



Feeling nervous?

Chapter 4- Anxiety Disorders





What is Anxiety?

As college students, you have probably experienced anxiety...

How would you describe it?



What is Anxiety?

- The APA defines anxiety as a negative mood state characterized by _____

- Anxiety is often accompanied by increased physiological arousal, 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 TOO much anxiety?

- Unlike the “good” anxiety, can too much anxiety hinder your performance? _____
- When does it become a disorder?
- When we begin to examine “anxiety disorders” _____

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
 - _____

Are anxiety and fear the same thing?

- _____
- Fear is _____
- Fear is an _____ reaction 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?

As with almost all psychological disorders, _____


Genetic Contributions

- _____ when the right psychological and social factors 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).
- This suggests that _____

_____.


Is my BRAIN to blame?!

Anxiety is also associated with _____

 -such as depleted levels of GABA.

Biological Contributions

- Recent research reports that _____ is the area of the brain most associated with anxiety (Charney & Drevets, 2002).
- 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 BIS 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).

Could my Environment make me Anxious??



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.

Is it all my Mother's fault!?

- Research suggests that during early childhood we become _____
_____ and the effect of this perception can range from total confidence to deep uncertainty in ourselves.

Anxious about schoolwork



Think your going to do poorly on the exam



Believe that you will fail the class even though you are an A student

Is it ALL my Mother's Fault??

- Research suggests that parents can influence this _____.
- Parents who interact in a positive and predictable 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!
