



Feeling nervous?

Chapter 4- Anxiety Disorders



Class Objectives:

- What are anxiety, fear and panic?
- What are Phobias?

What is Anxiety?

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



True or False?

- ◆ There is only one type of anxiety disorder.
- ◆ Anxiety disorders often occur with other illnesses.
- ◆ Most people successfully take control of the symptoms of anxiety disorders by sheer willpower and personal strength.
- ◆ Anxiety disorders are rare.
- ◆ Anxiety disorders are part of your personality. They can't be changed.
- ◆ Women and men are affected by anxiety disorders at the same rates.

When does anxiety strike?

- ◆ _____

- ◆ Anxiety is a great motivator for _____

When does it become TOO much anxiety?

- ◆ When we examine "anxiety disorders" we're talking about _____
- ◆ These are disorders in which anxiety is a characteristic feature or the avoidance of anxiety seems to motivate abnormal behavior.

Anxiety Disorders

* Anxiety disorders involve clinically significant distress and impairment in daily function:

- Phobias
- Panic disorder
- Generalized anxiety 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 panic which is a sudden _____

* When panic is experienced, the intense fear and discomfort can produce a number of _____



Does anxiety live inside my genes?

Biological Contributions to Anxiety
and Panic

Genetic Vulnerability

There is increasing evidence that suggests
that we _____

As with almost all psychological
disorders, _____



Is my BRAIN to blame?!

Anxiety is also associated with specific brain circuits and neurotransmitters

-such as



Could my environment make me anxious?

- Research suggests that our environment can change the sensitivity of our brain circuits, making you more or less susceptible to developing anxiety disorders (Francis et al., 2002).



Phobias

Chapter 4- anxiety disorders



Class Objectives

- ✿ What is a *Phobia*?
- ✿ How are *Phobias* diagnosed?
- ✿ Can *Phobias* be treated?
- ✿ NEXT Class:
 - What causes *Phobias*?
 - What Is PTSD?

What is a phobia?

- ✿ A specific phobia is an

- Significantly interferes with ones ability to function.

✿ _____

RUN!!!

- ✿ _____ is necessary to meet the criteria for a phobia.
- ✿ Most persons with specific phobias recognize that the fears are unreasonable and irrational but try to escape anyway.



Phobic Disorders

✿ The _____

- People with phobias often adapt their lives and simply work around it.

✿ The physical symptoms of this type of anxiety are:

- Increased heart rate
- Blood pressure
- Irregular breathing patterns,
- Thoughts of disaster.

Diagnosing Phobias

✿ To qualify for a diagnosis of phobic disorders is that the fear must be _____

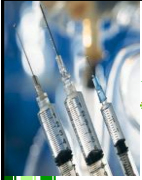
✿ Unlike generalized anxiety, the anxiety is focused on some specific object or situation.

- _____

Different types of phobias

DSM IV first defined phobias as a classifiable disorder in 1994

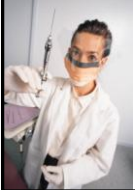
Types of phobias



1.

- ✳ Unreasonable fear/avoidance of exposure to _____.

These are typically the people who faint at the sight of even a drop of blood (Barlow et al.,1995).



- ✳ People with this type of phobia experience different physiological reactions than other phobias.

Blood-Injury-Injection Phobias


- ✳ This type of phobia runs in families and has a strong genetic component.
- ✳ This is likely because people who inherit this phobia _____
- ✳ The average age of onset for this type of phobia is 9.





Don't look down!!



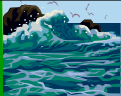


Acrophobia




- * Natural/environment phobias involve the fear of events in nature, like heights, storms or water.







- * _____
- * _____
- * Example- If you fear deep water, you are likely to also fear storms
- * The age of onset for this type of phobia is age _____.



Phobias characterized by fear of public transportation or enclosed places are called _____



Situational phobia

- Situational phobias tend to emerge in the early to _____

- People with situational phobias never experience a panic attack outside the context of their phobic object/situation.
✓ _____



Animal Phobias

- 4. _____

- particularly dogs, snakes, insects and mice
- The age of onset is 7, like natural environmental phobias.



Statistics

- The APA reports that in any given year, _____

- They are the most common psychiatric illness among _____

- The sex ratio for specific phobias is _____

Since people tend to work around their phobias, only the most severe cases tend to seek treatment.

Will I have to live with this forever?

- Once a phobia develops, _____
_____ making treatment very important.
- With proper treatment, the vast majority of phobia patients can completely overcome fears and live symptom-free.

Treatment

- The treatment for phobias is agreed on by most of the psychological community. _____
_____ exercises.
- This should be done under professional supervision, so the patients are not exposed to too much at once, which could lead to escape and this would only _____
- New developments in treatment make it possible to treat many specific phobias in an intensive, one day session participating in exposure exercises with the phobia/situation.

Treatments

- ✿ The results are very interesting because in these cases not only does the phobia disappear but the tendency to experience the _____

- ✿ It is now clear, based on brain imaging that these treatments _____

Where do phobias come from?

It was once believed that phobias developed after a traumatic event. _____

Where did this come from?

- ✿ Traumatic experiences can result in phobic behavior, developed by _____ where danger results in an alarm response.
- ✿ Example- many people who have choking phobias have experienced choking at some time.

Developing phobias

- Vicarious experience - _____
_____.
- Seeing someone else have a traumatic experience is enough to instill a phobia in the watcher.
- 3. _____
_____ can sometimes produce a phobia, this is referred to as information transmission.

It's all in the breeding...

- _____

- 31% of first-degree relatives of people with specific phobias also had a phobia, compared to only 11% of first relatives of normal controls.
- This research suggests that relatives were likely to have that exact type of phobia (Frye et al. , 1990).

Next Class...

- (OCD)- Obsessive Compulsive Disorder
- (PTSD)-Post Traumatic Stress Disorder
