CHAPTER 16

REVIEW 16.1: Anxiety Disorders

Carol almost constantly feels extremely tense and uneasy for no apparent reason. She cannot concentrate on her studies, and she’s on the verge of failing all her courses. This suggests that

she may suffer from a

1 ________________ disorder,

which may lead to

2 ________________ problems, such as ulcers and high blood pressure.

Because Carol cannot identify the cause of her tension,

it would be described by Sigmund

3 ________________ as

4 ________________ ,

while learning theorists would link her anxiety with

5 ________________ of fear, and biological psychologists might link it to an overarousal of 6 ________________ areas involved in 7 ________________ control.

Carol’s roommate Shayna complains of similar feelings but also

experiences unexpected episodes of intense dread, known as

8 ________________ attacks,

which are accompanied by physical symptoms such as

9 ________________ , shortness of breath, and choking sensations.

Shayna has experienced several of these frightening episodes and has begun to avoid situations in which

she fears 10 ________________

may be difficult.

Thus, Shayna is developing a fear of leaving her home, which may become 11 ________________ if the feelings intensify.

Carol and Shayna’s friend Randal doesn’t understand their inability to identify the source of their anxiety. He says,

“I know exactly what I fear: heights. I have a 12 ________________ ,

I know is 13 ________________ , but at least I can deal with it by avoiding tall buildings, for example.

I believe I 14 ________________ my fear from my dad, after watching him fall off our roof and never climbing a ladder again.”

(Continued on the next page.)