

Destiny Alamo

PYS 342

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Chapter 4

- 1) Generalized Anxiety Disorder (GAD) is people who experience excessive anxiety under most circumstances and worry about almost anything. Tomas show multiple symptoms throughout the case study he worried about absolutely everything he could think of. As time went on the worrying started to affect his life. Tomas could not sit comfortably; he was really jumpy at noises outside the office. He also said it was hard for him to focus on anything he was doing. Other symptoms he had which were physical was his heart beating fast, he'd breathe heavier and he would sweat. He also had trouble sleeping because he would worry so much. Tomas does meet the criteria for the diagnosis.
- 2) The explanation for generalized anxiety from the sociocultural perspective is it is most likely to develop in people who are faced with ongoing societal conditions that are dangerous. Explanation for generalized anxiety from the psychodynamic perspective is when a child is overrun by neurotic or moral anxiety then it is set up for generalized anxiety disorder. The explanation for the humanistic perspective is it arises when people stop looking at themselves honestly and acceptingly. The cognitive perspective for generalized anxiety is that it is caused by maladaptive assumptions. The biological perspective for generalized anxiety is that it is caused by biological factors.
- 3) According to the psychodynamic perspective what causes obsessive compulsive disorder is that there is a battle between anxiety provoking id impulses and anxiety reducing defense mechanisms. The behavioral perspective is people happen to come upon their compulsions randomly. The cognitive perspective is that everyone has

repetitive and intrusive thoughts. People who have this think they are bad so they try to neutralize their thoughts to put matters right. The biological perspective is abnormally low activity of the neurotransmitter and abnormal functioning in key regions of the brain.

- 4) The criteria that is used to distinguish fear and everyday anxiety is that anxiety is a physiological and emotional response to vague sense of threats and danger. Fear is almost the same but is a response to a serious threat to one's well-being.

Chapter 5

- 1) The similarities between acute stress disorder and posttraumatic stress disorders is they both happen after something traumatic happens in your life. The difference is that acute stress disorder appears 4 or less weeks after the event happens and goes away in a month. Posttraumatic stress is when the stress appears right after or even a little while after and lasts more than a month.
- 2) Three different treatments that have been used to treat combat veterans experiencing stress are drug therapy, behavioral exposure techniques, and insight therapy. Drugs help control the tension that they are experiencing. It also reduces the panic attacks, depression, nightmares and flashbacks they get. Behavioral exposure have help reduce specific symptoms and helps overall adjustment. insight therapy is when they help veterans come to terms with their combat experiences and the impact they had and continue to have on them.
- 3) People with dissociative amnesia are unable to recall important information usually of a stressful nature about their lives. This is not caused by physical factors, it is triggered by a traumatic event. Dissociative amnesia can be localized, selective and generalized for these the amnesia usually kicks in at a place where something traumatic happened or a certain memory they have can cause them to forget somethings. Dissociative fugue is the next level not only do they forget who they are and things of their past they leave to an entirely different

location. Their fugue can last a short period of time or it can last a long time where people create a whole new life for themselves.

- 4) Life experiences that can trigger PTSD are busy streets and even the smell of diesel gas can take them back to being in Vietnam. I don't believe there are beneficial side effects to this. It can make them withdraw from family and friends, it even keeps them on edge on a regular basis in the street because they are preparing for the ambush. Dealing with these things puts a lot of pressure on them and can even make them feel suicidal at times.