

Quick Study Guide

Topic: Anxiety Disorders – Key Terms

Related Course(s): Psy1100, Psy3600

Anxiety Disorders Key Terms

What Are Anxiety Disorders?

Anxiety disorders involve excessive fear or anxiety, are the most common of mental disorders and can cause people to avoid situations that trigger or worsen their symptoms. To be diagnosed with an anxiety disorder, the fear or anxiety must be 1) out of proportion to the situation or age inappropriate and 2) must hinder one's ability to function normally

Types of Anxiety Disorders

Generalized Anxiety Disorder a chronic state of anxiety characterized by excessive worry, over a period of at least six months, about several life circumstance (most often family, money, work, and health); they experience of long-term anxiety with no explanation

Obsessive-Compulsive Disorder: a disorder characterized by obsessions or compulsions. A diagnosis of OCD requires the presence of obsession and/or compulsions that are time-consuming (more than one hour a day), cause major distress, and impair work, social or other important function

Obsession a thought or an image that keeps unwillingly intruding into a person's consciousness, though the person may consider it senseless or even unpleasant.

Compulsion an action that a person feels compelled to repeat again and again in a stereotyped fashion, though he or she has no conscious desire to do so.

Posttraumatic Stress Disorder severe psychological reaction to intensely traumatic events, including assault, rape, natural disaster, and wartime combat. Victims may re-experience the traumatic event in