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Psychopathology

## **Psychopathology Unit 2 Essay**

### **Chapter Four**

1. Generalized Anxiety Disorder or GAD is a disorder that features feelings of anxiety and worries from a number of events and activities. People with GAD tend to worry about basically almost anything. Generalized Anxiety Disorder can also be called Free-floating anxiety. Symptoms for GAD usually last for about six months and can lead to lessen standard life expectancy. Symptoms of GAD include edginess, fatigue, less concentration, irritation, muscle tension, and sleeping problems. With GAD people usually tend to have a hard time maintaining relationships with friends and family and job activities. Generalized Anxiety Disorder is a common disorder within Western society. A survey demonstrates about four percent of the United States population has been diagnosed with Generalized Anxiety Disorder.

4. Basic irrational assumptions are inappropriate beliefs carried by people with more than one psychological problem. This type of assumption was created by Albert Ellis who initiated that people are guided to believe irrational beliefs which can lead to inappropriate beliefs. Albert

Ellis claims people with Generalized Anxiety Disorder believe in the dire necessity for humans to be loved and that one should be able to thoroughly adequate and precise to achieve respect. People with Generalized Anxiety Disorder are also called to be “meta-worries.” which makes people believe the diagnosis is going crazy, causing them to worry, and miss out on life. Intolerance of uncertainty theory associated with Generalized Anxiety Disorder shows individuals are not able to process knowledge of negative occurrences even if they are small.

**16.** When it comes to the point where anxiety becomes a psychological disorder when symptoms show. Symptoms of anxiety are nervousness, tension, times of panic, heavy breathing, feeling weak, less concentration, etc. In “Experiencing Anxiety” Julio shares he is scared of having and dying from Brain Cancer. Because Julio’s two close friends have brain cancer, he fears he will get brain cancer.

In the video, Julio describes a time when he was sent to the hospital when he felt nervous, edgy, and almost passed out. During that time, he experienced anxiety a psychological disorder to the point where he had to immediately get help. I do think Julio developed an anxiety disorder when his two friends passed away from cancer because now he feels he would get brain cancer and pass away as well. This made him get anxious to the point where he would break down, feel nervous, and would panic at times.

**18.** I know myself has had a panic attack at some point in my life. I may not remember the exact time and date, but there were times when I had panic attacks when it came to school and

tried to do as much work as I could. Techniques that can reduce the severity of panic attack symptoms are inhaling and exhaling, doing yoga, and partaking in meditation. Hyperventilation can be a contributing factor to panic attacks because hyperventilation is breathing in and out rapidly which could cause someone to lose their breath. A way to reduce hyperventilation can be to breathe in and out slowly and to find calmness. I don't have any general fears, but I can say I have emetophobia, which is the fear of vomit. The way I cope with it is to not go near anyone who says they feel sick or nauseous. And not to look at vomit or someone puking.

### **Chapter five**

26. Acute Stress Disorder is when a person experiences fear and symptoms after the trauma. This happens less than a month after one reacts to being threatened, seriously injured, or sexual abuse. If acute stress disorder continues to happen the disorder can up to post-traumatic stress disorder. Both Acute Stress disorder and post-traumatic stress disorder can come from serious and traumatic events such as war, rape, earthquake, car crash, etc. The symptoms start four weeks after a traumatic event. Symptoms of post-traumatic stress disorder can include repeated memories, distinctive flashbacks, trauma-like states, etc.

29. Dissociative Amnesia diagnosis is when an individual is unable to remember important information about their life. The memory of an individual's life usually involves trauma or stressful events. This can cause major stress. Dissociative Fugue is a form of amnesia when the individual travels to somewhere new and restarts their life thereby changing their name and identity. This can cause someone to forget their past life and move on. People with dissociative

fugue tend to forget their own identities and make less contact with people from their past life. Some people with dissociative fugue tend to obtain their memories.

32. Depersonalization-derealization disorder is part of DSM-5 as a dissociative disorder. Symptoms of Depersonalization-derealization disorder are recurring moments of depersonalization which is the sense that an individual's mental state or physical body is not real. Derealization is when the surrounding area of an individual is not real. People who experience depersonalization tend to separate themselves from their bodies. When someone feels depersonalization, parts of their body like their feet and hands look either bigger or smaller than usual and may feel slightly dizzy and like they're in a dreamlike state.

39. Other than war, other experiences such as a car, plane accident, earthquake, volcano eruption, etc. can trigger one to have PTSD. Having to deal with PTSD is a struggle when it comes to everyday life because one is experiencing what has occurred within their life. The struggle with PTSD has beneficial effects, which is doing therapy to not fully cure it but to help the individual with having to continue in life even after a traumatic experience.