

Anxiety, Obsessive-Compulsive, and related disorders online assignment

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

Directions: Identify the anxiety disorder associated with the behaviors listed below and place the disorder in the right column.

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

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

| Scenario | Dissociative Disorder |
|---|--------------------------|
| Janet becomes panicky when she gets near a dog. | Specific phobia |
| 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. | Body dysmorphic disorder |
| Frances will not leave her home unless a friend or relative goes with her. | Social anxiety disorder |
| 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. | Trichotillomania |
| Sonja refuses to eat in a restaurant. She is afraid others will laugh at the way she eats. | Social anxiety disorder |
| 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. | Panic disorder |
| 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. | Specific phobia |
| Helen is a very restless person. She is always nervous and keyed up. She worries about many things over which she has no control. | GAD |
| 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." | Body dysmorphic disorder |
| George never volunteers to speak in class. He is afraid his classmates will laugh at what he says. | Social anxiety disorder |
| Carl will go to church, but only if he can sit right near the door. | Agoraphobia |
| When Sally sees a spider on the floor, she screams and runs out of the room. | Specific phobia |
| 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 | OCD |

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| interferes with her cleaning, she becomes very upset and starts over from the beginning. | |
| 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 | Panic disorder |
| 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. | OCD |

Please read the chapter and answer the following questions:

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

Onset of symptoms occurs in the late 20s and 30s and lasts for many years. It is more commonly seen in women than men. Impairment can be severe. In extreme cases, the person is unable to leave their home alone. They have to be with a friend or relative. If they are unable to leave with someone, they become confined to their home.

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

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

Some psychiatric disorders are common with hair pulling. Examples are; mood, other anxiety disorders, and may be on the spectrum of OCD

4. What are the primary nursing interventions for a person in panic anxiety?

- deep breathing exercises
- distraction or reorientation
- guided imagery
- breathe in and out of brown paper bag
- calm music therapy

