

## CHAPTER 6: ANXIETY AND STRESSOR-RELATED PROBLEMS

### KEY TERMS

#### **Affectionless Control**

A type of parenting characterized by high levels of overprotection combined with a lack of warmth and care.

#### **Amygdala**

The region of the brain responsible for coordinating and initiating responses to fear.

#### **Anterior Cingulate Cortex (ACC)**

The frontal part of the cingulate cortex resembling a 'collar' form around the corpus callosum, used for the relay of neural signals between the right and left hemispheres of the brain.

#### **Attribution Theories**

Theories of depression which suggest that people who are likely to become depressed attribute negative life events to internal, stable and global factors.

#### **Battered Woman Syndrome**

The view that a pattern of repeated partner abuse leads battered women to believe that they are powerless to change their situation.

#### **Behavioural Activation Therapy**

A therapy for depression that attempts to increase clients' access to pleasant events and rewards and decrease their experience of aversive events and consequences.

#### **Bipolar Disorder**

A psychological disorder characterized by periods of mania that alternate with periods of depression.

#### **Chronic Fatigue Syndrome (CFS)**

A disorder characterized by depression and mood fluctuations together with physical symptoms such as extreme fatigue, muscle pain, chest pain, headaches and noise and light sensitivity.

#### **Cognitive Restructuring**

Methods used to challenge the biases that a client might hold about how frequently bad events might happen and to generate thoughts that are more accurate.

#### **Cognitive Retraining**

An approach to treating depression developed by Aaron Beck. Also known as cognitive therapy or cognitive restructuring.

#### **Cognitive Therapies**

Therapeutic interventions which seek to help the patient overcome difficulties by identifying and changing dysfunctional thinking, behavior, and emotional responses. They include rational emotive therapy (RET), Beck's cognitive therapy, and cognitive behaviour therapy (CBT).

#### **Cortisol**

An adrenocortical hormone.

#### **Cyclothymic Disorder**

A form of depression characterized by at least 2 years of hypomania symptoms that do not meet the criteria for a manic episode and in which the sufferer experiences alternating periods of withdrawal then exuberance, inadequacy and then high self-esteem.

### **Deliberate Self-Harm**

A parasuicidal phenomenon that commonly includes cutting or burning oneself, taking overdoses, hitting oneself, pulling hair or picking skin, or self-strangulation.

### **Depression**

A mood disorder involving emotional, motivational, behavioural, physical and cognitive symptoms.

### **Dopamine**

A compound that exists in the body as a neurotransmitter and as a precursor of other substances including adrenalin.

### **Dream Interpretation**

The process of assigning meaning to dreams.

### **Dysthymic Disorder**

A form of depression in which the sufferer has experienced at least 2 years of depressed mood for more days than not.

### **Electroconvulsive Therapy (ECT)**

A method of treatment for depression or psychosis, first devised in the 1930s, which involves passing an electric current of around 70–130 volts through the head of the patient for around half a second.

### **Experimental Psychopathology**

Experimental field of psychological science aimed at understanding the processes underlying abnormal behavior.

### **Fluoxetine (Prozac)**

A selective serotonin reuptake inhibitor (SSRI) which reduces the uptake of serotonin in the brain and is taken to treat depression.

### **Free Association**

A technique used in psychoanalysis where the client is encouraged to verbalize all thoughts, feelings and images that come to mind.

### **Hippocampus**

A part of the brain which is important in adrenocorticotrophic hormone secretion and is also critical in learning about the context of affective reactions.

### **Hopelessness Theory**

A theory of depression in which individuals exhibit an expectation that positive outcomes will not occur, negative outcomes will occur, and that the individual has no responses available that will change this state of affairs.

### **Hypomania**

Mild episodes of mania.

### **Interpersonal Theories**

Theories that argue that depression is maintained by a cycle of reassurance-seeking by depressed individuals that is subsequently rejected by family and friends because of the negative way in which depressed individuals talk about their problems.

