Module #31 - Anxiety and Mood Disorders

Study Guide

1. Which anxiety disorder is marked by persistent, unexplained feelings of apprehension and tension?

2. Which disorder includes the symptoms of unwanted, repetitive thoughts or actions?

3. Which anxiety disorder is marked by sudden bouts of intense, unexplained panic?

4. A(n) \_\_\_\_\_\_\_\_ is characterized by disruptive, irrational fears of objects or situations.

5. When a person relives a severely upsetting event in unwanted recurring memories and dreams, they might be diagnosed with:

6. A sudden wave of terror and fear that something bad is going to happen can be a:

7. A person's fear of situations that can be difficult to escape from is called:

8. Repetitive thoughts are called \_\_\_\_\_\_\_\_ and repetitive acts are \_\_\_\_\_\_\_\_.

9. The most common obsession among children and adolescents diagnosed with obsessive-compulsive disorder is:

10. The most common compulsion among children and adolescents diagnosed with obsessive-compulsive disorder is:

11. What are some evidence of a possible biological cause of anxiety disorders?

12. John Watson's demonstration of classical conditioning and fear with “Little Albert” is evidence supporting what kind of factor as a cause of anxiety disorders?

13. Young monkeys start to fear snakes when given the opportunity to watch other monkeys. This finding supports what kind of factor as a cause of anxiety disorders?

14. The learning factors mentioned in the text as possibly contributing to anxiety disorders are:

15. PET scans show a higher degree of activity in the \_\_\_\_\_\_\_\_ lobes of people with obsessive-compulsive disorder.

16. PET scan studies show that the brain is \_\_\_\_\_\_\_\_ during a major depressive episode.

17. Markus, a college student, complains that he feels apprehensive and fearful most of the time but doesn't know why. Markus is most likely suffers from a(n):

18. A sniper in the U.S. Army returning from a tour of duty who has very upsetting, recurring memories of the war might be diagnosed with which of the following?

19. What is an example of a panic attack?

20. Beatrice is so fearful of being overwhelmed by anxiety that she rarely steps outside her apartment. The thought of going shopping and getting lost in a crowd terrifies her, so she has her groceries delivered. Because of her fear, she earns her living as a freelance writer, working at home. Beatrice's behavior is most characteristic of:

21. Eva is so alarmed by spiders and insects that she avoids most outdoor activities and even refuses to enter the basement of her own house alone. Eva appears to suffer from a(n):

22. Hudson is preoccupied with thoughts of jumping out the window of his tenth-floor apartment. To reduce his anxiety, he frequently counts his heartbeats aloud. Hudson would most likely be diagnosed as experiencing a(n):

23. Mrs. Potts is alarmed by her own persistent and irrational thoughts of murdering her young children. Her experience best illustrates the agitating effects of a(n):

24. What is the main difference between biological and learning explanations for anxiety disorders?

25. A period of abnormally high emotion and activity is called:

26. What is the most common psychological disorder in the world?

27. What is a major difference between major depressive disorder and normal grief?

28. A person who alternates between hopelessness and an overexcited and unreasonably optimistic state might be most likely to be diagnosed with which disorder?

29. What is a symptom of the manic phase of bipolar disorder?

30. A person who goes for long periods without sleeping, experiences racing thoughts, and experiences periods of depression might be most likely to be diagnosed with which disorder?

31. Major depression is most likely to be characterized by:

32. According to research in the text, what is a potential biological factor that causes mood disorders?

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34. Which part of the brain is less active in people with major depression?

35. What is the best definition of learned helplessness?

36. Which has been associated with famous creative artists because of bursts of the creative energy associated with the disorder?

37. A person who is diagnosed with major depressive disorder must have at least five of the depressive symptoms, including at least one of which of the following symptoms?

38. Gabe has been diagnosed with major depressive disorder. He is at an even higher risk for suicide if he also suffers from:

39. A low level of serotonin is associated with which category of disorders

40. You overhear a friend say, “Mood disorders are caused by genetics.” Which of the following research findings contradicts this statement?

.41. Which of the following summaries regarding biological factors and anxiety and mood disorders is most correct?

42. A child who is physically abused develops major depression later in life. Which of the following social-cognitive factors may be an important cause of the depression?

43. A man with major depressive disorder gets dumped by his girlfriend. He thinks to himself, “I'm so ugly that it's no wonder no one likes me.” This statement demonstrates what kind of attributions?

44. Laynie suffers from chronic depression. According to the social-cognitive perspective, how is she most likely to respond when told that she performed very poorly on a test she took the previous day?

45. A person diagnosed with major depressive disorder gets in a car wreck and says, “I'm such a rotten driver.” This statement is an example of what kind of attribution?

Essay

 1. Choose one of the specific anxiety disorders and one of the specific mood disorders described in the text. Explain how these disorders might interfere with people's lives. Use examples of symptoms of each disorder and project how the symptoms might be obstacles in everyday life.