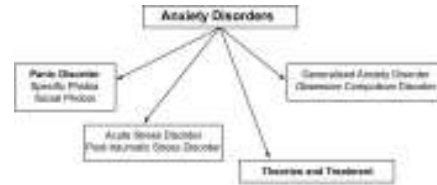


Chapter 5

Anxiety Disorders



The Nature of Anxiety Disorders

- **Fear** is an innate alarm response to a dangerous or life-threatening situation.
- **Anxiety** is the state in which an individual is inordinately apprehensive, tense, and uneasy about the prospect of something terrible happening.
- People with **anxiety disorders** are incapacitated by chronic and intense feelings of anxiety.

Panic Disorder

Frequent and Recurrent Panic Attacks

- Unexpected (Uncued) Attacks
- Situationally Bound (Cued) Attack
- Situationally Predisposed Attack

or

Constant Worry and Apprehension
About Possible Panic Attacks

Panic Disorder

Panic disorder is often associated with **agoraphobia**.

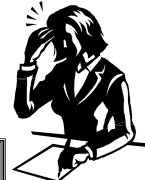
Agoraphobia:

Intense anxiety about being trapped or stranded in a situation without help if a panic attack occurs.

Panic Disorder

Suggested explanations include:

- Neurotransmitters
- Anxiety Sensitivity
- Conditioned Fear Reactions



Biological relatives of people with panic disorder are 8 times more likely to develop this condition.

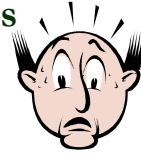
Panic Disorder

Treatments

- Benzodiazepines
- Antidepressants
- Serotonin Reuptake Inhibitors
- Relaxation Training
- Panic Control Therapy (PCT)



Specific Phobias



Specific Phobia:

An irrational and unabating fear of a particular object, activity, or situation that provokes an immediate anxiety response, disrupts functioning, and results in avoidance behavior.

Specific Phobias

Examples

Hematophobia	Blood
Epidiophobia	Snakes
Claustrophobia	Closed spaces
Acrophobia	Heights
Aerophobia	Flying
Death-related phobia	Funerals, corpses, and cemeteries

Specific Phobias

Some Less Common Phobias



Ailurophobia	Cats
Chionophobia	Snow
Erythrophobia	The color red
Metallophobia	Metals
Ponophobia	Work
Triskaidekaphobia	The number 13

Specific Phobias

Treatments

- Systematic Desensitization
- Flooding
- Imaginal Flooding
- Graduated Exposure
- Thought Stopping

Social Phobia

A **social phobia** involves a fear in virtually all social situations.

People with social phobia:

- recognize their own fears as unreasonable
- show low self-esteem
- underestimate their own abilities
- ruminate about how they could have acted differently in a social event.

Social Phobia

Treatments

- *In Vivo* Exposure
- Cognitive Restructuring
- Social Skills Training
- Sometimes Medication

Generalized Anxiety Disorder

Generalized Anxiety Disorder:

An anxiety disorder characterized by anxiety that is not associated with a particular object, situation, or event, but seems to be a constant feature of a person's day-to-day existence.



Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder:

An anxiety disorder characterized by recurrent obsessions or compulsions that are inordinately time-consuming or that cause significant distress or impairment.



Obsessive-Compulsive Disorder

Obsession:

A persistent and intrusive idea, thought, impulse, or image.



Compulsion:

A repetitive and seemingly purposeful behavior performed in response to uncontrollable urges or according to a ritualistic or stereotyped set of rules.

Obsessive-Compulsive Disorder

4 Major Dimensions

- Obsessions associated with checking compulsions.
- Need for symmetry and order.
- Obsessions about cleanliness associated with washing compulsions.
- Hoarding-related behaviors.

Obsessive-Compulsive Disorder

OCD is increasingly being understood as a genetic disorder.



So far, treatment with clomipramine or other serotonin reuptake inhibiting medications, such as fluoxetine (Prozac), is the most effective biological treatment available for OCD.

TRAUMA

Trauma-Induced Disorders

Acute Stress Disorder:
An anxiety disorder that develops during the month after a traumatic event. Lasts 2-4 weeks.

Symptoms may include depersonalization, numbing, dissociative amnesia, intense anxiety, hypervigilance, and impairment of everyday functioning.

Trauma-Induced Disorders

Post-Traumatic Stress Disorder:
More than a month after a traumatic event, stress interferes with the individual's ability to function.

Symptoms fall into two related clusters:

- Intrusions and Avoidance
- Hyperarousal and Numbing

Perspectives on Trauma-Induced Disorders

- Brain Changes
- Conditioned Fear
- Economic Disadvantage

Treatment of Trauma-Induced Disorders

- Medication
- “Covering”
- “Uncovering”

Anxiety Disorders: The Biopsychosocial Perspective

- These disorders involve intermingling of biological, psychological, and sociocultural phenomena.
- Relatively straightforward behaviorally based treatments can alleviate symptoms.
- Other strategies can enhance effectiveness of behavioral techniques:
 - cognitive
 - insight-oriented
 - psychopharmacological