

Nissi Flores

Professor Stephen Maret

PSY342: Psychopathology: OA

February 13, 2023

### ***Chapter 4***

1. A generalized anxiety disorder is characterized by excessive and recurrent emotions of concern and anxiety over a wide range of situations and activities. Many of the typical signs of generalized anxiety disorder are present in 25-year-old Web designer Tomas. Tomas claims that he has "always been a worrier," but that his numerous worries—about his health, his girlfriend, his finances, his future, his risk of developing cancer, offending his friends, and so on—have become so intrusive that they have affected both his ability to focus on work and get enough sleep. Tomas expressed persistent anxiety and persistent worry over subjects with little connection to genuine risks.

2. The obvious source of the danger is fear. Fight or flight reaction. Daily fear and anxiety can be somewhat beneficial since they help us prepare for potential threats to our safety and prevent us from procrastinating until the very last minute. People who experience clinically substantial anxiety and fear are unable to lead regular lives. Their anxiety and fear are too strong, too frequent, too persistent, and too easily aroused.

3. People who are exposed to continuing social situations that pose a serious threat to their safety develop sociocultural - GAD. Inadequacies in early connections with parents on a psychodynamic level. Children who are punished or who are overprotected may experience significant levels of anxiety. Problematic actions and disordered thought patterns lead to the development of cognitive - GAD. Genetic studies have shown that biological relatives of people

with GAD are more likely to also have the illness. This is because GAD is caused by biological factors.

7. Systematic desensitization is acquiring a sense of calm while exposing a person to their feared circumstances or items gradually. Fear and relaxation cannot coexist; the new relaxation response will take the place of the fear response. Clients are exposed frequently and intensely to a feared object using the exposure technique known as flooding to help them realize the object is safe. Therapists frequently exaggerate the description of the feared thing when the client is envisioning it to elicit a strong emotional response. An exposure approach called modeling involves the therapist facing the feared object or scenario while the terrified person watches. The therapist acts as a role model to demonstrate that the client's fear can be controlled. Many clients eventually can face their fears head-on.

### *Chapter 5*

25. When neurotransmitters in the hypothalamus are released, causing neurons to produce chemicals in the body, the autonomic nervous system (ANS) interprets this as arousal, fear, and danger. The ANS and ES are activated by the hypothalamus. The autonomic nervous system (ANS) is a network of nerve fibers that regulates involuntary actions including breathing, pulse, and sweating. To the central nervous system, these fibers are connected. The autonomic nervous system (ANS) reacts by intensifying some instinctive reactions, such as deeper breathing, a faster heartbeat, and greater sweating. As the ASN stimulates the ES (adrenal glands), which distributes hormones into the bloodstream and other organs, the EN interprets arousal, fear, and danger very similarly to the ANS. When the threat has passed, the ANS turns on the PSA to aid in the body's recovery to its initial condition.

26. A person with acute stress disorder feels fear and associated symptoms shortly after a distressing incident and for no more than one month. Long after a traumatic occurrence, a person with posttraumatic stress disorder (PTSD) continues to feel fear and other associated symptoms. The main distinction between the two illnesses' symptoms is how long they last or when they first appear.

28. Veterans who get cognitive behavioral therapy look at and alter the problematic attitudes and interpreting patterns they have acquired because of their traumatic experiences. Veterans develop coping mechanisms for dealing with upsetting memories and emotions, accept what they have done and gone through, and lessen their self-criticism. Couples and families seek counseling to better understand how they affect others, communicate more effectively, and solve difficulties. solving abilities Veterans who participate in group therapy meet with others who share their experiences and emotions to gain understanding and support one another.

30. The sub personalities are unaware of one another in partnerships if both parties are amnesic. Each sub personality in mutually cognizant patterns is perfectly aware of the others. They could converse and even hear one another's voices. Some people get along well, while others have no relationship at all. Sub personalities are aware of others in one-way amnesic interactions, but the awareness is not reciprocal. Aware people see the activities but do not participate. Because they observe what the other sub personalities are doing without engaging with them, those who are conscious are sometimes referred to as quiet observers.

38. The goal of all psychologists and scientists is to comprehend how the brain works, whether that goal is accomplished through the study of biopsychology, other branches of psychology, or neuroscience. the relationship between the body and mind and how it responds to behaviors or diseases. Most psychological processes may be boiled down to fundamental brain functions. This

alone should be sufficient justification for the importance of biology in the study of psychology. Other theoretical perspectives are important in understanding anxiety disorders because each defines group of anxiety which affects a person's ability to operate normally because to excessive, enduring, and severe dread and worry. Cognitive behavioral therapy is the basis for cognitive treatment for PTSD (CBT). According to the cognitive model, PTSD may develop if a person has a stressful encounter that causes them to believe that they are immediately and seriously threatened. To break the behavioral and/or mental patterns that have been interfering with the person's day-to-day existence, treatment requires changing the negative assessments and recollections of trauma. Like CBT, it is often given in either individual or group settings over the course of three months during weekly sessions.