PY40S Name:

**Anxiety disorders**

Severe or prolonged anxiety arising from stress can cause a variety of disorders. Three of the most common anxiety disorders are:



* Person cannot identify the cause
* Have trouble coping under certain circumstances
* Display unusual fear and try to escape stressful situations
* Fear that dreadful things will happen
* Fears are for no apparent reason
* Sufferers may become so overwhelmed that they cannot function
* Anxiety attacks: accelerated heartbeat, faintness, numbness, sweating, rapid breathing, chills or flushed skin



* A is a form of anxiety that involves and intense, irrational fear of certain objects or situations.
* The fear involved is out of proportion with the dangers involved.

: a severe avoidance of people and a strong fear of doing anything in public for fear of being embarrassed

Examples (page 102):

– fear of high places

– fear of open places

– fear of pain

– fear of thunder or lightning

– fear of enclosed places

– fear of water

– fear of public speaking

– fear of fear

– fear of strangers

– fear of animals

**Treatment:**

Often a psychologist will suggest multiple treatments that may include:

* Systematic desensitization: using virtual reality or imagery exercise to desensitize patients to the feared entity (part of therapy); a method of reducing fear by gradually exposing people to the object of their fear
* Cognitive behavioural therapy (CBT) lets the patent understand the cycle of negative thought patterns and ways to change these thought patterns
* Hypnotherapy can be used to help remove the associations that trigger a phobic reaction
* Anti-anxiety medications can be of assistance in many cases



– repetitive, unwelcome thought; persistent, unwanted

– repetitive, irresistible action; performing an act repeatedly in order to relieve the anxiety

**Eating Disorders:**

Eating disorders such as and share characteristics with other .

People with eating disorders are obsessed with .

Eating disorders can be very serious.

Fortunately, many victims of eating disorders can be treated successfully through a combination of

.

The vast majority of sufferers are adolescent or young adult women. Men and older women also contract the disorder, but much less frequently.

Eating disorders seem to arise as a way of dealing with . They stem from a range of societal, personal and family factors, but experts agree that these illnesses are often trig­gered by concerns about body image.

Certain have been linked with eating disorders.

Anorexics tend to be .

Bulimics tend to be and may engage in risky behaviour.

The fact that eating disorders often run in families has led some to conclude that there may be a

to the illness. However, others have suggested that

could account for this trend in families where there is too much emphasis on weight and physical attractiveness.