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 disorder, which may lead to problems, such as ulcers and high blood pressure.

Because Carol cannot identify the cause of her tension, it would be described by Sigmund as learning theorists would link her anxiety with of fear, and biological psychologists might link it to an overarousal of areas involved in control.

Carol's roommate Shayna complains of similar feelings but also experiences unexpected episodes of intense dread, known as attacks, which are accompanied by physical symptoms such as heart, shortness of breath, and choking sensations.

Shayna has experienced several of these frightening episodes and has begun to avoid situations in which she fears may be difficult. Thus, Shayna is developing a fear of leaving her home, which may become 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 ."

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

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

(Continued on the next page.)
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____________ with the idea that doorknobs or any objects handled by others are full of germs. By giving in to her 16____________ to wash her hands, she thinks she eliminates the germs. But this constant hand-washing is interfering with her everyday life.

One useful explanation for Moira’s behavior is biological: Brain scans have shown that an area that monitors our actions and checks for errors, the 17____________ 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____________, 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____________ disorder.

As explained by 20____________ theorists, any reminders of his war-time experiences will bring out feelings of 21____________.

Answers may be found in the Appendix at the end of this booklet.
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 ________________ disorder,

which is more common in

2 ________________ (men/women)

than in 3 ________________ (men/women).

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 ________________ influence.

However, a psychologist with a social-

5 ________________ perspective suggests that Dwayne's 6 ________________ beliefs and 7 ________________ explanatory style may also be contributing to his inability to get over the loss of his fiancée.

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 ________________ disorder, which is characterized by alternating mood swings between 9 ________________ and the overexcited state of 10 ________________.

Researchers have found that during bipolar episodes of depression, brain levels of 11 ________________ and 12 ________________ are low,

and one of these neurotransmitters, 13 ________________ , is overabundant during bipolar episodes of mania.

Answers may be found in the Appendix at the end of this booklet.
**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 ____________, which is a common symptom of 2 ____________.

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 ____________.
- Trevor also laughs hysterically when the Guard points a gun at him, thus exhibiting 4 ____________ emotions.

Given the presence of odd behaviors, Trevor's symptoms are considered 5 ____________ (positive/negative), and they seem to indicate that he has 6 ____________ schizophrenia.

Trevor has been in and out of psychiatric hospitals since he was a teenager, indicating that he suffers from 7 ____________, or process, schizophrenia, and that his chances of recovery are 8 ____________ (good/poor).

Researchers have proposed several explanations for schizophrenia. One explanation involves low brain activity in the 9 ____________ and a noticeable decline in the brain waves that reflect 10 ____________ neural firing.

An alternative explanation suggests that a midpregnancy 11 ____________ 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 ____________ also plays a role in its onset.

Answers may be found in the Appendix at the end of this booklet.