

## Chapter 5 Lesson 2: Mental Disorders

### Introduction:

In this lesson, you learned about a variety of mental disorders, including anxiety disorders. The National Institute of Mental Health (NIMH) has developed a booklet on anxiety disorders that discusses the definitions, symptoms, and treatment of several specific disorders. Visit the NIMH website to read what the booklet has to say about social phobia, a specific anxiety disorder involving a strong and irrational fear of social situations.

### Links to Explore: Anxiety Disorders

<http://www.nimh.nih.gov/publicat/anxiety.cfm>

### Directions

- Click on the NIMH link and read the booklet's introduction.
  - Scroll down to the section labeled "Social Phobia (Social Anxiety Disorder)" and read the section on this type of phobia.
  - Scroll down to the section labeled "Treatment of Anxiety Disorders." Read this section and the following section, "How to Get Help for Anxiety Disorders."
  - Finally answer the following questions:
1. What distinguishes anxiety disorders from ordinary anxiety?
  2. Identify three symptoms that people with social phobia tend to experience in social situations.
  3. Can drugs cure anxiety disorders?
  4. Describe are the two main aspects of cognitive-behavioral therapy (CBT).
  5. How can CBT be used to treat social phobia?
  6. What is the first thing you should do if you suspect you have an anxiety disorder such as social phobia?

**Answers:**

1. They last at least 6 months and can grow worse without treatment.
2. Any three of the following:
  - Blushing
  - Profuse sweating
  - Trembling
  - Nausea
  - Difficulty speaking
  - Feeling as though all eyes are focused on them
3. No, but they can keep the disorders under control while the person receives psychotherapy.
4. Cognitive therapy helps people change the thinking patterns that support their fears, while behavioral therapy helps people change the way they react to anxiety-provoking situations.
5. People with social phobia may be encouraged to spend time in feared social situations without giving in to the temptation to flee and to make small social blunders and observe how people respond to them.
6. Consult your doctor for a diagnosis.

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**Anxiety Disorders in Children and Teens**

<http://www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp>

**Let's Talk Facts About Anxiety Disorders**

<http://healthyminds.org/factsheets/LTF-Anxiety.pdf>