

## PSY 201 Study Guide

### Chapter 4, 6, and 7

What are the DSM-5 Anxiety Disorders?

What role does anxiety play in different disorders?

What is Freud's theory with anxiety disorders specifically GAD?

What are fear and anxiety alike? How are they different?

What is on the DX Checklist for GAD?

What is the different between general techniques and specific treatments for GAD?

Who does GAD most likely develop in?

Describe Carl Rogers view on GAD.

What are maladaptive assumptions?

How does antianxiety drug therapy differ from relaxation training?

What is agoraphobia? What is on the DX checklist for agoraphobia?

Define phobia.

Explain the biology of anxiety.

What causes phobias?

How is agoraphobia treated?

What is the leading cause of social anxiety disorder?

What is the difference between flooding and modeling with phobia treatments?

How can social fears be reduced? How can they be improved?

What is on the DX checklist for social anxiety disorder?

What is on the DX Checklist ofr panic disorder?

What are some characteristics of individuals going through a panic disorder?

What is the biological perspective of panic disorder?

What is the difference between biological perspective and cognitive perspective?

What is cognitive therapy? What does it include?

Define Obsessive Compulsive Disorder.

What are the features of obsessions and compulsions?

What did Stanley Rachman say about OCD?

What is behavioral therapy for OCD?

How does serotonin effect OCD?

What are four patterns that are related to OCD?

Describe each pattern related to OCD.

What are the two key emotions in mood disorders? Define each.

What is the difference between unipolar depression and bipolar depression?

What are the common symptoms of depression?

What is the difference between major depressive disorder and persistent depressive disorder?

What is premenstrual dysphoric disorder?

How long of a period does a person go through to be deemed major depressive and what symptoms does that include?

How is stress a trigger for depression?

**\*\*study the comparing disorders of mood chart in powerpoint\*\***

What areas of the brain are included when looking at depression?

What are the biological treatments for unipolar depression?

Describe the vagus nerve stimulation treatment.

What is psychodynamic treatment?

How do behaviorists use behavioral treatment to treat unipolar depression?

What is the difference between behavioral treatment and cognitive treatment?

What is Beck's Cognitive therapy?

Define learned helplessness.

What are some examples of family-social treatments? Define and give an example of each.

What is an example of multicultural perspective? Give example of treatment.

What are symptoms of mania? What five areas are affected?

What is included in the DX checklist for a manic episode?

What is the difference between Bipolar I and Bipolar II disorder?

What is rapid cycling?

What are some symptoms of bipolar disorders?

What causes bipolar disorders?

What are treatments for bipolar disorders?

What was the biggest discovery in 1970 and how did it help with the progression of treating bipolar disorders?

What is adjunctive psychotherapy? Has it helped or hurt the treatment of bipolar disorders?

What is Shneidman's definition of suicide? What is his characterizations of suicide?

What is an unsuccessful attempt at suicide called?

What is an example of sub intentional death?

How do researchers study suicidie?

What triggers a suicide attempt?

What is the difference between immediate stressors and long-term stressors?

Define Psychache.

What percentage of suicide attempts are due to alcohol use?

What are some of the mental disorders that individuals may experience leading them to suicide?

What are triggers?

What was Freud's thoughts on suicide?

How is serotonin a factor in suicide?

**\*\*review the age group of suicide\*\***

What's the percentage of deaths related to suicide between ages 10-14.

What is the boy girl ratio for suicide?

What is the ratio of children that have tried to harm themselves?

How many teenagers a year commit suicide?

What are contributing factors for the elderly committing suicide?

What treatments are available after a suicide attempt?

What is the most popular suicide prevention method?

Good luck! You'll do great! Please let me know if I can do anything else for you! Love you! 😊