

# Guided Reading Activity 16-2

## Anxiety Disorders

For use with textbook pages 455-459

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

compulsion	generalized	obsession
diversions	guilt	real
doom	imagined	reexperiences
flashbacks	inherited	social

### Generalized Anxiety Disorder

Unlike fear, anxiety is a reaction to 1 imagined dangers. Some people experience continuous, 2 generalized anxiety.

Inherited?

DSM-IV  
 - GAD  
 - Phobic Disorder  
 - Panic Disorder  
 - Obsessive-Compulsive Disorder  
 PTSD

### Phobic Disorder

When severe anxiety is focused on a particular thing or situation that seems out of proportion to the

3 real danger, it is called a phobia. Fear of speaking in public is a form of

4 social phobia.

① Specific phobia - focuses on one thing p. 457  
 ② Social phobia - fear of social embarrassment

### Panic Disorder

During a panic attack, a victim experiences intense anxiety, leading to a feeling of inevitable

5 doom. Panic disorders may be 6 inherited, in part.

Cory  
 = spiders

### Obsessive-Compulsive Disorder

An uncontrollable pattern of thoughts is called a(an) 7 obsession. Repeatedly performing irrational actions is called a(an) 8 compulsion. People may develop obsessions and compulsions because they serve as 9 diversions and thus reduce anxiety.

Melinda  
Bonnie

### Post-Traumatic Stress Disorder

Typical symptoms of post-traumatic stress disorder include 10 flashbacks in which the person 11 reexperiences the ordeal, often followed by feelings of 12 guilt.

- Veterans  
 - Natural disaster survivors  
 - Rape, Assault, Abuse  
 - September 11th, 2001

# PHOBIAS!BIAS

Psychiatrists and psychologists have labeled over 700 specific fears, and estimate that there are thousands more. When such fears are persistent and debilitating, they are considered to be phobias. Among those specifically identified are the following, listed under their appropriate Greek or Latin name.

## PHOBIA

Acrophobia  
Aerophobia  
Agoraphobia  
Ailurophobia  
Amazophobia  
Anthophobia  
Anthropophobia  
Aquaphobia  
Arachnophobia  
Astraphobia  
Brontophobia  
Claustrophobia  
Cynophobia  
Dementophobia  
Gephyrophobia  
Herpetophobia  
Mikrophobia  
Muruphobia  
Numerophobia  
Nyctophobia  
Ochlophobia  
Ophidiophobia  
Ornithophobia  
Phonophobia  
Pyrophobia  
Thanatophobia  
Trichophobia  
Xenophobia

## FOR

Heights  
Flying  
Open Spaces  
Cats  
Vehicles, Driving  
Flowers  
People  
Water  
Spiders  
Lightning  
Thunder  
Closed Spaces  
Dogs  
Insanity  
Bridges  
Reptiles  
Germs  
Mice  
Numbers  
Darkness  
Crowds  
Snakes  
Birds  
Speaking Aloud  
Fire  
Death  
Hair  
Strangers