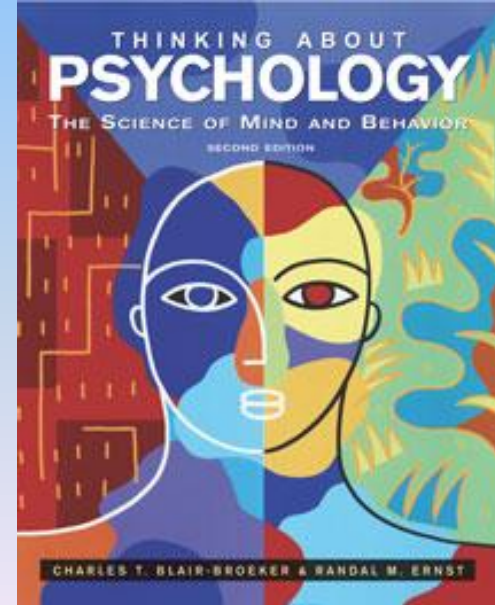


Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker
Randal M. Ernst



Variations in Individual and Group Behavior Domain



Psychological Disorders

Chapter



Module 30

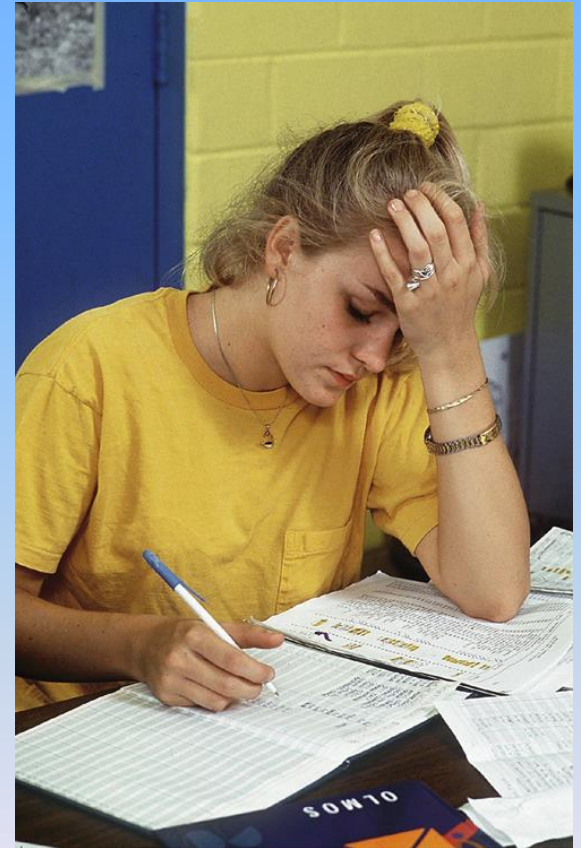
Anxiety and Mood Disorders

Module 30: Anxiety and Mood Disorders

Anxiety Disorders

Anxiety and Anxiety Disorders

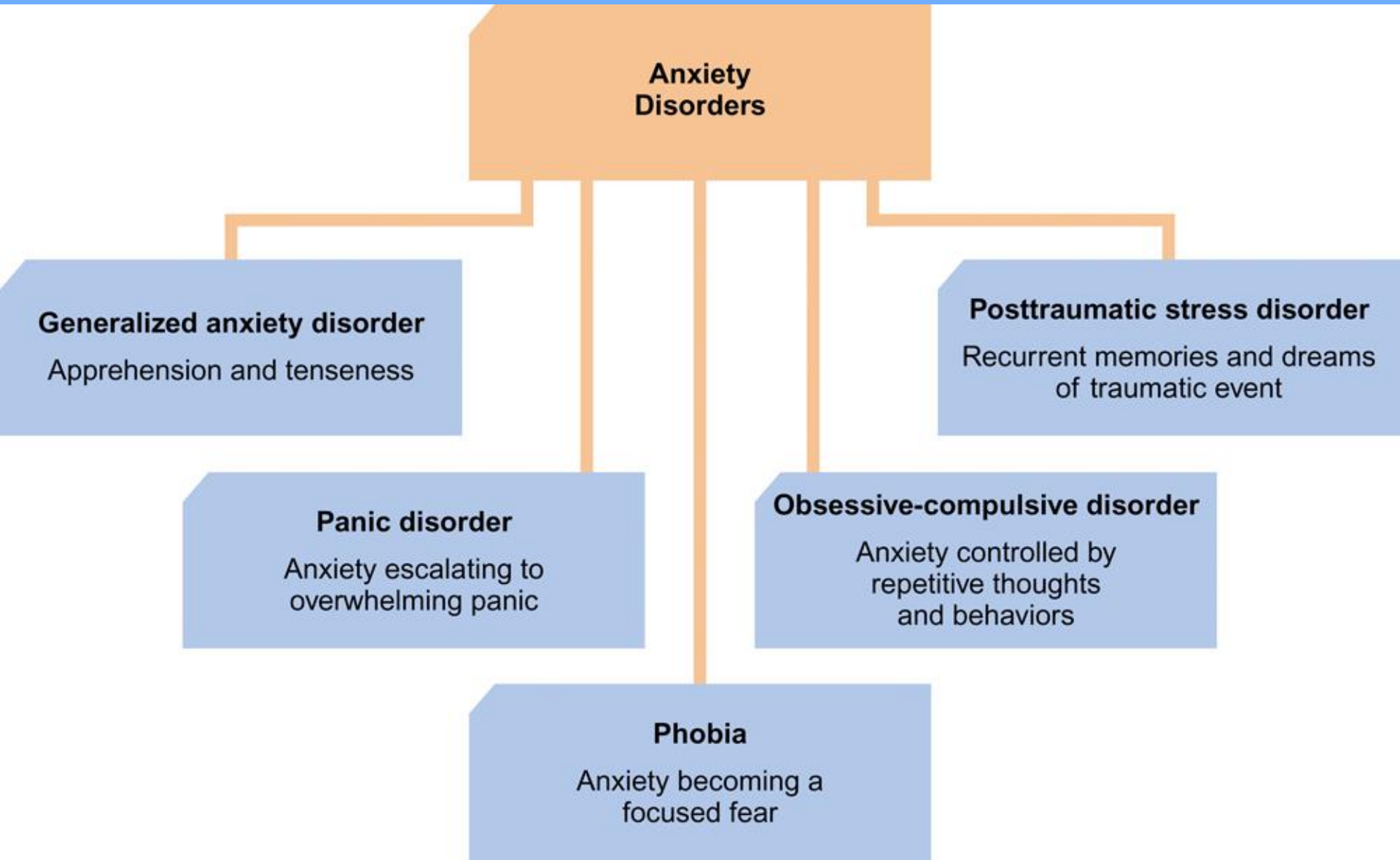
- *Anxiety*: Vague feeling of apprehension or nervousness
- *Anxiety disorder*: where anxiety begins to take control and dominate a person's life



Types of Anxiety Disorders

- Anxiety disorders are divided into:
 - *Generalized Anxiety Disorder*
 - *Panic Disorder*
 - *Phobia*
 - *Obsessive-Compulsive Disorder*
 - *Posttraumatic Stress Disorder*

Anxiety Disorders



Module 30: Anxiety and Mood Disorders

Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD)

- An anxiety disorder characterized by *disruptive* levels of *persistent*, *unexplained* feelings of apprehension and tenseness

Symptoms of Generalized Anxiety

- Must have at least three of the following:
 - Restlessness
 - Feeling on edge
 - Difficulty concentrating/mind going blank
 - Irritability
 - Muscle Tension
 - Sleep Disturbance

Module 30: Anxiety and Mood Disorders

Panic Disorder

Panic Disorder

- An anxiety disorder characterized by *sudden bouts* of intense, unexplained anxiety called panic attacks
- Often associated with physical symptoms like *choking sensations* or *shortness of breath*
- Panic attacks may happen several times a day or only once in a great while

Module 30: Anxiety and Mood Disorders

Phobia

Phobia

- An anxiety disorder characterized by *disruptive, irrational fears* of specific objects or situations
- The fear must be both irrational and disruptive.

