

Unit Eight: Anxiety Disorders

Directions: Answer each of these questions in the space provided.

What is anxiety disorder?

What is generalized anxiety disorder?

What are phobias?

What is panic disorder?

What is obsessive compulsive disorder?

What is acute stress disorder?

What is posttraumatic stress disorder?

What is stress?

What is a stressor?

What is stress response?

What is primary appraisal?

What is secondary appraisal?

What is the autonomic nervous system?

What is the central nervous system?

What is the sympathetic nervous system?

What is the parasympathetic nervous system?

What are corticosteroids?

What is the hippocampus?

What is trait anxiety?

What is situation or state anxiety?

What is free-floating anxiety?

What is realistic anxiety?

What is neurotic anxiety?

What is moral anxiety?

What is unconditional positive regard?

What are conditions of worth?

What is client-centered therapy?

What is existential anxiety?

What is maladaptive assumption?

What are automatic thoughts?

What is self-instructing training or stress inoculation training?

What are benzodiazepines?

What is gamma-aminobutyric acid?

What are barbiturates?

What are sedative-hypnotic drugs?

What is a meprobamate?

What are beta blockers?

What are b-adrenergic receptors?

What is busprione?

What are azapirones?

What is relaxation training?

What is biofeedback?

What is a tremyograph?

What is an electroencephalograph?

What is agoraphobia?

What is social phobia?

What is a specific phobia?

What is arachnophobia?

What is aerophobia?

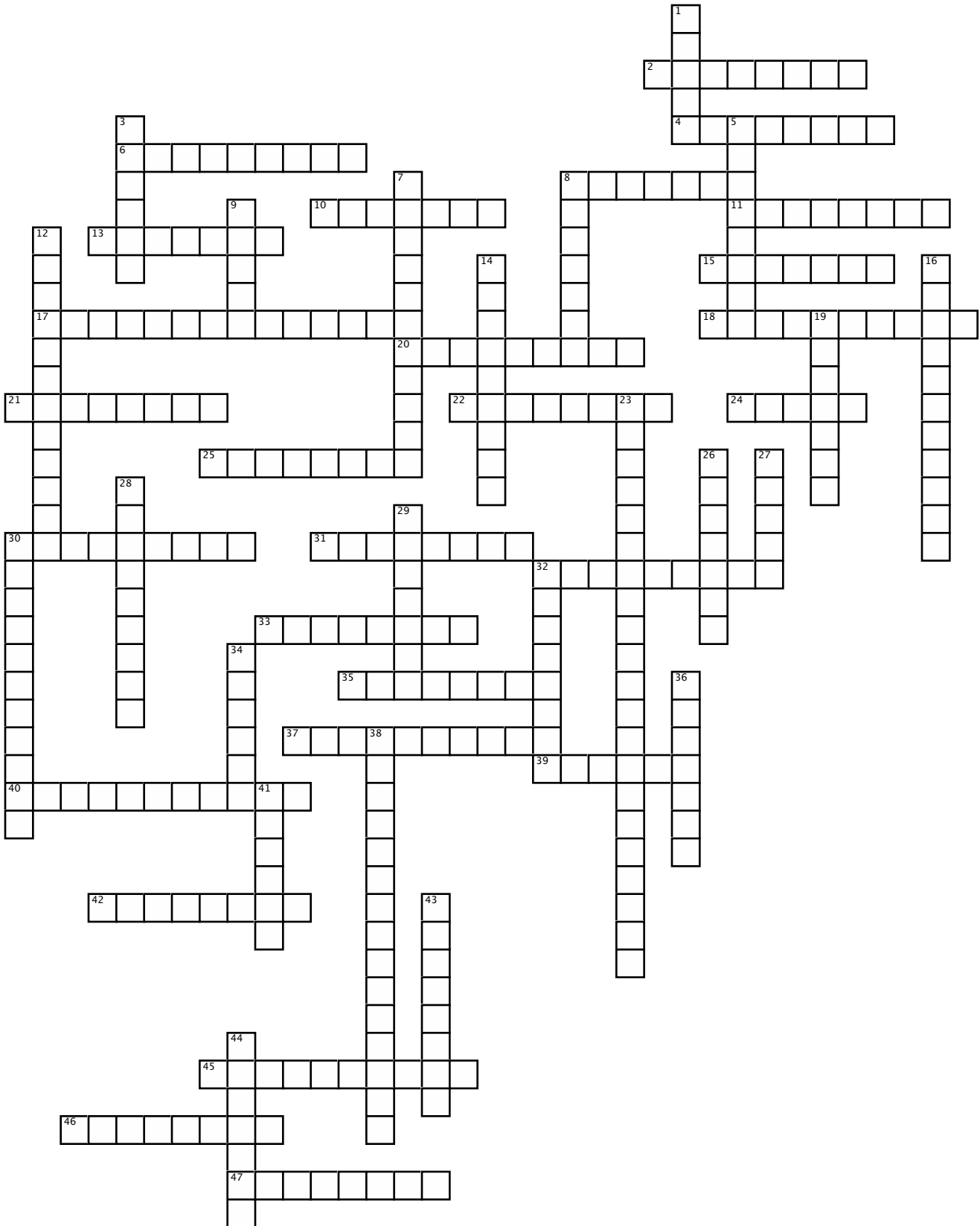
What is tonitrophobia?

Unit Eight: Anxiety Disorders
The World of Abnormal Behavior - The Anxiety Disorders

Directions: Answer each of these questions in the space provided.

