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CH.4

2. Everyday fear and anxiety often aids situations as the flight or fight response is triggered.

These everyday fears and anxiety involve weather conditions for example, that may make us go about our daily activities more carefully. However, when fear and anxiety occurs too often in a person's life, it becomes clinically significant. In order to assess the level of severity of the fear and anxiety experienced, the following questions should be asked. First, how often does this fear and anxiety happen? If for more than six months, it is most likely GAD. Are there any physical symptoms related such as difficulty with sleeping and constant irritability? Lastly, as a result is the person in a state of distress?

3. As GAD is analyzed from multiple perspectives, we are provided with more insight on how it occurs. First, the sociocultural viewpoint is that GAD may form in people who struggle financially and as a result find themselves in harmful environments. In addition, this person may be mistreated in the society they find themselves in. The psychodynamic approach, as proposed by Freud is that significant anxiety that occurred in the early years of life that have not been dealt with develops into adulthood as GAD. From the humanistic perspective GAD develops when a person does not have a truthful viewpoint of themselves. Next from a cognitive understanding, a thought process that involves constant stress and worry that dwells upon things, as well as, maladaptive assumptions of things that are extremely unlikely to be met lead to the formation of

GAD. Finally, biologically when our neurons' receptors are ongoing and described as excited, GAD is most likely developing.

16. When anxiety is consistent and interferes with our day-by-day flow, help is needed. This consistent anxiety needs treatment when there are physical effects as a result, such as fainting and severe sweating. Julio definitely faces his anxiety disorder due to that circumstance being experienced. Julio, already being immersed in an environment of stress, was completely thrown off when his friends unfortunately passed to the same disease at different times. When unexpected and traumatic things occur in our life, we seek understanding and protection from it occurring again. The felt phobias developed and a thought process felt of fear of the worst to come led Julio to his state of anxiety.

22. I at first assumed that people who suffer from compulsive hoarding have attachment issues, therefore making throwing things away being difficult. However, after watching this video I have learned that it had to deal with significant issues not overcome nor dealt with such as bullying and robbery. Both hoarders in the video found a sort of protection from being surrounded by the things they hoarded. This attitude towards the numerous items within the household makes them a challenge to treat. The psychologist in the video worked with a hoarder for sometime and had slow yet steady improvements. The psychologist had to persuade and deal with the resistance as the person has to overcome unwanted emotions that will rise when throwing these items away.

## CH.5

26. Acute stress disorder and posttraumatic stress disorder share numerous similarities. First, this stress arises after a significant event has been experienced. Next, experience of injury or possible injury to a person and or other people present relates to these disorders. In addition, the person experiencing these stress disorders were involved in a circumstance that everyone can agree is a traumatic one. Finally it is common for these people to have increased feelings and avoidance of things related to the causing circumstance. The main distinction between these two types of disorders is that acute stress disorder does not last as long as PTSD. While acute stress disorder may last a couple of months, PTSD can go on for a number of years after traumatic event

38. As a psychology major, I was told that I should take a biology course for my science credit requirement. Taking this course has given me a deeper understanding of why. Using biology we are able to have a better understanding of how our physical conditions influence our mental state, such as brain structure changes. For example, as the combat veteran's brain was analyzed, more information was found on the way he was affected. He would dwell on the past and had threat, terror, and fear responses. It was also noticed that he had a detailed memory of the past as a result but struggled with remembering more current things, such as a meal.

28. Since combat veterans commonly face stress disorders there are specific forms of treatments available to provide them relief. Drug therapy is provided by giving these veterans anti anxiety and antidepressants which lessens the symptoms and feelings of stress. Another way to treat combat veterans with PTSD is by providing insight therapy. This helps the veteran be aware of all their associated feelings. Once they are able to accept this, they feel less guilty. Finally,

behavioral exposure techniques are used. This helps them to learn how to relax when the stress arises. EMDR is taught, which involves moving one's own eye horizontally back and forth while visualizing the traumatic events.

36. A person can be diagnosed with dissociative identity disorder. First, having numerous personalities in addition to the original one, a person's identity is now changed. Next, a person may develop this disorder if there is information forgotten due to stress. Things such as identity, a traumatic occurrence, and activities engaged in daily are consistently forgotten when people have this disorder. The person is also in a condition of being severely distressed. Finally, this disorder is not ignited by medical relations rather by a past situation.