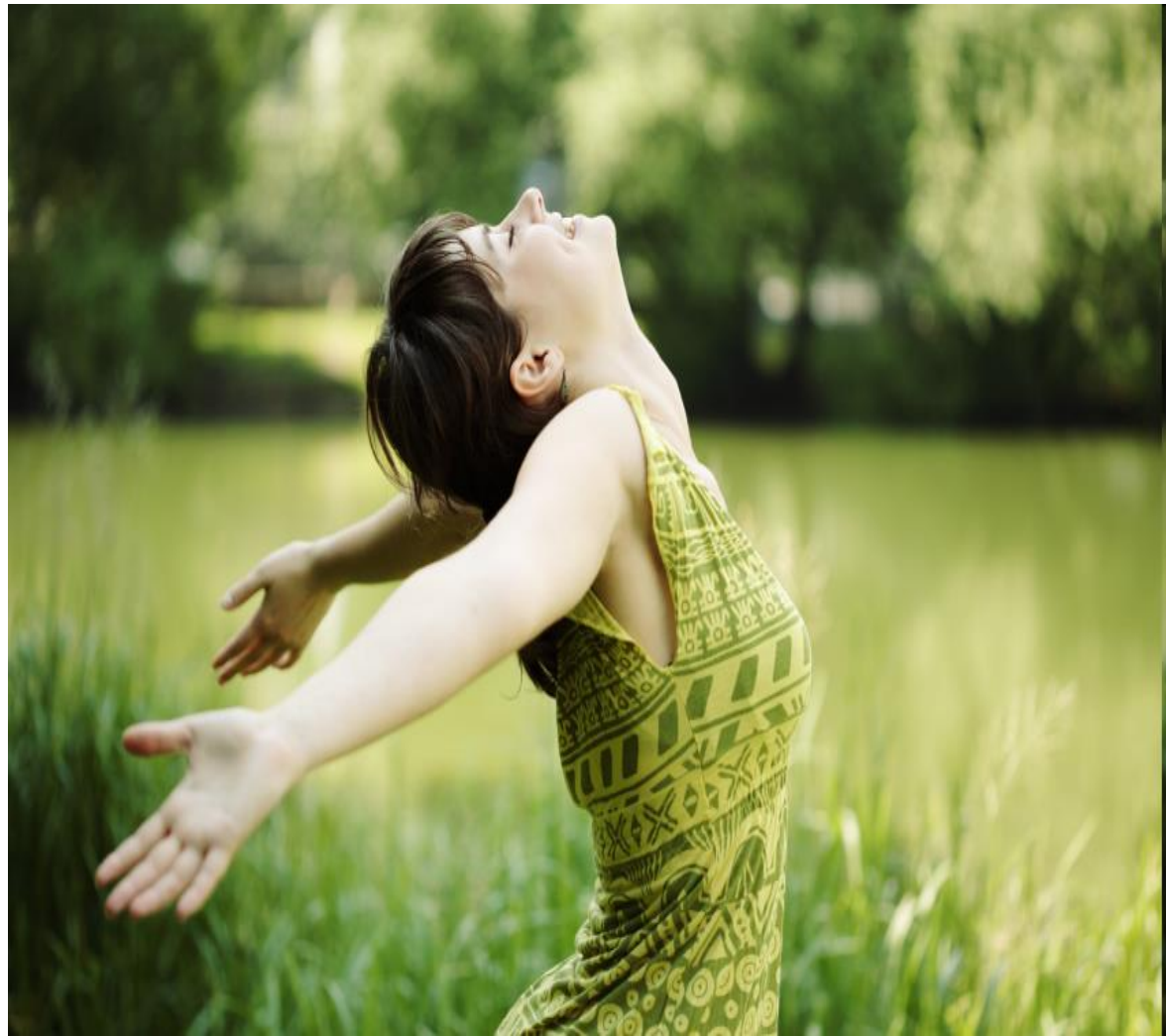
Post-traumatic Stress Disorder (PTSD)

- Disorder in which victims of traumatic events experience the original event in the form of dreams or flashbacks.
- Natural disasters, veterans of combat, sexual/physical abuse, catastrophes
- [PTSD in war veterans](#)
- Affects 1 in 4 Iraq/Afghanistan vets



- Those who struggle with challenging crises, such as facing cancer, often leads people later to report an increased appreciation for life, more meaningful relationships, increased personal strength, changed priorities, and a richer spiritual life.

Post-Traumatic Growth



Anxiety Disorders: Explanation

Behavioral Perspective

1. Fear is conditioned. We learn to associate certain things with anxiety-causing events from our past.
2. Generalization – we may generalize. (bit by dog so you fear dogs; over time, you generalize and begin to fear cats too)
3. Reinforcement – escaping feared situation makes you feel better; this is reinforcing the fear behavior
4. Observational – we can learn fears from our parents and friends
 - Are you afraid of sharks from watching jaws?



Anxiety Disorders: Explanation

Biological Perspective

1. People quickly acquire fears of some things (spiders, snakes, heights) and rarely acquire fears of other things (guns, electricity)
2. Compulsions are usually survival skills (grooming, checking locks, etc)
3. Twin studies support biological perspective
4. PET scans support biological perspective (higher activity in frontal lobe in OCD patients)