### **Introjection**

A response to a loss where individuals regress to the oral stage of development, which allows them to integrate the identity of the person they have lost with their own.

### **Learned Helplessness**

A theory of depression that argues that people become depressed following unavoidable negative life events because these events give rise to a cognitive set that makes individuals learn to become 'helpless', lethargic and depressed.

### **Lithium Carbonate**

A drug used in the treatment of bipolar disorder.

### **Major Depression**

A psychological problem characterized by relatively extended periods of clinical depression which cause significant distress to the individual and impairment in social or occupational functioning.

### **Major Depressive Episode**

Episode of major depression, defined by the presence of five or more depressive symptoms during the same 2-week period, as stated by the DSM-5.

### **Melatonin**

A hormone which acts to slow organisms down, making them sleepy and less energetic.

### **Mindfulness-Based Cognitive Therapy (MBCT)**

A direct extension of traditional CBT in which treatments emphasize achieving a mental state characterized by present-moment focus and non-judgmental awareness.

### **Monoamine Oxidase Inhibitors (MAOIs)**

Antidepressants which are effective for some people with major depression who do not respond to other antidepressants.

### **Negative Automatic Thoughts**

Negatively valenced thoughts that the individual finds difficult to control or dismiss.

### **Negative Schema**

A set of beliefs that tends individuals towards viewing the world and themselves in a negative way.

### **Negative Triad**

A theory of depression in which depressed people hold negative views of themselves (e.g. 'I am unattractive'), of their future (e.g. 'I will never achieve anything') and of the world (e.g. 'The world is a dangerous and unsupportive place').

### **Non-Suicidal Self-Injury**

The act of deliberately causing injury to one's body without conscious suicidal intent.

### **Norepinephrine**

A neurotransmitter thought to play a role in anxiety symptoms.

### **Olanzapine**

An antipsychotic drug commonly prescribed in combination with the antidepressant SSRI drug fluoxetine as a treatment for bipolar disorder.

### **Pessimistic Thinking**

A form of dysfunctional thinking where sufferers believe nothing can improve their lot.

### **Prefrontal Cortex**

An area of the brain which is important in maintaining representations of goals and the means to achieve them.

### **Premenstrual Dysphoric Disorder**

A condition in which some women experience severe depression symptoms between 5 to 11 days prior to the start of the menstrual cycle. Symptoms then improve significantly within a few days after the onset of menses.

### **Psychoanalysis**

An influential psychological model of psychopathology based on the theoretical works of Sigmund Freud.

### **Reattribution Training**

A treatment used in helping individuals with paranoid symptoms to reattribute their paranoid delusions to normal daily events rather than the threatening, confrontational causes they believe underlie them.

### **Rumination**

The tendency to repetitively dwell on the experience of depression or its possible causes.

### **Seasonal Affective Disorder (SAD)**

A condition of regularly occurring depressions in winter with a remission the following spring or summer.

### **Selective Serotonin Reuptake Inhibitors (SSRIs)**

A recent group of antidepressant drugs that selectively affect the uptake of only one neurotransmitter – usually serotonin.

### **Serotonin**

An important brain neurotransmitter where low levels are associated with depression.

### **Social Skills Training**

A therapy for depression that assumes that depression in part results from an individual's inability to communicate and socialize appropriately and that addressing these skill deficits should help to alleviate many of the symptoms of depression.

### **Stepped-Care Model**

A treatment for depression that emphasizes that the type of treatment provided for depressed individuals should be tailored to the severity of their symptoms and their personal and social circumstances.

### **Suicide**

The action of killing oneself intentionally.

### **Symbolic Loss**

A Freudian concept whereby other kinds of losses within one's life (e.g. losing a job) are viewed as equivalent to losing a loved one.

**Tricyclic Drugs**

Drugs which block the reuptake of both serotonin and norepinephrine.

**Unipolar Depression**

A psychological disorder characterized by relatively extended periods of clinical depression that cause significant distress to the individual and impairment in social or occupational functioning (see also major depression).