I. General Matters

A. Diagnostic Information

• Be prepared to match symptoms with the following categories
• Ex. Chronic bronchitis fits with which of the following categories.
  • Categorical Information
  • Dimensional Information
  • Additional Information: Medical
  • Additional Information: Psychosocial

B. Case studies for all disorders

• Expect to apply your understanding to mini-case studies for all disorders. For example:
• Every time Jonathan sees a spider, he experiences extreme fear and anxiety. Jonathan would be diagnosed as having
  a. Generalized anxiety disorder.
  b. Aversion disorder.
  c. Obsessive-compulsive disorder.
  d. Specific phobia.

C. Features of Disorders

• Note time of onset and durations where appropriate.

II. What Are Anxiety Disorders?

1. Define and explain the difference (if any) between
   b. Anxiety: State of apprehension, tension uneasiness... at idea of something terrible happening.
   c. Phobia: Irrational fear – Learned.

2. What are some symptoms of anxiety? Some are. Exaggerates, distorts, amplifies, stimuli ...threat

3. How does anxiety impact our behavior?

   . Incapacitated, unable with chronic and intense feelings of anxiety.

B. On thinking – cognition

   d. Tom says that he becomes quite anxious at dances. So, how will this anxiety influence his choices and behavior?
17. **How do traumatic experiences impact people?** They replay the situation over and over in their head.

**How do post-traumatic stress disorder and acute stress disorder differ?** The only difference between Acute Stress Disorder and PTSD is the length of time that symptoms have been experienced. If the symptoms have been present for less than 30 days, then criteria is not met for PTSD and the diagnosis is Acute Stress. After 30 days, PTSD is the correct diagnosis. The actual diagnostic criteria are essentially the same. All the best.

Post-traumatic stress: Essential feature development of characteristic symptoms following exposure to **one** or more **traumatic** events.

- **Duration:** more than 1 month

**A. Traits**

1. **Interferes with daily functioning.**
2. Fear based re-experiencing of the trauma.

**F. Denial/ Intrustusion Phase**

1. Deny it happened.
2. Thoughts keep coming - always on the mind.
3. Flashbacks.
4. Hyperarousal high sensitive

**Acute stress disorder** Essential feature...development of characteristic symptoms lasting 3 days to 1 month following exposure to one or more **Traumatic events.**

**What is adjustment disorder?** Essential feature... presence of emotional or behavioral symptoms in response to an identifiable **Stressor.**

**What is a key symptom of reactive attachment disorder?** A pattern of markedly disturbed and **Developmentally** inappropriate attachment behaviors, in which a child **rarely** or minimally turns preferentially to an attachment figure for comfort, **support**, protection, or nurturance.
B. Trait

1. Absence or underdevelopment of attachment between child and primary care giver.

C. Adoption.

- What is a key symptom of disinhibited social engagement disorder?: Essential feature… pattern of behavior that involves culturally inappropriate, overly familiar behavior with relative strangers.

VII. Theories of Trauma & Stress-Related Disorders

- What is the difference between stress and stressors?: Stress is defined as a mentally or emotional disruptive condition occurring in response to external influence. The difference between stress and a stressor are…. stress is a feeling that a person experiences when something emotionally/mentally upsetting occurs to them and a stressor is in fact an object or person that creates/induces stress of any kind, whether it be emotional or a physical form of stress placed.


- What are diatheses?: A. Elements 1. Diatheses A. Genes b. Biological Traits C. Psychological traits – basic personal tendencies. 2. Stressors A. Environmental stimuli.. changes.. Trauma

- How does the diathesis-stress model explain disorders?