

Abnormal Psychology
Quiz #3: Chapter 4A: Anxiety

Short Answer Essays:

1. What would be the criteria used to distinguish between clinically significant fear and anxiety, and everyday fear and anxiety?
2. Write a two sentence explanation for the development of generalized anxiety disorders for each of the following perspectives: 1)sociocultural, 2)psychodynamic, 3)humanistic, 4)cognitive, and 5)biological.
3. What are phobias? What are specific phobias? List and explain at least 2 causes of phobias.
4. What is a social anxiety disorder? List and explain at least 3 causes of social anxiety disorders. What is social skills training? List and explain one way that social skills can be improved.