

# Anxiety Disorders



# PHOBIAS

Some of them are justified.

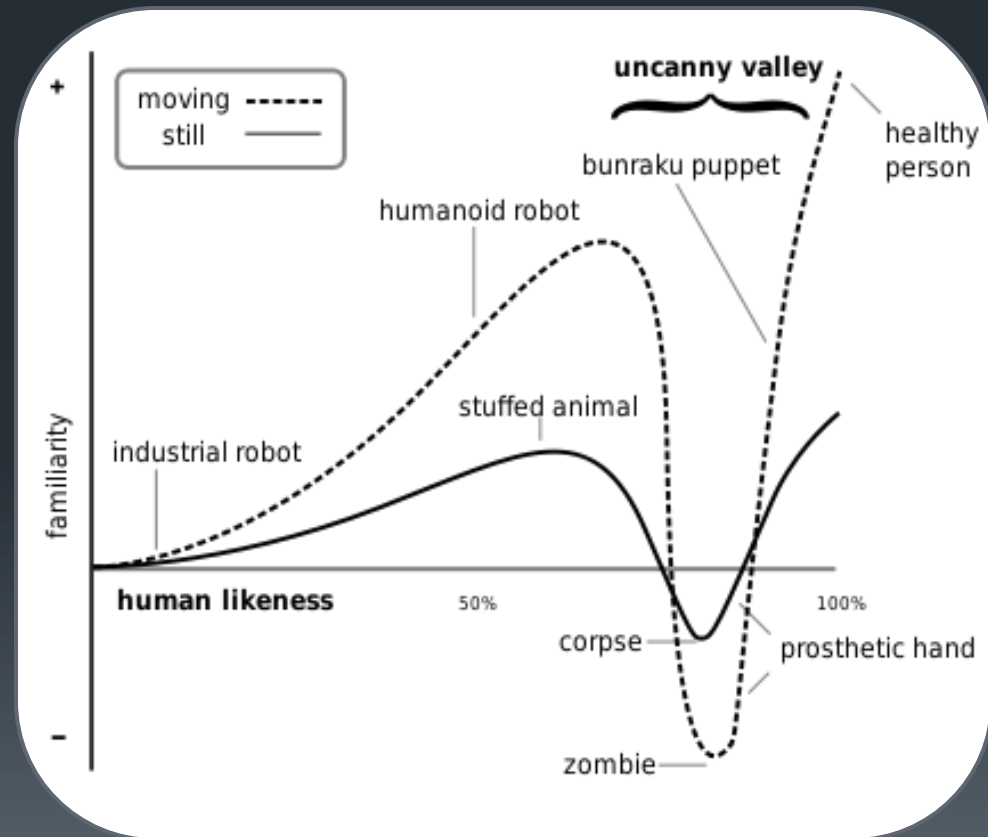
# Do any of these creep you out?



Tom wanted Michael, but seeing as we're having a girl, that didn't work.

# This is due to the “Uncanny Valley” effect...

- It describes our strange revulsion toward things that appear nearly human, but *not quite right*.
- Usually involves
  - Robots
  - Computer animations
  - Some medical conditions





# Anxiety

- Can it be good?
- Yes, anxiety is what prepares you for:
  - That upcoming Test
  - That upcoming football game
  - That upcoming first date
  - Locking your house when alone at night
- When does that anxiety become a bad thing?



## When it interferes with your daily life...

- When that anxiety becomes so strong that you:
  - Blank during the Test and fail
  - Fumble the football during the game
  - Stare blankly and don't talk during the first date.
  - Constantly hear noises in your house which leads to a panic attack and then you call the police.



# Phobic Anxiety Disorder

- A phobia is defined as an irrational, intense fear of an object or situation that poses little or no actual danger.
- At first glance, a phobia may seem similar to a normal fear, but it's the degree to which a person is affected that determines whether that fear has become a phobia.



# Phobic Anxiety Disorder

- Typical symptoms triggered by the Sympathetic Nervous system include:
  - Dizziness, rapid heartbeat, trembling, or other uncontrollable physical responses
  - Sensation of terror, dread or panic
  - Preoccupation of thoughts; inability to change focus from the feared situation
  - Intense desire to flee the situation

