Psych 2006
Anxiety Disorder
Study Questions
1. Explain the process of systematic desensitization in the treatment of phobias.
2. How is the humanistic psychologist useful in the treatment of anxiety disorders?
3. How is worry an important factor in the development of generalized anxiety disorder?
   How do behavioral psychologists view the development and maintenance of GAD?
5. What is anticipatory anxiety with respect to panic disorder?
6. How do behavioral psychologists view the obsessive-compulsive disorder? How is handwashing or checking switches viewed?
7. What is in-vivo treatment with respect to phobias?
8. What is cognitive retraining with respect to anxiety disorders?
9. Talk about the 5 existential issues discussed in class and how these might relate to anxiety disorders.
10. The goal of using benzodiazepines with anxiety disorders like panic disorder is to reduce __________ arousal.
11. What areas of the brain seem to be involved in obsessive compulsive disorder?
    a. ______________________
    b. ______________________
12. What mental illness is associated with OCD and what is the primary symptom of it?
13. Identify 6 symptoms of a panic attack.
    a. _________________
    b. _________________
    c. _________________
    d. _________________
    e. _________________
    f. _________________
13. What are the DSM symptoms of social phobia?
14. What are the DSM symptoms of post traumatic stress disorder?
15. What are the DSM symptoms of generalized anxiety disorder?
16. What are the DSM symptoms of obsessive compulsive disorder?
17. What are the DSM symptoms of panic disorder?
18. What are the DSM symptoms of agoraphobia?