

Katherine McCalla Johnson  
Professor Dr. Steven Maret  
Psychology 342: Psychopathology  
February 14, 2023

Chapter 5 Question 33

According to the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders, also referred to as the DSM -5, Posttraumatic Stress Disorder (PTSD) typically begins as Acute Stress Disorder. This occurs when an individual is exposed to a harrowing event such as a significant injury, sexual assault or even witnessing a death. The subject will often exhibit anxiety and depression after the experience within a four week time frame. If the symptoms persist beyond a month, then a diagnosis of PTSD is warranted. However, in some cases, the onset of these symptoms may not begin for a number of months or even years. Some complaints include strong feelings of social disconnection on the part of the sufferer, flashbacks of the event, intrusive thoughts, sleeplessness, anger and even an explosive temper in extreme cases.

Katherine McCalla Johnson  
Professor Dr. Steven Maret  
Psychology 342: Psychopathology  
February 14, 2023

Chapter 5 Question 34

A natural disaster such as a fire, hurricane, tornado, tsunami, flood, heatwave, landslide blizzard, avalanche or earthquake can all cause individuals who experience such events to develop Posttraumatic Stress Disorder. So can a “civilian trauma” such as a car, plane, boat or train crash (Comer 154). These patients often have trouble sleeping and focusing on tasks. They startle easily and experience a sense of hyperalertness. Many also endure feelings of shame surrounding the acts they performed in order to survive or guilt that others died and they did not. Some patients report losing a sense of satisfaction in the things they used to like. They also struggle with recall and feelings of detachment from friends and family. Sufferers will go out of their way to avoid anything or anyone who reminds them of the terrible event and are frequently plagued with vivid nightmares of the tragic episode. As many as 40 percent of these victims will develop the syndrome within one year of the incident. They are also ten times more likely to suffer from PTSD as these natural occurrences are very common in our societies.

Katherine McCalla Johnson  
Professor Dr. Steven Maret  
Psychology 342: Psychopathology  
February 14, 2023

Chapter 5 Question 35

Surprisingly, an individual's personality has much to do with them possibly developing a stress disorder. It all depends on a person's capability to deal with the stressors of life in a reasonable manner as well as how they interpret the specific event in their life. One factor is whether or not the patient has experienced repeated incidents of trauma beforehand. This will make it less likely for them to handle the incident in a normal way. Trauma stimulates arousals in our bodily response system. If this system is frequently triggered then it is anticipated that the sufferer's worldview will be affected and they no longer feel safe at any time. In addition to a constant sense of fear, other symptoms include both cognitive and physical signs of stress such as rapid breathing, increased perspiration, increased heartbeat and muscle rigidity. Some individuals even misremember the event, frequently relating back the details in a hyperbolic manner.

Katherine McCalla Johnson  
Professor Dr. Steven Maret  
Psychology 342: Psychopathology  
February 14, 2023

#### Chapter 5 Question 40

The primary cause of Jared's disorder is probably due to the guilt he feels in what he did to survive. He shot and killed a seven year old boy who was brandishing a weapon while standing next to a ten year old who was firing at himself and other American soldiers. There are several obstacles to effective therapy for Jared. The first issue is that he feels like a coward having left Iraq. However, he did not behave in a cowardly manner as he remained in the fight and fired back when he and his team was fired upon. His thinking is clearly distorted here. Secondly, an emotional or psychological wound, such as the one Jared has is not considered a true injury among military personnel. So to a degree, Jared does not believe he is ill and in need of any kind of treatment. The third obstacle is Jared's girlfriend. She asked him to get help in order to keep her. Jared should get into treatment because he wants to get well, not to please someone else. It is also noteworthy that she is in grave danger because of his extreme irritability and should seek treatment for herself as she is continually placing herself in significant danger by remaining in a relationship with Jared. Twice he attempted to kill her and had to be restrained by a third party.

Traumatic experiences can foster personal growth depending on the individual's personality. If Jared does not have any trauma in his past and believes he can face the event and process the pain then he will heal and grow from this experience. Unfortunately, by his own admission, he has been spending his time in therapy trying to forget shooting the seven year old in the neck. Yes, the boy was holding a weapon but he had no idea how to use it and posed no threat to anyone. This is the fact which seems to plague Jared and he has chosen to drink

enormous amounts of alcohol to forget. Due to his disorder, he has already forgotten some details, but not enough to assuage his anger.