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Essay #3, *Fundamentals of Abnormal Psychology* 8th Ed. by Ronald J. Comer-Chapter 4

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1. Using the case study in the beginning of the chapter that illustrates generalized anxiety disorder (GAD), define GAD. Then indicate the symptoms the individual presents with and determine if they meet the criteria for a diagnosis.

Anxiety and fear is how our body reacts when we feel in danger, when we worry about something or someone that we are unsure of their well-being. When certain things in our lifestyle are not going as they should. This makes our body respond to what we cannot control. Our body responds with: increased breathing, muscle tension, perspiration, and even fear. But when we talk about anxiety disorder, that you worry too much; This is the most common to mental disorders. Similarly, generalized anxiety disorder (GAD) is a persistent feeling of great worry and fear. This can be in people, objects, animals, or some activity that for others may be part of their routine.

2. What would be the criteria used to distinguish between clinically significant fear and anxiety and everyday fear and anxiety?

Being afraid can be seen as our nervous system responds to some danger. Anxiety is the thought of danger. Clinically, when both fear and anxiety come together I think it should be treated.

When one of the two fears or anxiety takes control of people and is imposing their routine. But if you are worried because you are really in danger, such as that I could burn myself when cooking and that a car could hit me; I think that is to be attentive. Which by the way is a good thing that fear brings; wakes us up

3. Write a one- or two-sentence explanation for the development of generalized anxiety disorders from each of the following perspectives: sociocultural, psychodynamic, humanistic, cognitive, and biological.

According to sociocultural therapists, generalized anxiety disorders happen when the person is facing a problem of the condition of the same society. Like high levels of poverty, oppression, when there is abuse, neglect, or a very low level of education. Generalized anxiety disorders in psychodynamic, this happens when the id that is the source of all the energy of the psyche is the one that is present in the personality of a person. This id is the one that speaks for what the person wants, wants. If this need or desire is not met quickly, what it does is that it causes anxiety in the person. This id is not known. But the ego, which is what the ego fights with and develops, is and comes from principles of reality, which is what should be done or what is the right thing to do. Humanistic approach is rooted in the existential idea. From this point of view, he sees that anxiety and fear are part of humanity; development, growth, and that is why therapy is recommended. From the point of Generalized anxiety disorders in cognitive, it sees fear as a dangerous station. Generalized anxiety disorders in biology, says that in the same way that children can inherit the same type of hair, of a leather color; in the same way that anxiety is inherited.

4. Identify and provide examples for basic irrational assumptions, meta-worries, and intolerance of uncertainty theory from the cognitive perspective's explanation of anxiety.

A basic irrational assumption is an idea that is not real or rational. Example; say yes to everything people say, to like them. It is impossible for everyone to like us because we are all different. But because it is based on the cognitive perspective's explanation of anxiety, this irrational behavior is constantly that's why it is inritable. In meta-worries from the cognitive

perspective's explanation of anxiety helps people see fear in a different way. It's like being afraid, but you react to danger. For example, being in a Russian melee. It is safe, but just thinking that it is not safe or that fear took control of you, already being inside the roller coaster; which would cause a panic attack. In intolerance of uncertainty theory from the cognitive perspective explanation of anxiety, it is the lack of ability to accept that certain situations in the future may happen.