Table 30.2

Some common—and not-so-common—phobias

These are common:

Blood	hematophobia
Darkness	nyctophobia
Enclosed space	claustrophobia
Germs	spermophobia
Heights	acrophobia
Mice	musophobia
Snakes	ophidiophobia
Spiders	arachnophobia
Wasps	spheksophobia

Phobias can develop to almost anything:

Air	aerophobia
Churches	ecclesiaphobia
Eyes	ommatophobia
Frost	cryophobia
Shadows	sciophobia
Swallowing	phagophobia
Trees	dendrophobia

Social Phobia

- Phobias which produce *fear in social situations*
- Goes beyond the normal anxiety about presenting in front of the class
- May even be afraid to answer the phone or call up and order a pizza
- May not be able to eat in front of others or use a public bathroom

Agoraphobia

- Fear of situations the person views as difficult to escape from if panic begins to build
- Fear of leaving one's home or room in the house
- May develop if a person frequently experiences panic attacks because they are afraid of having one in public

Module 30: Anxiety and Mood Disorders

Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder (OCD)

- An anxiety disorder characterized by unwanted, repetitive *thoughts* and *actions*
- *Obsessions* – repetitive thoughts
- *Compulsions (Rituals)* – repetitive actions

OCD

- As long as people are able to engage in their rituals/compulsions, their anxiety remains under control.
- However, if they are somehow prevented from engaging in their ritual behavior, then anxiety and panic rapidly build.
- If a person doesn't seek help then the obsessions/compulsions begin to take control of the person's life.

Table 30.3

Common Obsessions and Compulsions Among Children and Adolescents with Obsessive-Compulsive Disorder

Thought or Behavior	Percentage* Reporting Symptom
<i>Obsessions (repetitive thoughts)</i>	
Concern with dirt, germs, or toxins	40
Something terrible happening (fire, death, illness)	24
Symmetry, order, or exactness	17
<i>Compulsions (repetitive behaviors)</i>	
Excessive hand washing, bathing, tooth brushing, or grooming	85
Repeating rituals (in/out of a door, up/down from a chair)	51
Checking doors, locks, appliances, car brake, homework	46

*Seventy children and adolescents reported their symptoms.

Source: Adapted from Rapoport, 1989.

Module 30: Anxiety and Mood Disorders

Posttraumatic Stress Disorder

Posttraumatic Stress Disorder (PTSD)

- An anxiety disorder characterized by *reliving* a severely upsetting event in unwanted recurring memories (flashbacks) and dreams
- Person doesn't just remember it, but feels like they are actually re-experiencing the event in their mind (war, assault, natural disaster, bad accident, etc.)

