

## Anxiety, Obsessive-Compulsive, and related disorders online assignment

Follow the instructions for the online assignment attached. The assignment must be completed and placed in Unit 4 Chapter 18: Anxiety, Obsessive-Compulsive, and related disorders dropbox by 0800 on 6/16/2025.

***In order to receive full credit (2H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.***

### 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

- |                     |                             |
|---------------------|-----------------------------|
| 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.	C
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.	H
Frances will not leave her home unless a friend or relative goes with her.	B
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.	D
Sonja refuses to eat in a restaurant. She is afraid others will laugh at the way she eats.	F
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.	A
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.	C
Helen is a very restless person. She is always nervous and keyed up. She worries about many things over which she has no control.	E
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."	H

George never volunteers to speak in class. He is afraid his classmates will laugh at what he says.	F
Carl will go to church, but only if he can sit right near the door.	B
When Sally sees a spider on the floor, she screams and runs out of the room.	C
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.	G
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	A
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.	G

***Please read the chapter and answer the following questions:***

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

Agoraphobia is the “fear of the marketplace”. It is more specifically the fear of being in open shops and markets but also being vulnerable and unable to get help or escape the setting.

Symptoms present for an individual with agoraphobia include panic symptoms: Intense apprehension, fear, or terror, with feelings of impending doom and intense physical discomfort.

In extreme cases, the individual is unable to leave home without being accompanied by a friend or relative. If that is not possible, the person could become confined to the home.

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

Disturbances in serotonin, norepinephrine, and gamma-aminobutyric acid (GABA) appear to be the most significant in the pathophysiology of anxiety disorders. Serotonin and GABA are thought to be decreased in anxiety disorders, whereas norepinephrine is increased.

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

The predisposing factors that are associated with the hair-pulling disorder, trichotillomania, is preceded by an increasing sense of tension and results in a sense of release or gratification from pulling out the hair. Comorbid psychiatric disorders are common with this disorder, as well as mood and other anxiety disorders. Some children under the age of six have been reported to have mild symptoms of hair-pulling disorder in response to a significant loss or anxiety-producing event. The disorder may be accompanied by nail biting, head banging, scratching, biting, or other acts of self-mutilation.

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

A few nursing interventions to perform for a person experiencing panic anxiety include staying with the patient and offering reassurance of safety and security, as well as not leaving the patient alone at all costs, especially with panic anxiety. Maintain a calm, nonthreatening matter-of-fact approach. Use simple words and brief messages, spoken calmly and clearly, to explain hospital experiences. Keep surrounding low in stimuli, such as dim lighting, few people, and simple décor.