

Unit 2: Problems of Anxiety and Mood
Abnormal Psychology

Key People:

Sigmund Freud

Aaron Beck

Martin Seligman

Peter Lewinsohn

Edwin Shneidman

Emile Durkheim

CH 4: Anxiety, Obsessive-Compulsive, and Related Disorders

#	Description	Text pages
4.1	Describe the DSM category of the anxiety disorders and how common these disorders are.	106
4.2	Discuss the features, major <u>etiological theories</u> , and <u>treatments</u> for generalized anxiety disorder .	107-119
4.3	Define phobia; then distinguish between specific phobias and agoraphobia ; discuss the major <u>etiological theories</u> and <u>treatments</u> for each type.	119-127
4.4	Discuss the characteristics, <u>etiological theories</u> , and <u>treatment</u> of social anxiety disorder .	127-131
4.5	Describe the features of panic disorder and discuss the <u>biological and cognitive explanations</u> and <u>therapies</u> of this disorder.	132-136
4.6	Distinguish between obsessions and compulsions. Discuss the major <u>etiological theories</u> and <u>treatments</u> for obsessive-compulsive disorder .	137-142
4.7	Describe the new Obsessive-Compulsive-Related Disorders group in DSM-5.	143-147

CH 5: Disorders of Trauma and Stress

#	Description	Text pages
5.1	Describe how the body responds when faced with stressors.	149-152
5.2	Distinguish between acute stress disorder and posttraumatic stress disorder (PTSD) and describe typical symptoms	152-153
5.3	Discuss triggers for the psychological stress disorders, including combat, disasters, and victimization.	154-158
5.4	Detail the various factors that put people at risk for developing a psychological stress disorder and discuss treatments for these conditions.	158-165

5.5	Describe the general characteristics of the dissociative disorders: dissociative amnesia (including dissociative fugue) and dissociative identity disorder .	166-169
5.6	Compare the various <u>etiological explanations</u> of dissociative disorders (including psychodynamic explanations, behavioral explanations, state-dependent learning, and self-hypnosis).	170-175
5.7	Discuss <u>treatment</u> for dissociative amnesia and dissociative identity disorders.	176-177
5.8	Describe depersonalization-derealization disorder.	177-179

CH 6: Depressive and Bipolar Disorders

#	Description	Text pages
6.1	Describe the symptoms and prevalence of the depressive disorders (a.k.a. “unipolar depression”)	183-187
6.2	Compare <u>etiological explanations</u> of depression and the associated <i>treatment approaches</i> from these key perspectives: biological, psychodynamic, behavioral, cognitive, and sociocultural.	188-210
6.3	Describe the bipolar disorders and their key symptoms.	211-213
6.4	Describe what is known about the biological factors that cause bipolar disorder.	214-215
6.5	Discuss the major biological treatments for bipolar disorders.	215-217
6.6	Describe adjunctive psychotherapy for bipolar disorder and its importance.	217-218

CH 7: Suicide

#	Description	Text pages
7.1	Define suicide and its current prevalence.	221-223
7.2	Apply Shneidman’s model to understand the varied motivations behind suicidal thinking and behavior (e.g., death seekers, death initiators, death ignorers, and death darers) as well as subintentional death.	224-225
7.3	Describe the effects of cultural factors, race, and sex on suicide rates. Explain how the limits of retrospective analysis make it difficult to determine cause.	226-227
7.4	Identify <u>internal</u> and <u>external</u> triggering factors that have been linked to suicide, including stressful events, mood and thought changes, mental disorders, alcohol and other drug use, and modeling.	227-231

7.5	Apply theoretical models to explain why some people are more vulnerable to suicide than others, including <u>psychodynamic views</u> , <u>Durkheim's sociocultural view</u> , and the <u>biological view</u> .	232-235
7.6	Describe how age impacts suicidal behavior among children, adolescents, and the elderly.	235-241
7.7	Discuss the characteristics of suicide treatment and prevention programs.	242-246