# Top Ten Phobias



#10



# Top Ten Phobias



#10: Necrophobia – Fear of death

# Top Ten Phobias



#9

# Top Ten Phobias



#9: Brontophobia – Fear of thunder/lightning storms

# Top Ten Phobias



#8

# Top Ten Phobias



#8: Mysophobia – Fear of germs/dirt



# Top Ten Phobias



#7

# Top Ten Phobias



#7: Emetophobia – Fear of vomit

# Top Ten Phobias



#6



# Top Ten Phobias



#6: Claustrophobia – Fear of confinement

# Top Ten Phobias



#5

# Top Ten Phobias



#5: Agoraphobia – Fear of open spaces/crowds

# Top Ten Phobias



#4

# Top Ten Phobias



#4: Aerophobia – Fear of flying



# Top Ten Phobias



#3



# Top Ten Phobias



#3: Acrophobia – Fear of heights

# Top Ten Phobias



#2



# Top Ten Phobias



#2: Social Phobia – Fear of public embarrassment

# Top Ten Phobias

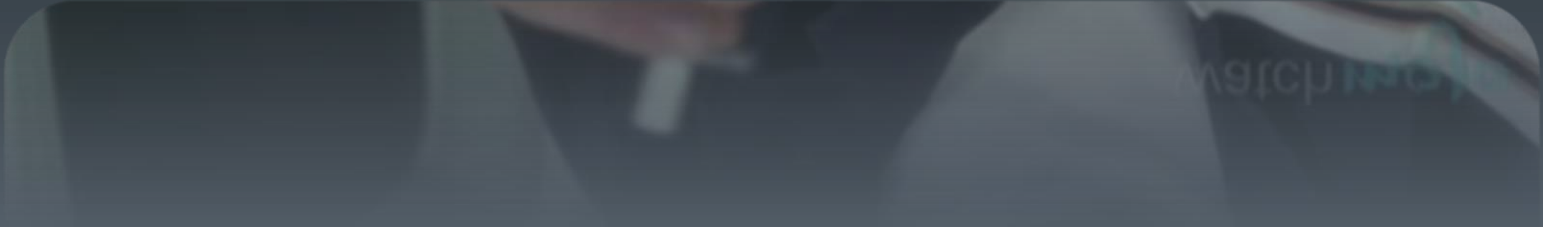


#1

# Top Ten Phobias



#1: Arachnophobia – Fear of spiders

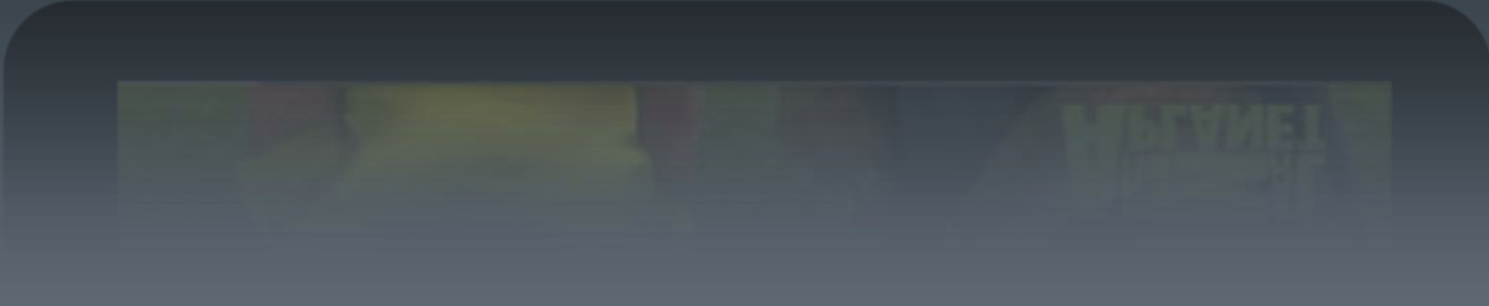


# Phobic Anxiety Disorder

- The two most common treatments include:

## 1. Cognitive Behavior Therapy (CBT)

- In this form of therapy, the clinician works with the client to confront the feared situation and change the phobic reaction by changing the automatic thoughts that occur.
- **Exposure therapy** is a leading form of cognitive behavior therapy that works well in treating phobias.
- A popular type of exposure therapy is known as **systematic desensitization**, in which the client is gradually exposed to the feared object, learning to tolerate increased exposure bit by bit.



# Phobic Anxiety Disorder

- The two most common treatments include:
  1. **Cognitive Behavior Therapy (CBT)**
  2. **Medication**
    - Some medications that are effective at treating phobias include:
      - Anti-depressants
      - Anti-anxiety medications
      - Beta-blockers, which limit the effects of adrenaline on the body



# Classifications

- Specific Phobias-
  - acrophobia (high places), claustrophobia (enclosed spaces, Nyctophobia (darkness)
- Social Phobias-
  - Fear of embarrassment in a social setting (public speaking, eating in public, using public restrooms, meeting strangers, first dates.
- Agoraphobia
  - Fear of extreme fear of public place





# Panic Attack

- Experience extreme sudden and unexplainable attacks of intense anxiety
  - Individual feels sense of impending doom or even fear they are about to die.



# Post- Traumatic Stress Disorder

- Condition in which a person who has experienced a traumatic event feels severe and long-lasting aftereffects.
- Common among veterans and military combat and survivors of acts of terrorism, natural disasters such as floods or tornadoes, and other catastrophes.
- Symptoms:
  - Involuntary flashbacks
  - Recurring nightmares during which the victim re-experiences the ordeal
  - Insomnia and guilt

# HBO- “WARTORN”

