

What is Anxiety?

 The APA defines <u>anxiety</u> as a negative mood state characterized by ______

• Anxiety is often accompanied by increased <u>physiological arousal</u>, such as:

When does anxiety strike?

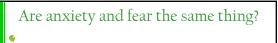
- Does anxiety serve a purpose?_____
- Despite what we may believe, some anxiety is actually good for us.
- Anxiety is a great motivator for good performance.
- Example?_____

When does it become <u>TOO</u> much anxiety?

- Unlike the "good" anxiety, can too much anxiety hinder your performance?
- When does it become a disorder?

Anxiety Disorders

- Disorders in which anxiety is a characteristic feature or the avoidance of anxiety seems to motivate abnormal behavior.
- Anxiety disorders involve _____
 - Phobias
 - Generalized anxiety disorder



• Fear is _____

- Fear is an <u>reaction</u> to current danger with the desire to escape the situation (Barlow, Brown et al, 1994).
- Fear activates our (autonomic nervous system)
 "Fight or Flight response" for emergency reactions.

"OK, try not to panic!!"

- Fear is closely associate with *panic*_____
- When panic is experienced, the intense fear and discomfort can produce a number of
- What does a panic attack look like?

Volunteer...Please?

Simulated panic attack- What did you see?

Panic Attacks

 Panic attacks are often mistaken for heart attacks due to dizziness, chest pressure and heart palpitations.

- There are three types of panic attacks:
 - · _____

• 2.4 million American adults experience a panic attack each year and women are twice as likely to experience these (Mayo clinic, 2006).



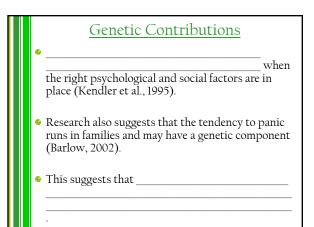
Does anxiety live inside my genes?

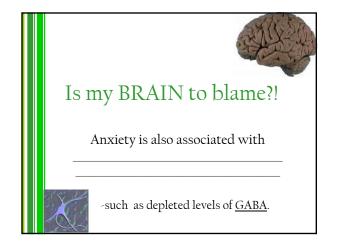
Biological Contributions to Anxiety and Panic

Genetic Vulnerability

- There is increasing evidence that suggests that we inherit a tendency to be tense or uptight (McGuffin & Reich, 1984).
- Is there a single "anxiety" gene that is responsible?







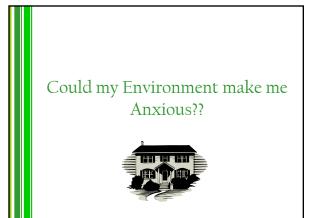
Biological Contributions

🔹 The

(BIS) is located in the circuit of the limbic system is activated by signals from the brain stem of

Is this the same area for panic?

- When the <u>BIS</u> is activated our tendency is to
- The BIS circuit is distinct from the circuit involved in panic.
- When this system is activated it sounds an immediate alarm/escape response that looks very much like panic in humans (Gray & McNaughton, 1996).



How about my environment?

 Research also suggests that our environment can ______

making you more or less susceptible to developing anxiety disorders..

• Thought smoking was just bad for your body? Bad news for smokers...

Smoking and Anxiety

 Recent research suggests that cigarette smoking as a teenager is associated with

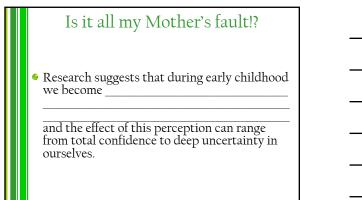
- Particularly panic attack and Generalized Anxiety Disorder (GAD)

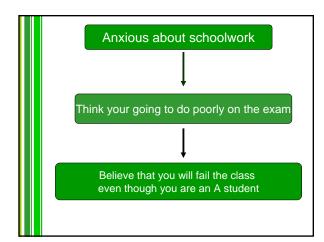
Teen smokers who smoked 20 cigarettes/ day were:
 15 times more likely to develop ______

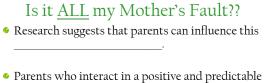
5 times more likely to develop _

Can someone be conditioned to be anxious?

- Behaviorists say "yes!" and view anxiety as a result of early Classical Conditioning/modeling (Bandura, 1986).
- Research performed by Barlow (2002) supports an integrated model of anxiety involving a variety of factors...including childhood experiences.







 Parents who interact in a positive and predictabl way with their children ______

- Additionally, parents who allow their children to develop a "secure base" gain a healthy sense of control.
 - Gain ____

Parental Influence

In contrast, _____

and never allow their children to experience any adversity teach the child that they can't control their environment (Barlow, 2002).

• A lot of research supports that belief that children who do not learn control are more

But...My Mom didn't break-up with me, my boyfriend did!

Stressful life events can trigger our

to anxiety

What events stress you out?

🔶 Most are _

- Marriage, divorce, difficulties at work, death of a loved one etc...
- The same stressors can trigger _____
 - Headaches, or hypertension and emotional reactions like panic attacks

The particular_____

this research suggests that there is possible genetic contribution to initial panic attacks.

Next class...

More Anxiety please!