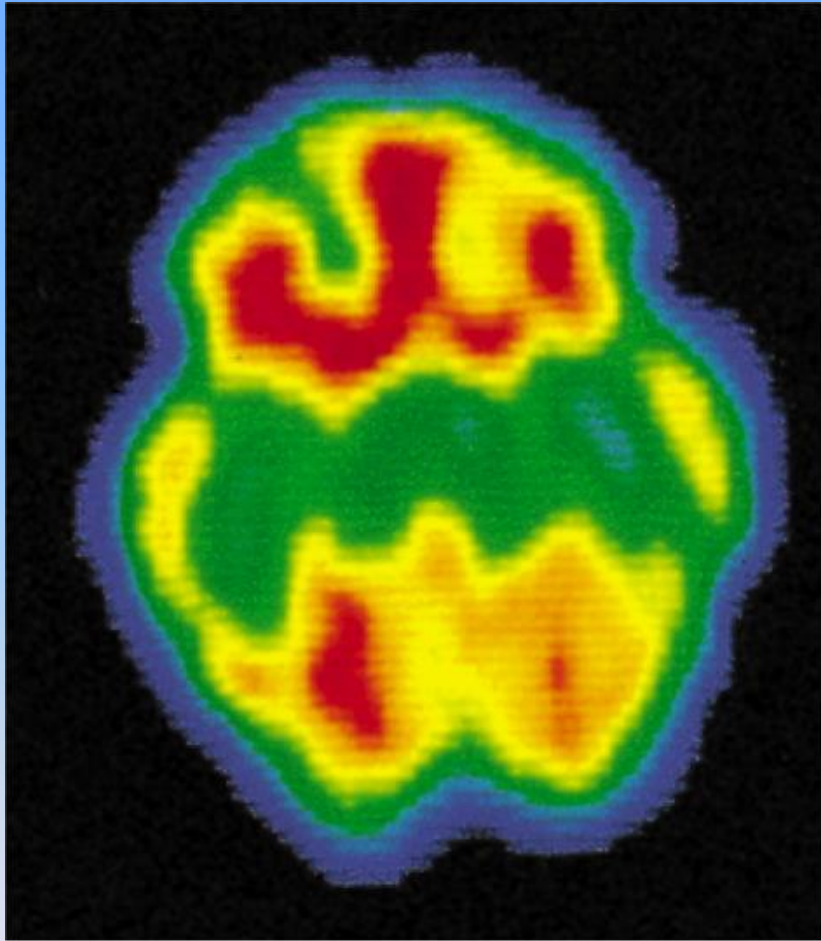
Module 30: Anxiety and Mood Disorders

Causes of Anxiety Disorders

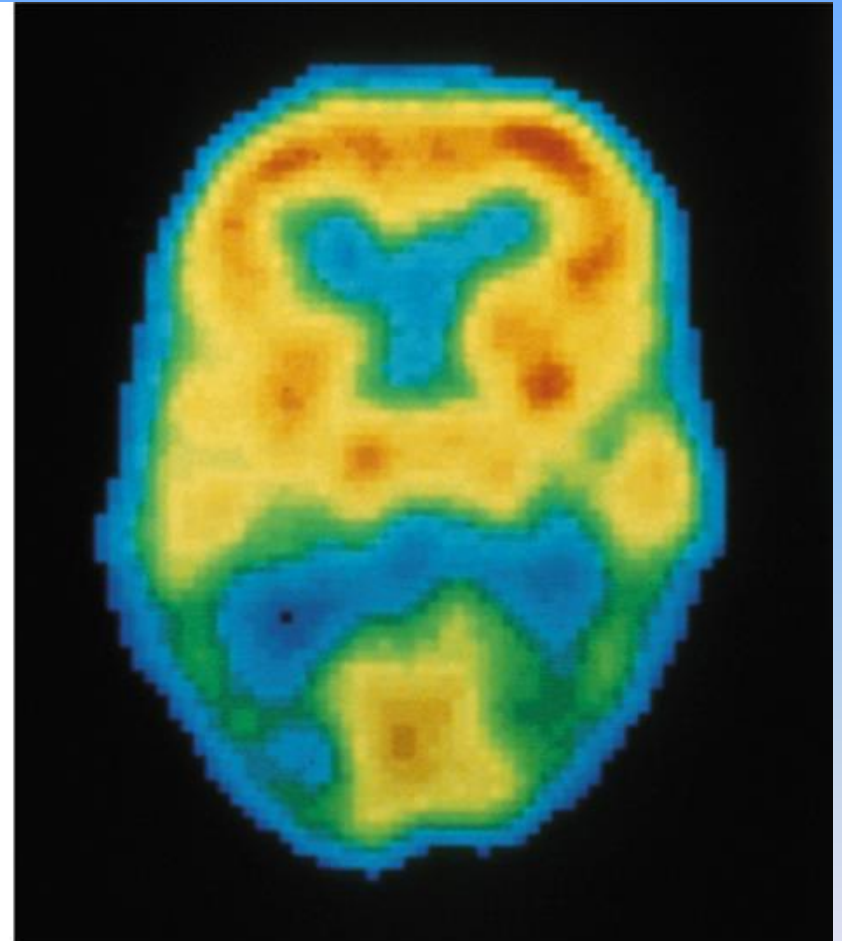
Biological Factors

- *Hereditary* factors may result in a *predisposition* for developing anxiety disorders
- *Brain functions* appear to be different in someone who has an anxiety disorder (overactivity in frontal lobes in those with OCD or a hypersensitive amygdala in phobias)
- *Evolutionary* factors may lead to anxiety disorders. (fear of snakes or other situations that posed danger led to survival)

The Brain and OCD



With OCD



No OCD

Learning Factors

- Through *classical conditioning* people may *associate* fear with an object (“Little Albert”).
- *Observational learning*--watching another experiencing fearfulness--may result in developing the same fear.
- Fear of something may be *reinforced* when avoiding that which is feared (can reduce fear of heights by being reinforced when you avoid heights).

Module 30: Anxiety and Mood Disorders

Mood Disorders

Mood Disorders

- Classification of disorders where there is a disturbance in the person's emotions
- Major types of mood disorders include:
 - *Major Depressive Disorder*
 - *Bipolar Disorder*
 - *Dysthymic Disorder/Persistent Depressive Disorder*

Mood Disorders

```
graph TD; MD[Mood Disorders] --- MDD[Major depressive disorder]; MD --- BD[Bipolar disorder];
```

Mood Disorders

Major depressive disorder

Depressed mood lasting at least 2 weeks, diminished interest in activities, and other symptoms

Bipolar disorder

Alternating periods of mania and depression

Module 30: Anxiety and Mood Disorders

Major Depressive Disorder

