

Sephora, Exana

Student ID: 118169

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Chapter 4

2- Fear is when the nervous system's physiological and emotional response to a serious threat to one's well-being. However, anxiety is when the nervous system's physiological and emotional response to a vague sense of threat or danger. Clinically significant is when people cannot live without one or both interfering. Both are these terms help the body to know when action needs to be taken like "Fight or Flight". Muscle tension, increased heart rate, and shortness of breath mark; these are a sign of the most significant physiological symptoms associated with a response danger.

When a person experiences Everyday fear and anxiety are not pleasant, they are useful because they prepare us for actions for "Fight or Flight". Not everyone can fight with fear and anxiety some of them suffer because they cannot have normal life.

5- Researchers have concluded that problems with brain functioning lead to anxiety disorders. Low level of GABA result in the failure to inhibit the activity (neural transmission) of other neurons, which leads to a high level of neurological activity in the areas of the brain that are responsible for arousal, and high level of activity, is experienced as anxiety. Benzodiazepines is one of the drug associated with fear and anxiety include alprazolam (Xanax), lorazepam (Ativan), and diazepam (valium) help to reduce anxiety because they directly increase the likelihood that GABA will bind to receptors of those neurons that are inhibited.

6- People who have anxiety disorder or mental illness are more likely develop a phobia. Cynophobia is an extreme fear of dog, children and adult reached this disorder tend to avoid dog. They have a panic attack when they heard a dog bark, going to place where a dog might be that's why people with this disorder tend to avoid friends because the worry about meeting a dog. We acquire phobia by dog when we were bitten by a dog for example.

16- Experiencing Anxiety video

Anxiety become a disorder when it start to affect your ability to cope, or the ability to go through your normal activities of daily living or when you interact in your environment in an appropriate way.

Julio begin to afraid of darkness because of the death of his two friends , it may see their shadows in the dark that can explain if his friends had not died , Julio wasn't going develop anxiety disorder when he's in the dark.

Chapter 5

26- Acute and posttraumatic stress disorder

Acute disorder is an anxiety disorder in which fear and related symptoms are experienced soon after a traumatic event and last less than a month.

Posttraumatic disorder is an anxiety disorder in which fear and related symptoms continue to be experienced long after a traumatic event. (P143). This means ASD can develop and resolves within the first month and the PTSD take longer and can affect one's daily life if it's not treated. These symptoms are similar and usually recommend a combination of intrusion symptom. Acute stress disorder symptoms usually resolve independently, after a few weeks, However Posttraumatic stress disorder can be a complex challenge that lasts throughout one's lifetime.

29- **Dissociative amnesia** is when you lost the capacity to remember important personal information. Sometimes Amnesia can be caused due to genetics, also can be caused due to traumatic experience such as violence, sexual abuse, wars or natural disasters, accidents and so forth.

Dissociative fugue is when an individual loses his identity temporarily and travels away from home. These people are always confused about his identity, travel away from home all of a sudden and are very distressed.

36- Dissociative identity disorder in which a person develops two or more distinct personality .Also known as multiple personality disorder.

The DSM-5 provides the following criteria to diagnose dissociative disorder.

-Two or more distinct identities or personality states are present .each with its own relatively pattern of perceiving relating, and thinking about the environment and self.

-Amnesia when the person cannot remember important personal information.

-Trouble functioning

-Depression

32- Depersonalization this is a sense of being detached from one's body and is often referred to **as an "out -of-body" experience.**

Derealization this is the feeling that the world is not real or looking foggy far away.

During these altered experience the person is aware of reality and that is their experience is unusual. The experience is very distressful, even though the person may appear to be uncreative or lacking emotion. The average age a person starts experience depersonalization -derealization is 16.