

Teaching with Crash Courses: Psychology

Episodes #29 & 30

OCD and Anxiety Disorders

Depressive and Bipolar Disorders

OCD and Anxiety Disorders: Crash Course Psychology #29 – Exit Ticket
<https://youtu.be/aX7jnVXXG5o?list=PL8dPuuaLjXtOPRKzVLY0jJY-uHOH9KVU6>

Name _____

What makes a condition a “disorder”?	In clinical terms, anxiety disorders are characterized by: a) b)	At least _____ of all people will experience a diagnosable anxiety disorder at some point in their lives.
What is OCD? What are “obsessions”? What are compulsions?	What are some common myths about OCD?	What is GAD? What are some symptoms of GAD?
Panic disorder affects 1 in _____ people and most often affects _____ and young adults. List some symptoms of a panic attack? a) b) c) d)	What are some examples of phobias discussed in this Crash Course episode? a) b) c) How is a clinical phobia different from fear?	Briefly explain the two main perspectives on how we view anxiety? 1) 2)

Depressive and Bipolar Disorders: Crash Course Psychology #30 – Exit Ticket

<https://youtu.be/ZwMIHkWKDwM?list=PL8dPuuaLjXtOPRKzVLY0jJY-uHOH9KVU6>

Name _____

Who is Kay Redfield Jamison?

How did Jamison describe what it's like to have bipolar disorder in her memoir, *An Unquiet Mind*?

Define mood.

How is "mood" different from "emotion"?

What is a mood disorder?

Why has depression been called the "common cold" of psychological disorders?

The DSM5 officially diagnoses someone with a depressive disorder when a patient experiences at least _____ signs of depression for more than _____ weeks.

When diagnosing someone with a depressive disorder, clinicians look for symptoms including:

How is bipolar disorder different from depressive disorder?

The cause of mood disorders is likely a combination of _____, _____, _____, and _____ factors.

The prevalence of clinical depression is higher in women than men. One theory regarding why this might be the case is:

Why is exercise sometimes suggested as a way to combat depression?

Which theory examines how our thinking and behavior influence depression?

Notes: