

Anxiety disorders

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

1. _____

- 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

2. _____

- 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 patient 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

3. _____

_____ – 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.