

ANXIETY DISORDERS

One person's Panic Disorder
is not the same condition for another although
both meet diagnostic criteria.

Anxiety is “the apprehensive anticipation of future danger or misfortune accompanied by a feeling of dysphoria or somatic symptoms of tension. The focus of anticipated danger may be internal or external.” DSM-IV

Amygdala

WHAT WE DON'T ALWAYS UNDERSTAND IS WHAT TRIGGERS THE ANXIETY OR SUSTAINS IT PAST AN EXPECTED POINT

NEUROLOGICAL FACTORS
PSYCHOLOGICAL FACTORS
ENVIRONMENTAL FACTORS

Generalized Anxiety Disorder
Diathesis-stress theory

PANIC ATTACKS

A discrete period of intense fear or discomfort, in which four of the following symptoms develop abruptly and reached a peak within 10 minutes

1. Palpitations, pounding heart
2. Sweating
3. Trembling or shaking
4. Sensations of shortness of breath or smothering
5. Feeling of Chocking
6. Chest pain or discomfort
7. Nausea or abdominal distress
8. Feeling dizzy, unsteady, lightheaded, or faint
9. Derealization (feelings of unreality) or depersonalization
10. Fear of losing control or going crazy
11. Fear of Dying
12. Paresthesias (numbness or tingling sensations)
13. Chills or hot flushes.

Panic Disorder

Recurrent unexpected Panic attacks. At least one of the attacks has been followed by 1 month (or more) of one (or more) of the following:

- a. Persistent concern about having additional attacks
- b. Worry about the implications of the attack or it's consequences (I'm going crazy)
- c. A significant change in behavior related to the attacks.

AGORAPHOBIA

Of fear of being in places or situations from which escape might be difficult: Fear of being outside of home alone; being in a crowd, standing in a line, being on a bridge, traveling.

PHOBIAS

Unreasonable fear or avoidance of specific object or situation

Animal Type

Natural Environment Type

Blood-Injection-Injury Type

Situational

Other Type (fear of falling down or loud sounds)

A neutral stimulus becomes paired with a conditioned stimulus. Classical conditioning.

Negative reinforcement strengthens a pattern of avoidance