

Anxiety and Anxiety-Related Disorders

Anxiety Disorder – group of psychological disorders characterized by prolonged, uncontrollable, and sometimes vague feelings of worry or anxiety

Understanding anxiety

Recognize the symptoms that characterize the different anxiety and anxiety-related disorders

Fear- an emotional response that is followed by a physiological reaction when faced with a threat or in a situation where a person is reminded of past experiences

Anxiety – feeling a vague sense of uncertainty about what might happen.

Fear can lead to anxiety, and anxiety can lead to fear.

Specific Phobias

Coulrophobia – fear of clowns

Arachnophobia –

Claustrophobia – fear of elevators and fear of small spaces

Emetophobia – fear of vomiting

Specific phobia – fear that comes because of a specific object or situation (eg. Spiders)

- Commonly diagnosed in women than men

Social Anxiety Disorder

- Referred to as 'social phobia'
- Also viewed as a type of specific phobia
- Persistent fear of being scrutinized in public by others or embarrassed/humiliated in a public setting
 - o Speaking in public
 - o Using public bathrooms
 - o Approaching people like a security guard for help or staff for answers regarding clothes
- Commonly in men than women
- DSM-5 reports 12-month prevalence rate of 7%)

Panic Attacks and Panic Disorder

- Sudden episode of intense fear that occurs unexpectedly
 - o Usually the symptoms reach a peak within 10 minutes and then decrease again
- DSM-5 reports 12-month prevalence rate as 11.2%
 - o Refers to by DSM-5 as a 'specifier'