




## 16.2 ANXIETY DISORDERS




# What is Anxiety?

- General state of dread or uneasiness that a person feels in response to real or imagined danger.
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# Anxiety Disorders

- Anxiety is out of proportion with threat
  - Interferes with everyday functioning
  - Most common mental illness
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# Symptoms

- Anxiety
  - Feelings of inadequacy
  - Avoidance of problems
  - Unrealistic image of self
  - Recurring fears
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# Symptoms Expressed As


- Worrying
  - Mood swings
  - Headache
  - Sweating
  - Muscle tension
  - Fatigue
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# Generalized Anxiety Disorder

- Constantly anxious
- No specific trigger
- Fear unforeseen circumstances
- Struggle with relationships
- Don't fulfill responsibilities
- Experience physical symptoms of anxiety constantly
- Probably a case of classical conditioning




# Phobic Disorder

- Severe anxiety focused on a particular object
  - Disproportionate to actual threat
  - Specific phobia—fear of high places (acrophobia), fear of enclosed spaces (claustrophobia)
  - Social phobias—fear of embarrassing self in public: public speaking, eating in public, public restrooms, meeting strangers, first dates
  - Phobics develop elaborate plans to avoid their phobia
  - Agoraphobics (fear of social places) go to the extreme of changing sleep patterns!
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# Panic Disorder

- Sudden, unexplainable attack of intense anxiety
  - Choking, difficulty breathing, dizziness, nausea, chest pains
  - Maybe have cognitive roots of misinterpreting physiological signs (increased heart beat means doom)
  - Usually develop agoraphobia because they fear having a panic attack and embarrassing themselves in public.
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# Obsessive-Compulsive Disorder

- Obsession-recurring thoughts, uncontrollable, anxiety producing
    - Did I just run someone over with my car?!
  - Compulsion-way of coping with obsession.
    - Turn around and check for a body repeatedly.
  - Germ obsession = hand washing compulsion
  - Maladaptive thought and behaviour patterns that disrupt life
  - Why do people develop compulsions?
    - Cognitive explanation
    - Behavioural explanation
    - Social explanation
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# Post-Traumatic Stress Disorder

- Experienced prolonged trauma or an acute experience of an immensely traumatic event
- Rape survivors, combat veterans, natural disaster survivors
- May begin right after event, may be delayed
- Flashbacks, nightmares, insomnia, guilt
  - Why would the above individuals feel guilt?
- Not all people develop PTSD—resiliency (we need to study these people!)