

Feeling nervous?

Chapter 4-Anxiety Disorders



Class Objectives:

- Discuss the paper guidelines
- How are anxiety, fear and panic similar? Different?
- What are the possible causes of anxiety disorders?

Abnormal Psychology (PSY 210) Position Paper

- This assignment will require each student to form a position on a topic and provide research to support their position.
- This paper should not a platform for you to voice your personal beliefs about the topic
- Our experiences are <u>NOT</u> scientifically-based and therefore have no place in a research paper.

Paper guidelines

- Section Zero: (5 points) September 13th
- Bibliography Summary: (5 points) October 25th
 - The bibliography page must be submitted for instructor review.

 A minimum of <u>FOUR</u> (4) academic references must appear in your
- Section One (Introduction): (5 points)
- Section Two (Discussion): (10 points)
- Section Three (Research Section): (15 points)
- Section Four (Summation): (5 points)
- Format (5 points)

Pre-Approved Paper Topics:

- Generalized anxiety disorder
- Social anxiety disorder
- Post Traumatic Stress Disorder (PTSD)
- Obsessive-Compulsive Disorder (OCD)
- Social Phobia
- Specific Phobia- (Select one ONLY)
- Dissociative Identity Disorder
- Dissociative Fugue
- Dissociative Identity Disorder
- Depression
- Bipolar Disorder
- Eating Disorder- (Select one ONLY)
- Gender Identity Disorder
- Personality Disorders- (Select one ONLY)

Due November 8th

What is Anxiety?

As college students, you have probably experienced <u>anxiety</u>...

How would you describe it?







What is Anxiety? The APA defines anxiety as a mood state characterized by Anxiety is often accompanied by increased physiological arousal,	
Does anxiety serve a purpose? ————	
When does anxiety strike?	
Some anxietyResearch has shown that people perform better when they are anxious (Yerkes & Dodson, 1908).	
• Example:	

When does it become <u>TOO</u> much anxiety?	
*	
* When does it become a disorder?	
 When we begin to examine "anxiety disorders" we're talking about 	
Anxiety Disorders These are disorders in which anxiety is a	
Anxiety disorders involve function:	
- Phobias	
- Panic disorder - Generalized anxiety disorder - Obsessive-compulsive disorder	
> Obsessive compulsive disorder	
Are anxiety and fear the same thing?	
*	
* Fear is not a future-oriented mood state like anxiety.	
 Fear is an to current danger with the desire to escape the 	
situation (Barlow, Brown et al, 1994).	-
* Fear activates our (autonomic nervous system)	-

"OK, try not to panic!!"

- Fear is closely associate with <u>panic</u> which is a sudden _____
- When panic is experienced, the intense fear and discomfort can produce a number of physical symptoms.
- What does a panic attack look like?

Panic Attacks

- Panic attacks are often mistaken for _____
- There are three types of panic attacks:
 - Situationally predisposed
 - , , ,

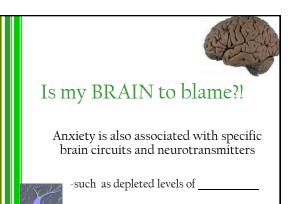
experience a panic attack each year and women are twice as likely to experience these (Mayo clinic, 2006).



Does anxiety live inside my genes?

Biological Contributions to Anxiety and Panic

<u>Genetic Vulnerability</u>	
 There is increasing evidence that suggests that we 	
(McGuffin & Reich, 1984).	
Is there a single "anxiety" gene that is responsible?	
	<u> </u>
As with almost all psychological	
disorders,	
seems to cause anxiety disorders	
Genetic Contributions	
 Contributions from a variety of genes make us vulnerable to anxiety when the right 	
are in place (Kendler et al., 1995).	-
 Research also suggests that the tendency to panic runs in families and may have a genetic component (Barlow, 2002). 	



Bio	logic	<u>al Cc</u>	ntril	<u>outions</u>
				-

Recent research has shown that the

_(Charn

ey & Drevets, 2002).

 The <u>behavioral inhibition system</u> (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 freeze, experience anxiety and evaluate the situation to confirm if danger is present.
- The BIS circuit is distinct from the circuit involved in panic.

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	Could my Environment make me Anxious??	
l	Anxious??	
l		
I	Have about my anyinanmant?	
l	How about my environment?	
l	 Research also suggests that our environment can change the sensitivity of these brain circuits, making you 	
l		
l	to developing anxiety disorders (Francis et al., 2002).	
l	Thought smoking was just bad for your body?	
I	Bad news for smokers	
		1
l	Smoking and Anxiety	
l	 Recent research suggests that cigarette smoking as a teenager is associated with 	
	Teen smokers who smoked 20 cigarettes/ day were: 15 times more likely to develop.	
	- 15 times more likely to develop more likely to develop GAD than	
	non-smokers or those smoking less.	

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	
involving a variety of factorsincluding childhood experiences.	
It's all my Mother's fault!!	
Research suggests that during early childhood we become aware that events are not the effect of this can range from total confidence to deep uncertainty in ourselves.	
Butmy Mom didn't break-up	
with me, my boyfriend did!	

can trigger our biological and psychological vulnerabilities to anxieties.

	What events stress you out?	
	• Most are interpersonal:	
l		
	The same stressors can trigger	
	Headaches, or hypertension and emotional	
	reactions like panic attacks	
	Next class	
l	More Anxiety please!	
	- Generalized Anxiety Disorder (GAD)	