Major Depressive Disorder (Clinical Depression)

- A mood disorder in which a person, for no apparent reason, experiences at least *5 of these 9* symptoms for *at least two weeks* (incl. at least one of the first two):

Depression Symptoms

- depressed mood most of the day, nearly every day (in kids and teens an irritable mood qualifies)
- little interest or pleasure in almost all activities
- feelings of worthlessness or inappropriate guilt
- Significant changes in weight or appetite
- Sleeping more or less than usual
- Agitated or decreased level of activity
- Fatigue or loss of energy
- Diminished ability to think or concentrate
- Recurrent thoughts of death or suicide

Module 30: Anxiety and Mood Disorders

Bipolar Disorder

Bipolar Disorder

- A mood disorder in which the person alternates between the hopelessness of depression and the overexcited and unreasonably optimistic state of mania
- Formerly called manic-depressive disorder
- Many times will follow a cyclical pattern

Mania/Manic Episode

- Period of overexcitement and unreasonable optimism

What does mania look like?

- Feelings of **euphoria** and **elation** or **irritability** and **anger**
- **Impulsive, high-risk behavior**, including **grand shopping sprees, drug and alcohol abuse and sexual promiscuity**
- **Aggressive** behavior
- **Increased energy, racing thoughts and rapid speech**
- Fleeting, often **grandiose ideas**

Mania

- Decreased sleep (typically the individual doesn't feel tired after as few as three hours of sleep)
- Decreased appetite
- Difficulty concentrating; disorganized thoughts
- **Inflated self-esteem/overconfidence**
- Delusions and hallucinations (in severe cases)

