



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 NOT 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 **FOUR** (+) academic references must appear in your paper
- ◆ 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 *anxiety*...

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 anxiety _____. Research has shown that people perform better when they are anxious (Yerkes & Dodson, 1908).

- Example:

When does it become TOO 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

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 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

Genetic Vulnerability

- ✦ There is increasing evidence that suggests that we _____
_____ (McGuffin & Reich, 1984).
- ✦ Is there a single “anxiety” gene that is responsible?

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).



Is my BRAIN to blame?!

Anxiety is also associated with specific brain circuits and neurotransmitters



-such as depleted levels of _____

Biological Contributions

- Recent research has shown that the _____ (Charny & Drevets, 2002).
- The *behavioral inhibition system* (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 freeze, experience anxiety and evaluate the situation to confirm if danger is present.
- The BIS circuit is distinct from the circuit involved in panic.
- (_____)

Could my Environment make me Anxious??



How about my environment?

- Research also suggests that our environment can change the sensitivity of these brain circuits, making you _____
to developing anxiety disorders (Francis et al., 2002).
- 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 _____

- Teen smokers who smoked 20 cigarettes/ day were:
 - 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 factors...including 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.

But...my 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:

- _____
- _____
- _____

- The same stressors can trigger

- _____
- Headaches, or hypertension and emotional reactions like panic attacks

Next class...

- More Anxiety please!

- Generalized Anxiety Disorder (GAD)
