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Lab Section #24 Lab Instructor Abby Ebelherr

**Specific Purpose:** To inform my audience about anxiety and the science behind it.

**Central Idea:** For people to understand anxiety and overcome it, they should really know the science behind it. Once someone knows how something works, they are less likely to be afraid of it or to avoid it.

**Pattern of Organization:** Topical

**I Attention:** How many of you are just a little bit anxious about your speeches coming up today, Friday, or the next week? Is anyone afraid of death? Both of these things are types of anxiety.

**II Reveal Topic:** In the archives of General Psychiatry, 18.1% of the US population have had an anxiety disorder for longer than a year in duration. I will be talking about some of these types of anxiety, ranging from the severe, diagnosable ones, to those of a smaller degree that everyone encounters.

**III Credibility:** I have spent a lot of time studying anxiety, trying to understand how it works, where it comes from, and what the different types are.

**IV Relate to the Audience:** We’re all anxious when we come up to speak in class to a certain extent, and this is considered performance anxiety.

**V Preview:** Today I will talk about the causes of anxiety and the types of anxiety, including performance.

**(Connective: Internal Preview ­**– First I will talk about the causes of anxiety.)

1. The causes of anxiety are still being researched, but from what I’ve gathered, two main causes of sever anxiety disorder stem from problems as a youth, and genetic problems.
   1. A genetic link to anxiety is the least understood cause.
      1. Having a 1st degree relative with Social Anxiety Disorder makes you 2 to 3 times as likely to develop it yourself, says the American Psychiatry Publishing Textbook.
      2. Specific chromosomes are linked to various psychiatric diseases, including anxiety disorders.
   2. Another cause of anxiety is thought to lie within experiences as a child.
      1. The average onset of anxiety disorder happens when someone is about eleven years old.
      2. A child who behaves rashly when confronted with a new situation or person is at a greater risk to becoming socially anxious later in life.
   3. Using neuro-imaging technology, researchers have discovered there are certain parts of the brain that are more or less active in someone who has anxiety issues, in addition to the person having a chemical imbalance within their brain.
      1. People with SAD experience an imbalance of neurotransmitters that cause them to be anxious in public.
      2. The photos you see here show the parts of the brain that are involved when one experiences anxiety. This information is from a study out of the American Journal of Psychiatry.
         1. First you see the brain stem, which controls the heart rate and breathing.
         2. Next is the limbic system, which controls your mood and the primary control of your anxiety level.
         3. The prefrontal cortex appraises risk and danger.
         4. And finally, the motor cortex controls your muscles, or motor skills.

**(Connective: Transition** – As you can see, anxiety issues have a lot of places to stem from. Between initial causes and immediate causes, your body gives you a lot of reasons to be anxious. Next I’ll talk about the different types of disorders caused by these problems.)

1. Types of anxiety can include the diagnosable disorders, Existential anxiety, test/performance anxiety, or social anxiety.
   1. There are many different types of diagnosable anxiety disorders, but I will just touch on the main ones today.
      1. First, we have Obsessive Compulsive Disorder, a disorder where the patient is obsessive about the smallest things
      2. Next we have Post-Traumatic Stress Disorder, a disorder that causes those afflicted to have nightmares and panic attacks related to their stressor.
      3. The last type of anxiety would fall under phobias, where people are unnaturally afraid of something. Facing a phobia actually does help, the longer the person avoids the phobia, the more afraid of it they become.
   2. Existential Anxiety has been characterized as "the state in which a being is aware of its possible nonbeing" by the theologian Paul Tillich. This can be spiritual, moral, or ontic.
   3. Performance anxiety encompasses anxiety in tests, speeches, or any public performance.
      1. Most people have some severity of this (Even seasoned actors)
      2. A certain level of anxiety is optimal on tests, but too much can lead to a decline in performance.
      3. This can also apply to workers having tasks in the workplace.
   4. Social anxiety has a wide range of severity.
      1. The lowest part of that range includes shyness. Nearly everyone is shy in some respect.
      2. However, on the other extreme there is Agoraphobia, which is a fear of the outdoors, usually caused by a fear of social interaction.

**(Connective: Internal summary** – There are several different types of anxiety, all ranging in severity. Perhaps one of you might’ve identified as being anxious about one of these topics.)

**Signal the End:** Before I step out off the stage today, I’d like to remind you that there are worse anxieties than giving a speech.

**Reinforce the Central Idea:** Anxiety disorders can stem from family relations or genetics, and can end up resulting in a wide variety of anxiety disorders that you or someone you know may have.

**Clear Closing Line:** Don’t fret about these speeches when there are other anxiety issues to worry about. By no means am I an expert on this subject, but I enjoyed sharing with you today.

**Bibliography**

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