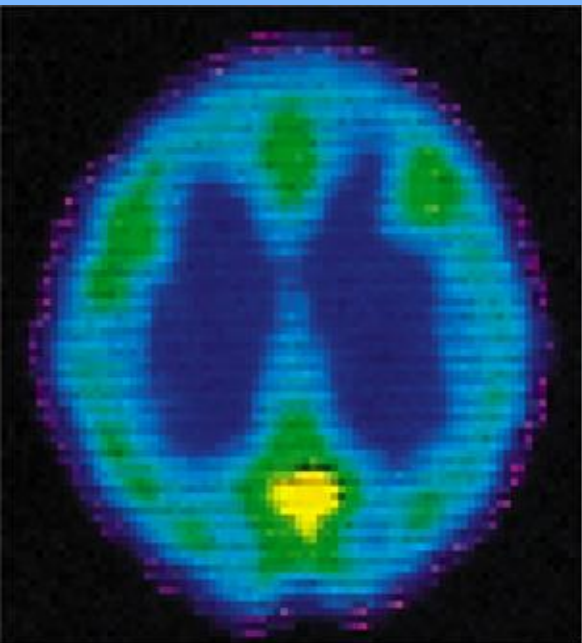
Module 30: Anxiety and Mood Disorders

Causes of Mood Disorders

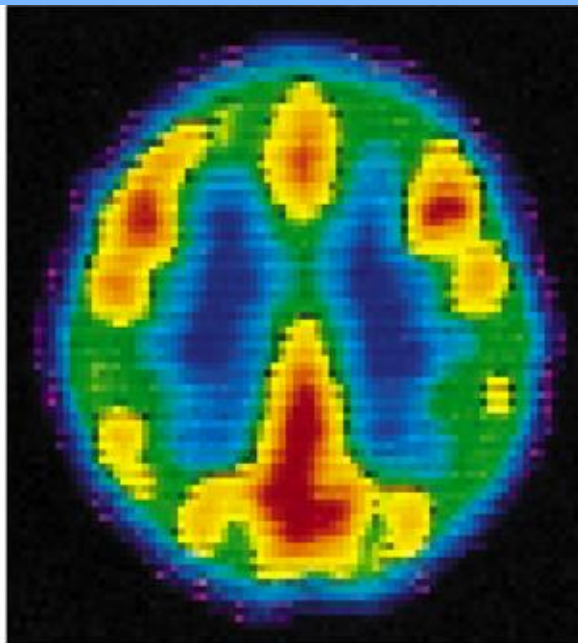
Biological Factors

- Mood disorders have a hereditary nature to them.
- Depressed individuals tend to have depressed brains.
 - PET scans indicate less activity during periods of depression.

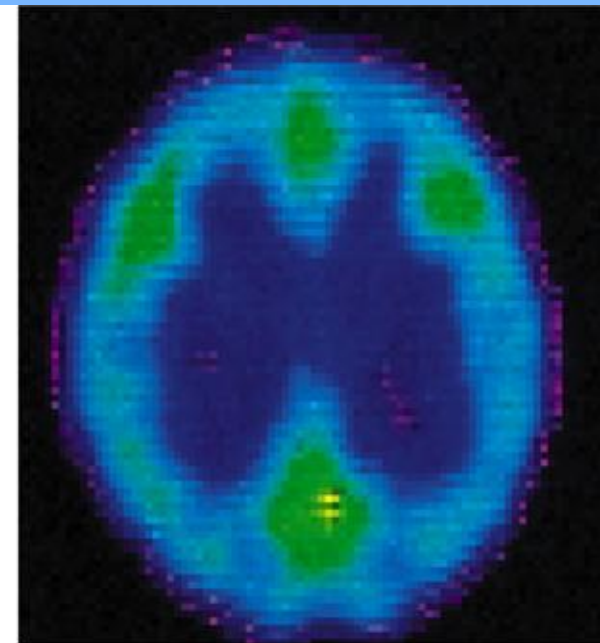
Biopolar Disorder PET Scans



Depressed state (May 17)



Manic state (May 18)



Depressed state (May 27)

Social-Cognitive Factors

- Depression may be a variation of learned helplessness.
- Depressed individuals attribute events using the following characteristics:
 - Stable: the bad situation will last for a long time
 - Internal: they are at fault
 - Global: all of life is bad

Attribution and Depression

WHY WERE YOU FIRED?

