Chapter 16
Psychological Disorders

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) generalized anxiety disorder, which may lead to (2) physical problems, such as ulcers and high blood pressure. Because Carol cannot identify the cause of her tension, it would be described by Sigmund (3) Freud as (4) free-floating, while learning theorists would link her anxiety with (5) classical conditioning of fear, and biological psychologists might link it to an over arousal of (6) brain areas involved in (7) impulse control. Carol’s roommate Shayna complains of similar feelings, but also experiences unexpected episodes of intense dread, known as (8) panic attacks, which are accompanied by physical symptoms such as heart (9) palpitations, 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) escape may be difficult. Thus, Shayna is developing a fear of leaving her home, which may become (11) agoraphobia 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) phobia, which I know is (13) irrational but at least I can deal with it by avoiding tall buildings, for example. I believe I (14) learned my fear from my dad, after watching him fall off our roof and never climbing a ladder again.” While Randal is talking with Carol and Shayna, another friend Moira is making her third trip to the restroom to wash her hands. Moira has become (15) obsessed with the idea that doorknobs or any objects handled by others are full of germs. By giving in to her (16) compulsion to wash her hands, she eliminates the germs. But this constant hand-washing is interfering with her everyday life. One use flu explanation for Moira’s behavior is biological: Brain scans have shown that an area that monitors our actions and checks for errors, the (17) anterior cingulate cortex, is especially likely to be hyperactive in people with Moira’s disorder. Alternatively, learning theorists would say that actions such as frequent hand-washing reduce a sufferer’s (18) anxiety, thus reinforcing the hand-washing. As they talk, the four friends remember Shayna’s brother Shawn, who is an Army lieutenant serving in Afghanistan. In his many e-mails, he has described to Shayna some horrific situations. Shayna fears that when Shawn returns, he will have nightmares and suffer other constant reminders of the horrors he has seen, which would be symptoms of (19) post-traumatic stress disorder. As explained by (20) learning theorists, any reminders of his war-time experiences will bring out feelings of (21) anxiety.

Review 16.2: Mood Disorders
Dwayne’s parents (Isabel and Max) are worried about him. Dwayne’s fiancée Arlene recently died in a car accident and since then Dwayne has been lethargic and has lost all interest in family and friends. This behavior has lasted for more than two weeks, suggesting that he is suffering from (1) major depressive disorder, which is more common in (2) women than in (3) men. Isabel and Max think there may be a biological explanation for Dwayne’s condition. They recall that Isabel’s mother and sister were both diagnosed with psychological problems, indicating a (4) genetic influence. However, a psychologist with a (5) social-cognitive perspective suggests that Dwayne’s (6) self-defeating beliefs and (7) negative explanatory style may also be contributing to his inability to get over the loss of his fiancé. After about a month, Dwayne comes out of his room, all excited with plans to move to Hawaii and start a new career in real estate. Max and Isabel’s psychologist suggests that these symptoms may indicate the presence of (8) bipolar disorder, which is characterized by alternating mood swings between (9) depression and the overexcited state of (10) mania. Researchers have found that during bipolar episodes of depression, brain levels of (11) norepinephrine and (12) serotonin are low, and one of these neurotransmitters, (13) norepinephrine, is overabundant during bipolar episodes of mania.

Review 16.3: Schizophrenia
The Swiss Guards are blocking his way, but Trevor insists that he be let in: “I am the Pope,” he says. Trevor is
experiencing a (1) **delusion**, which is a common symptom of (2) **schizophrenia**. Other symptoms include the following: The voices Trevor hears that tell him he is Pope and that he must “say the Mass this morning” are auditory (3) **hallucinations**. Trevor also laughs hysterically when the Guard points a gun at him, thus exhibiting (4) **inappropriate** emotions. Given the presence of odd behaviors, Trevor’s symptoms are considered (5) **positive**, and they seem to indicate that he has (6) **paranoid** schizophrenia. Trevor has been in and out of psychiatric hospitals since he was a teenager, indicating that he suffers from (7) **chronic**, or process, schizophrenia and that his chances of recovery are (8) **poor**. Researchers have proposed several explanations for schizophrenia. One explanation involves low brain activity in the (9) **frontal lobe** and a noticeable decline in the brain waves that reflect (10) **synchronized** neural firing. An alternative explanation suggests that a midpregnancy (11) **viral** infection impairs brain development in the fetus. Schizophrenia is largely influenced by genetic and biochemical factors, but extreme stress often triggers the disorder, which indicates that (12) **environment** also plays a role in its onset.