

anxiety / related disorders

- ppl w/ anxiety disorders cannot control it
- can develop from genetic/psychological factors
- Primary anxiety-related diagnoses: generalized anxiety disorders, panic disorder, specific phobia, social phobia, PTSD, OCD

Introduction

- anxiety: negative mood state

- increased heart rate
- muscle tension
- sense of unease
- apprehension about the future (danger)

* If anxiety interferes w/ someone's life in a significant way, it's considered a disorder

- biological vulnerabilities: specific genetic/neurobiological factors that might cause ppl to develop an anxiety disorder
- psychological vulnerabilities: influences that our early experiences have on how we view the world
- specific vulnerabilities: how experiences lead us to focus/channel our anxiety

Generalized Anxiety Disorder

- worries become difficult/impossible to deal w/
- muscle tension, fatigue, restlessness, trouble w/ sleep
- 6 months of symptoms (excessive anxiety)
- anxious ppl are more vigilant, worry about gaining control

Panic Disorder/Agoraphobia

- fight or flight: alarm reaction
 - can happen unexpectedly as a false alarm
- panic disorder: regular strong panic attacks → includes significant levels of worry about future attacks
 - continued intense anxiety/avoidance
 - interpret normal sensations as abnormal → leads to avoidance of internal bodily/somatic cues
 - * interoceptive avoidance: avoidance of situations/activities that produce physical arousal similar to panic attack symptoms
 - external cues for panic (stimuli in outside world) that can cause panic
- agoraphobia: avoidance of several places/situation
 - not everyone w/ this has panic attacks

Specific phobia

- 4 major subtypes:

1. blood-injury-injection (BII)
2. situational type
3. natural environment type (height, storms, water)
4. animal
5. *other*

- phobia reactions involve a surge of activity in the sympathetic nervous system, increased HR, blood pressure, panic attack

* BII phobia → drop in HR/BP → fainting spells

Social Anxiety Disorder (Social Phobia)

- SAD: fear/anxiety w/ social situations is VERY strong → ppl avoid it completely/are distressed when involved in one
↳ HATE attention

* SAD performance only → limited to certain situations perceived as requiring some type of performance

- past experience can lead to this

Post-traumatic Stress Disorder

- PTSD: sense of intense fear, triggered by the memory of an event, that another traumatic event will occur

- isolation
- emotional numbing
- re-experiencing the event, flashbacks

- sensitivity to internal/external cues

Obsessive-Compulsive Disorder

- OCD: characterized by desire to engage in certain behaviors excessively/compulsively in hopes of reducing anxiety (cleaning, opening/closing doors, obsessing over certain thoughts)

- impossible not to engage
- irrational, repetitive thoughts/compulsions

* symptoms must disrupt life/take up time

- thought-action fusion: tendency to overestimate relationship btwn thoughts/actions (mistakenly believing that a bad thought = bad action)

Treatments for Anxiety/Related Disorder

- medications

* relapse rates high

- exposure therapy (exposure based cognitive behavioral therapies)