Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_

**Psychology 101**

**Section 13.2 and 13.3**

**13.2 Anxiety Disorders**

The class of mental disorder in which anxiety is the predominant feature is an \_\_\_\_\_\_\_ disorder.

**Generalized Anxiety Disorder (GAD)**

1. GAD is a disorder consisting of chronic, excessive worry and three or more of the following

symptoms:

A.

B.

C.

 D.

E.

F.

2. About \_\_\_\_\_\_\_of North Americans are estimated to suffer from GAD sometime in their lives.

3. It occurs more frequently in \_\_\_\_\_\_\_\_socioeconomic groups than middle and upper income groups, and is \_\_\_\_\_\_\_\_\_ as common in women as in men.

4. Both \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors contribute to GAD.

5. Treatment with \_\_\_\_\_\_\_\_\_\_\_\_\_\_can be helpful, but not for everyone and some side effects can be serious.

**Phobic Disorders**

6. A phobic disorder is a marked, persistent and excessive \_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of specific objects, activities, or situations.

7. A \_\_\_\_\_\_\_\_\_\_\_ phobia deals with fear of a particular \_\_\_\_\_\_\_\_or situation. Give an example:

8. A \_\_\_\_\_\_\_\_\_\_\_ phobia involves an irrational fear of being publicly humiliated or embarrassed. Give an example:

9. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ theory of phobias indicated people have a predisposition toward certain fears.

10. Abnormalities in the neurotransmitters \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are more common in people with phobias. The abnormally high activity in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been seen in people with phobias.

11. There is a possibility of phobias being learned through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well.

**Panic Disorder**

12. A panic attack lasts for a few minutes and includes the symptoms of

A.

B.

C.

D.

E.

F.

13. A common complication of panic disorder is a\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a specific phobia involving a fear of venturing into public places.

14. Panic attacks may be due to the \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_ itself.

**Obsessive-Compulsive Disorder (OCD)**

15. OCD includes symptoms of repetitive, intrusive thoughts called \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and ritualistic behaviors called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ designed to stop the thoughts interfere with an individual’s functioning.

16. There is a moderate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heritability for OCD.

17. The part of the brain that has been found to have a link to OCD is the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.

**13.3 Mood Disorders**

Mood disorders take two main forms: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Depressive Disorders**

18. Depressive mood disorders are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, and fall outside the range of socially or culturally expected responses.

19. Major depressive disorder is characterized by a depressed mood lasting for more than \_\_\_\_\_\_ weeks, with feelings of worthlessness, lack of pleasure, lethargy, and sleep and appetite disturbances.

20. Those that experience depressive moods in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_pattern exhibit seasonal affective disorder (SAD).

21. More \_\_\_\_\_\_\_\_\_\_\_ than \_\_\_\_\_\_\_\_\_\_ are diagnosed with depression. This might be due to women having a greater willingness to seek help. It might also be due to hormones which influence depression.

22. Some women experience depression following childbirth called \_\_\_\_\_\_\_\_\_\_\_\_\_depression.

23. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model has yet to be developed; also, the role of brain regions is not understood.

24. Helplessness theory suggests that individuals prone to depression view negative experiences as caused by notions that are \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, and global.

**Bipolar Disorder**

25. Those with bipolar disorder show cycles of abnormal, persistent high mood, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

26. Other symptoms of bipolar disorder include:



A.

B.

C.

D.

E.

F.

27. This disorder has the highest rate of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

28. Most often interactions of \_\_\_\_\_\_\_\_\_\_\_\_\_genes (polygenic) are found in families with bipolar disorder.

29. Biochemical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ might be involved, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors play a role.

30. A significant minority of people with bipolar disorder are highly \_\_\_\_\_\_\_\_\_\_\_\_\_\_, a\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or otherwise outstanding in some way.

