

Learning Activity 18.1.

Behaviors Associated With Anxiety, Obsessive-Compulsive, and Related Disorders

Identify the anxiety disorder associated with the behaviors listed below.

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|--------------------------|---------------------------------|
| a. Panic disorder | e. Generalized anxiety disorder |
| b. Agoraphobia | f. Social anxiety disorder |
| c. Specific phobia | g. OCD |
| d. Hair-pulling disorder | h. Body dysmorphic disorder |

C 1. Janet becomes panicky when she gets near a dog.

H 2. Patricia weighs and measures her food. Long after everyone else has finished eating, she is still calculating the caloric value of her food and remeasuring her portion.

B 3. Frances will not leave her home unless a friend or relative goes with her.

D 4. The nurse asks Heather about the bald spots on her scalp. Heather replies that when she gets nervous, she feels better if she pulls on her hair.

F 5. Sonja refuses to eat in a restaurant. She is afraid others will laugh at the way she eats.

A 6. About once a week, without warning, Stanley's heart begins to pound, he becomes short of breath, and sometimes he experiences chest pain. The doctor has ruled out physical problems.

C 7. Janie wants desperately to visit a foreign country with her friends, but because of her fear of needles, she has not been able to get the required immunizations.

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- E 8. Helen is a very restless person. She is always nervous and keyed up. She worries about many things over which she has no control.
- H 9. Virginia has some freckles across her nose and cheeks. She visits dermatologists regularly trying to find one who will “get rid of these huge, ugly spots on my skin.”
- F 10. George never volunteers to speak in class. He is afraid his classmates will laugh at what he says.
- B 11. Carl will go to church but only if he can sit right near the door.
- C 12. When Sally sees a spider on the floor, she screams and runs out of the room.
- G 13. Every day when Wanda gets home from work, she cleans her house. She has told her friends not to call her during this time, and if anything interferes with her cleaning, she becomes very upset and starts over from the beginning.
- A 14. Don has always been an excellent student and was valedictorian of his high school graduating class. Since starting college, he has been unusually worried about his academic performance. Lately, he has been unable to sleep, is irritable, has difficulty concentrating, and has begun experiencing nausea and vomiting due to worry that he will not do well academically.
- G 15. Helen’s boss has told her that if she is late for work one more time she will lose her job. Helen gets up early enough to be at work on time, but she must follow a specific routine of putting her apartment in order before she leaves the house. If one activity in her routine is interrupted, she must start over from the beginning. These delays and repetitions in her routine are causing her to be late for work.

Homework Assignment Questions and Answers

Please read the chapter and answer the following questions:

1. What are the symptoms of a person with agoraphobia?

Fear or anxiety of two or more of the following:

-using public transportation

-being in open spaces

-being in enclosed spaces

-standing in line or being in a crowd

-being outside of the home

These situations might provoke fear or anxiety, which is persistent and lasts more than 6 months. This causes a social or occupational impairment. Avoidance is clearly excessive.

2. What neurotransmitter has been implicated in the development of obsessive-compulsive disorder?

The neurotransmitter that has been implicated in the development of obsessive-compulsive disorder is glutamatergic function.

3. What are some predisposing factors that have been associated with hair-pulling disorder?

Some predisposing factors that have been associated with hair pulling disorder include a preceding increased sense of tension that results in a sense of release or gratification from pulling out hair. Usually this is in response to a loss or another anxiety disorder and can be accompanied by nail biting, head banging, scratching, biting, or other acts of self-mutilation.

4. What is the primary nursing intervention for a person in panic anxiety?

Deep breathing exercises have been proven to increase GABA levels which reduce the heart rate and improve emotional regulation and stress responses. Cognitive behavior therapy and various medication have also shown an improvement in anxiety reduction.

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