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Unit Two/Chapter Five

26. Describe the similarities and the differences between acute stress disorder and posttraumatic stress disorder.

The similarities between acute stress disorder and posttraumatic stress disorder is that they are both caused from traumatic experiences. The difference between acute stress disorder and posttraumatic stress disorder is that acute stress disorder only last for a short period of time, and PTSD last for longer periods of time after the traumatic experience occurred.

27. Imagine that a friend of yours has been a victim of a rape. What are the short-term and long-term courses of her stress response to being raped likely to be?

The short-term stress response is normally high after the traumatic experience that last about two months, the long-term stress response is last for more than eighteen months. Comer (2016) mentions that, “Although some rape victims improve psychologically within three or four months, for many others, the profound effects of their assault persists for up to 18 months or longer” (p. 155).

33. What are the criteria to be diagnosed with posttraumatic stress disorder (PTSD) based on the DSM-5?

The criteria to be diagnosed with PTSD based on the DSM-5, according to Comer (2016), mentions that, “Under the heading “Trauma- and Stressor-Related Disorders, “DSM-5 lists several disorders in which trauma and extraordinary stress trigger a wide range of stress

symptoms, including heightened arousal, anxiety and mood problems, memory and orientation difficulties, and behavioral disturbances” (p. 150).

38. Watch the video “Fear, PTSD and the Brain” below and then answer the following questions: Why is biology important to psychology? Are other theoretical perspectives important in understanding anxiety disorders such as PTSD? Why or why not? What might a behavioral or cognitive perspective contribute to our understanding of PTSD?

Biology is important to psychology, because in order to understand the mind, you have to first understand the brain and the way it functions. The way it functions is crucial because it helps the doctor to determine how severe the trauma is that the client is experiencing.

Other theoretical perspectives are important to understanding PTSD, but I believe that MRI's can provide the therapist with a better understanding based on how the trauma affected the brain. The behavioral or cognitive perspectives to one understanding PTSD would vary depending on the traumatic experience, but the behavioral and cognitive perspectives utilize debriefing, as well as exposure as interventions.

References

Comer, J. & Comer R.J. (2016). *Fundamentals of abnormal psychology (9th Ed.)*. New York: Worth Publishers.