* Fear, Anxiety, and Panic
  + Fear
    - Immediate, present-oriented
    - Fight or flight mode
    - Response to something in the environment
    - A good thing from an evolutionary standpoint
    - Muscles tense, alert, and elevated heart rate
  + Anxiety
    - Apprehensive, future-oriented
    - Somatic Symptoms = Tension
    - Worry, apprehension, etc
    - About performance on an exam, a loved one, or a dentist appointment
    - Very rarely look relaxed, muscles stiff, a lot of people don’t realize they’re tense
  + Panic Attacks
    - Abrupt experiences of intense fear
    - Occur at inappropriate times
    - Symptoms
      * Palpitations, chest pain, and dizziness
      * Nausea, sweating, etc. They think they’re having a heart attack
* Causes of Anxiety
  + Biological – Genetic, neurotransmitters, limbic system
  + Psychological – Classical conditioning, sense of control
  + Runs in families, anxiety disorders
  + Social – Stressful life events
  + Triple Vulnerabilities
  + Neurotransmitters – GABA (Inhibitory), helps you calm those prone to anxiety. Those who have anxiety don’t have enough GABA. Valium, xanax, etc primarily work on GABA. Serotonin and Norepinephrine are the neurotransmitters
  + Limbic System – Emotion processing. People who are anxious may have an over reactive limbic system
  + B.I.S (Behavioral Inhibition System)
    - Puts you in a mode of freeze and evaluate. Fight or flight system
* Psychological causes of Anxiety
  + Classical Conditioning
    - You might associate the movie you had a panic attack and thus put yourself at a higher risk of a panic attack
  + Sense of Control
    - If the parents teach you that the out of control aspects of your life are bad then the child may grow up with anxiety
* Social causes of Anxiety
  + Stressful life events
    - You’re more stressed in finals week. If prone to anxiety, have a god job, but you’re stressed about finances you could develop the disorder
* Triple Vulnerability in Anxiety
  + Generalized Biological Vulnerability
    - Genes & Neurotransmitters
  + Generalized Psychological Vulnerability
    - The world is dangerous and out of control
  + Specific Psychological Vulnerabilities
    - Something specific is dangerous and out of control
* Anxiety Disorders: Overview
  + Lots of comorbidity with depression
  + Generalized Anxiety Disorder
  + Panic Disorder with and without Agoraphobia
  + Specific Phobias
  + Social Phobia
  + Posttraumatic Stress Disorder
  + Obsessive-Compulsive Disorder
* Generalized Anxiety Disorder
  + Diagnosis Criteria (DSM-IV)
    - Excessive Anxiety and worry occurring more days than not for at least six months about a number of everyday, routine events, or activities such as finance, heath, being late, car repairs, work, school, children, etc
    - The person finds it difficult to control the worry
    - The person feels at least three of the following
      * Restlessness, easy fatigue, irritability, muscle tension, and sleep disturbances
    - The worry causes significant impairment or distress
  + Changes in DSM-V
    - You need to have excessive anxiety or worry about two or more domains or events
      * ^ Now specifying how many areas needed to be had
    - Excessive anxiety or worry more days than not for 3 months
    - One psychical symptom instead of 3
    - One behavioral Response
      * The person must avoid potential situations, excessive time and effort preparing for a possible negative outcome, procrastination due to the worry, and repeatedly seeking reassurance
  + Characteristics
    - Prevalence
      * 3.1% in 1 year
      * 5.7% in lifetime
    - Similar rates worldwide
    - Female: Male ~2:1
    - Insidious onset (Slow Process)
      * Early adulthood, late 20s early 30s
    - Chronic course but with fluctuations
  + Causes
    - Biological
      * Genetic
      * Autonomic Restrictors
        + They don’t’ show as much reactive in heart rate, etc since they tense themselves there isn’t much room for the heart rate to go up
      * Heightened threat sensitivity
      * GABA – Reduced Levels
    - Cognitive
      * Intense cognitive processing without accompanying imagery
      * They never expose themselves to the end outcome
  + Treatment
    - Biological – Effective but only treat symptoms
      * Benzodiazepines
        + Work on GABA, GABA agnostic
        + Calming effect
      * Relaxation Training
        + Causing a physical relaxation causing mental relaxation
      * Biofeedback
        + Hooked up to sensors, gives audible beep when HR is elevated
    - Psychological
      * Cognitive Therapy
        + Is the outcome you think will happen legitimate?
      * Worry Exposure
        + Expose them to the rational ends of the therapy. How will you deal with the situation?
      * Coping Skills
        + Self-supportive statements that you’re trained to use when stressed. “I can do this”