1. What is the difference between normal anxiety and abnormal anxiety?
2. Write a vignette in which a person is having a panic attack. Describe how the person feels in his or her own words.
3. Mary and donna suffer from different anxiety disorders. Discuss how their symptoms differ.
4. In the video, Dr. Shulman describes the case of Paula, a patient with panic disorder. You meet Mary, Roger and Patrick, who suffer from panic disorder with agoraphobia. Using these cases, describe how the two disorders differ.
5. Why do you think Donna is afraid of knives rather than, for example, driving across bridges?
6. Dr. Shulman identifies four areas that he believes contribute to the development of anxiety disorders. What are they and how do they relate to the cases of Paula, Phil, and Maria.
7. In the scene in which Dr. Goldstein talks with Mary, identify which parts of the conversation deal with cognitive strategies and which use behavioral strategies.
8. Discuss the controversy over the use of medication in the treatment of anxiety disorders. What side effects are of concern?
9. Describe the various treatment techniques used at Dr. Alan Goldstein's clinic and tell why he thinks it is important patients leave their regular environment for treatment.
10. Dr. Goldstein says, "It's really important for people who have these problems to eat well." What does he mean and how would you change your diet to reduce your vulnerability to symptoms?

Unit Review Number Eight
Anxiety Disorders



Across

2. Self-instruction _____ or stress inoculation training teaches clients to rid themselves of thoughts that heighten their anxiety.
4. Corticosteroids are _____ triggered by the adrenal glands.
6. Tonitrophobia is the fear of _____ and thunder.
8. The central _____ system is the brain and spinal cord.
10. Free-floating _____ is continual anxiety not attributable to any specific situation or reasonable danger.
11. Client centered therapy is when they try to show unconditional _____ regard for their clients and to empathize with them.
13. Realistic _____ is when we confront genuine external dangers.
15. Moral _____ is when we are punished or threatened for expressing our id impulses.
17. Trait anxiety is the actual trait or _____ that each of us bring to the events in our life.
18. Neurotic anxiety is when we are _____ prevented by our parents or circumstances, from expressing our id impulses.
20. Secondary _____ is where we weigh what kind of response is needed and assess whether we have the ability and the personal and social resources to cope with it.
21. Sedative-hypnotic drugs are a group of drugs that are central nervous system depressants with the capacity of relieving anxiety and inducing _____ and sleep.
22. Post traumatic stress _____ can occur after you've seen or experienced a traumatic event that involved the threat of injury or death.
24. Biofeedback is where therapists _____ people to control their physiological processes such as heart rate or muscle tension.
25. Automatic _____ are persistent anxiety-provoking images and thoughts.
30. Barbiturates are _____ that act on the central nervous system and cause drowsiness and can control seizures.
31. A _____ is the event that creates the demands; part one of two components that causes stress.
32. Anxiety _____ are blanket terms covering several different forms of abnormal and pathological fear and anxiety which only came under the aegis of psychiatry at the very end of the 19th century.
33. Stress _____ is a person's idiosyncratic reactions to demands; part two of two components that causes stress.
35. Acute stress _____ is an anxiety disorder characterized by a cluster of dissociative and anxiety symptoms occurring within one month of a traumatic event.

Down

1. Conditions of _____ are when people become overly critical of themselves and develop harsh self-standards.
3. Aerophobia is the fear of _____.
5. The "fight-or-flight" _____ prepares us for some kind of action in response to danger.
7. The _____ is the brain part that seems to regulate emotional memories, and it helps turn off the body's anxiety reaction.
8. The autonomic _____ system is the extensive network of nerve fibers that connects the central nervous system to all the other organs of the body.
9. Situation or _____ anxiety is where a person becomes anxious as a result of a specific situation.
12. Benzodiazepines is a _____ drug whose core chemical structure that enhances the effect of the neurotransmitter GABA.
14. Primary _____ is where we interpret a situation as threatening or harmless.
16. A _____ assumption is a non-logical or pseudo-logical statement or thought that a person has that is not helpful to their lives, but just an assumption that is a projection of their depression or other mental state.
19. Existential _____ is a universal human fear of the limits, freedom, and responsibilities of one's existence.
23. An _____ records electrical activity in the brain.
26. Generalized _____ disorder (GAD) is an anxiety disorder that is characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportionate to the actual source of worry.
27. Phobias are irrational _____ about objects or concepts.
28. B-adrenergic _____ are receptors in the brain.
29. Stress is whenever we are confronted with _____ or opportunities that require us to change in some manner.
30. A _____ is a bitter white powder, used as a tranquilizer, muscle relaxant, and anticonvulsant.
32. Panic _____ is an anxiety disorder characterized by recurring severe panic attacks.
34. Social _____ is where people have severe, persistent, and irrational fears of social or performance situations in which embarrassment may occur.
36. Arachnophobia is the fear of _____.
38. The _____ nervous system returns our heartbeat and other body processes to normal.
41. Agoraphobia is where people avoid _____ places or situations.
43. Beta _____ are a class of drugs used for various indications, but particularly for the management of cardiac arrhythmias, cardioprotection after myocardial infarction (heart attack), and hypertension.

Across

37. Obsessive _____ disorder are beset by recurrent and unwanted thoughts that cause anxiety or by the need to perform repetitive ritualistic actions to reduce anxiety.

39. Unconditional positive _____ is blanket acceptance and support of a person regardless of what the person says or does.

40. A _____ provides feedback about the level of muscular tension in the body.

42. A _____ phobia is a persistent fear of a specific object or situations.

45. GABA is the chief _____ neurotransmitter in the mammalian central nervous system.

46. Azapripines are drugs that treat _____.

47. Relaxation _____ is where therapists teach clients to relax muscles throughout the body.

Down

44. Busprione is an _____ drug and has received more research port than beta blockers.