

Psyk.trek Work Sheet

Unit 11 - Abnormal Behavior & Therapy Psychology: Themes & Variations – Wayne Weiten

Name _____

Section _____

1. Anxiety disorders affect approximately _____ % of the population.
2. Draw a line to match the type of anxiety disorder with the correct description.

Alice has a chronically high level of uneasiness, She “always” feed anxious, worries constantly and has some physical symptoms.

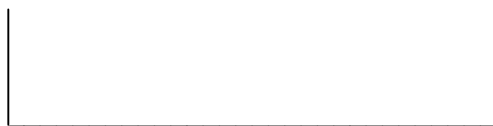
Bill cannot concentrate on his textbook because Uncontrollable thoughts about how bad he is Keep coming to his head. He has to perform Specific behaviors to stop the thoughts.

Jane is afraid to leave her house because she Will have a strong reaction and will feel that she Is out of control.

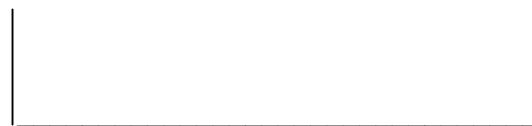
Generalized Anxiety Disorder
Phobia
Panic
Obsessive-Compulsive Disorder

3. Looking at biochemical causes of Anxiety Disorders, there seems to be a link between most anxiety and the neurotransmitter _____.
4. The cognitive view of the cause of Anxiety Disorders is based on the concept of faulty thinking. The three thinking patterns that can predispose one to anxiety disorders are:
 - (1) _____
 - (2) _____
 - (3) _____

5. Illustrate the difference between Unipolar and Bipolar Mood Disorders by drawing “typical” mood patterns for each:



Unipolar Mood Disorder



Bipolar Mood Disorder

6. Identify several cognitive and behavioral symptoms of Depression.

7. What kind of behavior would you expect to see in someone who is in a "Manic" stage of their Bipolar Disorder?

8. Circle the correct work: Research examining biological factors in Mood Disorders indicate that heredity is / is not an important factor.

9. Seligman proposed a Learned Helplessness theory of Depression based on the attributions that people have. The types of attributions that can lead one to a sense of helplessness are: _____; _____; _____

10. Schizophrenia is a serious disturbance that affects approximately _____% of the population.

11. Which of the following symptoms would a schizophrenic patient NOT have? (Circle)

Delusions; Perceptual Distortions; Euphoria; Unclear thinking

12. In Freud's Psychoanalysis, identify and define the 4 key processes used.

(1) _____ (3) _____

(2) _____ (4) _____

13. In Client-Centered Therapy, Carl Rogers proposed that a person's distress was caused by incongruence between _____ & _____.

14. Behavioral Therapies are based on the application of _____.

15. The three major classes of Biomedical drugs therapies are:

(1) Anti- _____ (2) Anti- _____ (3) Anti- _____.

16. Traffic and waiting in long lines often produces this type of stress. _____

17. What type of conflict often results in procrastination? _____

Give an example: _____

18. Describe three different responses to stressful situations and give an example of each.

_____	_____
_____	_____
_____	_____

19. Discuss some constructive coping strategies you might try when faced with a stressful situation: