


# Key Dates

- TU Feb 7 Unit 7; MW Ch 7 Joseph, Virginia
- TH Feb 9 Begin Dimensions-Behavior, Units IIB, 8 through page 147; MW Ch 9 Betty, Elvis
- TU Feb 14  Unit 8 147-end and Unit 9; MW Ch 8 Jeffrey and Ch 10 Diana
- TH Feb 16 Unit 10; MW Ch 11 Theodore B

Goal: To recognize and differentiate abnormal reactions  
involving fear, anxiety, or obsession

# UNIT 6: FEAR, ANXIETY, AND OBSESSION

# Learning Outcomes

- By the end of this class, you should be able to:
  - Identify and define the key characteristics of what the *DSM* calls social anxiety disorder
  - Identify and define the key characteristics of what the *DSM* calls panic disorder and how it is differentiated from agoraphobia
  - Identify and define the key characteristics of what the *DSM* calls generalized anxiety disorder
  - Identify and define the key characteristics of what the *DSM* calls obsessive-compulsive disorder
  - Distinguish between the clinical and the popular meanings of “obsession” and “compulsion”

# Fear, Anxiety, and Obsession

- Fear versus anxiety
- Fear as an innate, adaptive response
  - Survival: Fight/flight
  - The physiology of fear
  - Fear as a learned response
- Anxiety as a maladaptive response
  - No clearly defined threat
  - Threat not imminent
  - Chronic versus acute

# Fear, Anxiety, and Obsession

- Fear-based syndromes: Phobias
  - Specific phobia (with Greek names)
  - Social anxiety disorder/social phobia
  - Agoraphobia
- Clinical characteristics
  - Fear disproportionate to danger (may include panic attacks)
  - Avoidance
  - Duration at least 6 months
  - Significant distress or impairment
- Statistics
  - Common, but often unreported
  - More common in females

# Fear, Anxiety, and Obsession

- Anxiety-based syndromes
  - **Panic disorder**
    - Recurrent panic attacks (necessary but not sufficient)
    - Worry about more attacks and/or change in behavior to avoid attacks
    - Duration at least 1 month
  - **Generalized anxiety disorder**
    - Excessive and multiple worries
    - Difficulty controlling worries
    - Multiple symptoms linked to worrying (e.g., sleep disturbance, difficulty concentrating)
    - Duration at least 6 months
- Statistics
  - 1-year prevalence 2%-3% for both
  - More common in females by 2:1 ratio
  - More common among people of European origin

# Fear, Anxiety, and Obsession

- Obsession-related syndromes
- **Obsessive-compulsive disorder (OCD)**
  - The clinical meaning of obsession and compulsion versus popular usage: intrusive, unwanted
  - Recurring obsessive thoughts, efforts to suppress them
  - Repetitive behaviors to reduce anxiety or some dreaded event
  - With good insight/poor insight/no insight (delusional)
- **Statistics**
  - 1-year prevalence 1-2%, lifetime 2.5%
  - Male-female equal, but more common in males in childhood

# Fear, Anxiety, and Obsession

- Other obsession-related syndromes
  - **Body dysmorphic disorder**: preoccupation with perceived flaw in appearance, constant checking
  - **Hoarding disorder**: difficulty parting with possessions, sometimes associated with excessive acquisition
  - Both are also characterized with good insight/poor insight/no insight (delusional)
  - **Trichotillomania** and **excoriation disorder**: repetitive, poorly-controlled hair-pulling or skin-picking leading to hair loss or skin lesions



# Fear, Anxiety, and Obsession

- ◎ Fear and anxiety in children
  - **Separation anxiety disorder**: excessive distress experiencing or anticipating separation from major attachment figures, or fear of losing them, or of being alone— affects perhaps 4% of children, rare in adults
  - **Selective mutism**: refusal to speak (assumed to be fear/anxiety-related, though other signs often not present)—rare, <1%

# Fear, Anxiety, and Obsession

- Differential and co-morbid considerations
  - Other specified: obsessional jealousy, body-focused repetitive behavior disorder (e.g., nail-biting)
  - Other unspecified
  - Differential diagnosis and co-morbidity:
    - Addiction versus compulsion
    - Overlap of fear and anxiety-related with the other and with depressive disorders
    - Overlap with substance use disorders
    - Overlap with medical conditions