

- Module 5 – Chapter 2 of textbook
- Module 7 – Eating disorders
- Module 9 – Schizophrenia
- Module 10 – Sexual Disorders
- Module 11 – Addictive Behaviours
- Module 12 – Ethical Issues
- Module 13 – Disorders of Childhood
- Module 14 – Disorders of Aging
- Anxiety Disorder
- Somatoform Disorder

Most in table format in line with learning objectives

42 Pages (some landscape, some portrait)

Over 19,000 words

Example –

Describe the essential features of specific phobias, panic disorder and agoraphobia, social phobia, post traumatic stress disorder, obsessive compulsive disorder, and generalized anxiety disorder. Also know their prevalence rates, and understand their aetiology, proposed causal and maintaining factors (including model), and available treatment approaches (psychological and pharmacological).

Specific Phobias –

- Intense fear reaction to the presence, or anticipation of, a specific object or situation
- Object/situation almost always provokes fear
- Object/situation is avoided or endured
- Clinically significant distress or impairment

Four subtypes

- Animal
- Natural environment (e.g. thunder)
- Blood, injection, injury
- Situational (e.g. lifts)

DSM-5 Changes:

- Previous “excessive and unreasonable” removed, replaced by “out of proportion”
- Minimum duration of 6 months all ages – previous only 6 months if under 18 years
- Phobia subtypes now specifiers

Specific Phobias Epidemiology

- Greater prevalence among children
- Age of onset varies by phobia type
- Lifetime prevalence: 4-8%
- Female: male → 2:1
- <1% seek treatment

Aetiology

- Genetic component
- *Psychodynamic*: unresolved unconscious sexual conflict
- *Behaviourist*: Classical conditioning – e.g. Little Albert
 - But indirect pathways are likely to have involvement
- Preparedness classical conditioning – biological evolutionary basis for phobic fears
- Misinterpretation of stimuli

Specific Phobias Treatment

Aim: counter expectations of danger

- Exposure therapy
- In vivo (i.e. Real life), imaginal, or virtual reality
- Flooding
 - o In conjunction with relaxation training

Mechanism in treatment efficacy

- *Behavioural* - Extinction: CS (dog) + no UCS (bite) = less fear response
- *Cognitive* – Self-efficacy: Challenge expectations (cognitive distortions), increase perceptions of control

Social Phobia (DSMIV)/Social Anxiety Disorder (DSM5)

Intense fear in social or performance situations where the person faces unfamiliar people or possible scrutiny/negative evaluation

- Fear that they will behave in an embarrassing or humiliating manner
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