Associated with depression

Stable

"I am a bad person"

Internal

"It was all my fault"

Global

"I mess everything up"

Not associated with depression

Not stable

"I say things I don't mean when I'm tired"

External

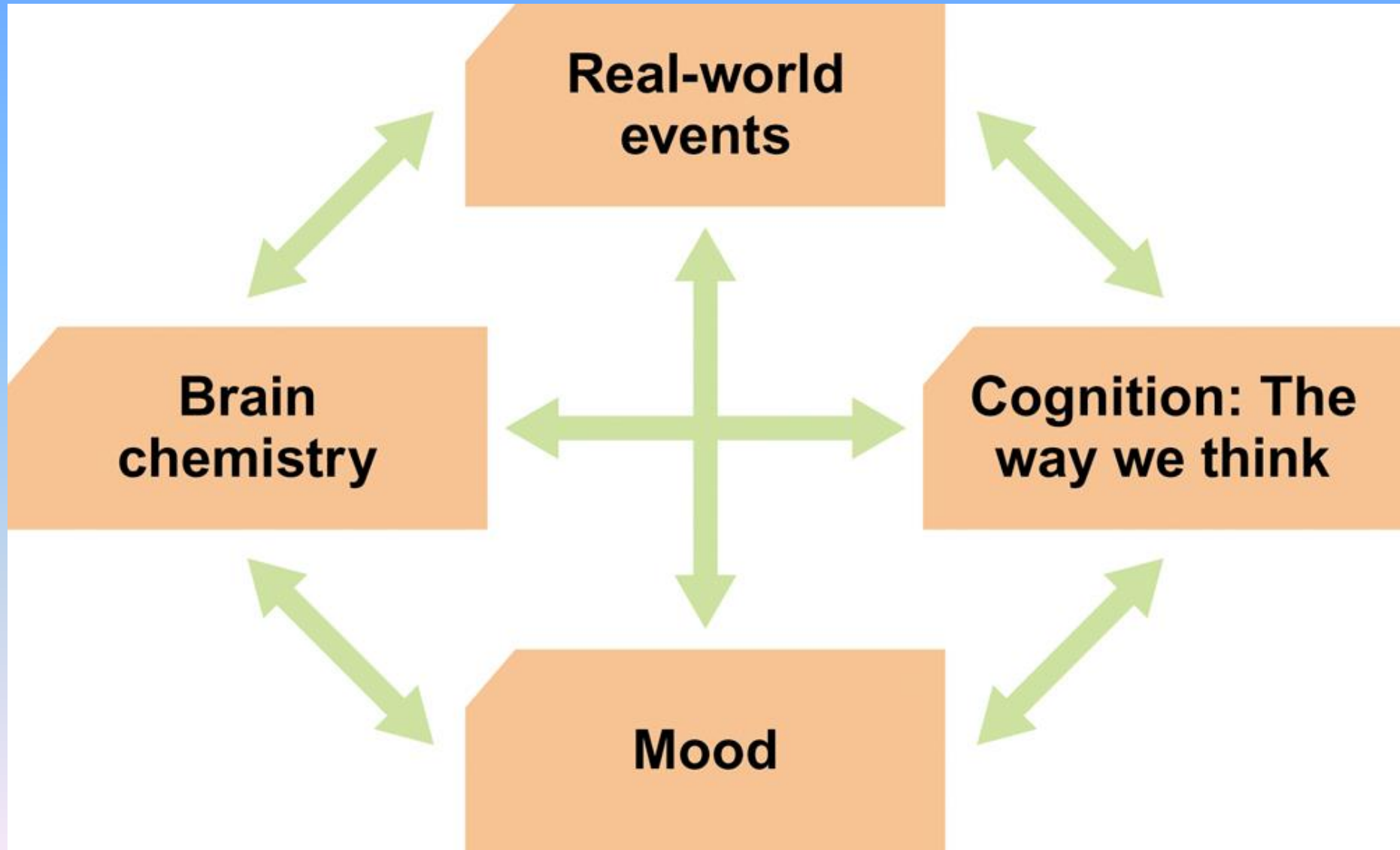
"Yesterday was a really bad day"

Specific

"I make mistakes when I rush"



Determination of Mood



The End