**Vignettes re: Anxiety and Stressor Related Disorders**

#1 - Since adolescence, Jimmy (age 24) has found himself preoccupied with thoughts about his appearance. He spends hours every day in the mirror looking at his facial structure, his nose, and his hair. He feels like his nose is not proportionate to the rest of his face and he worries that his hair is thinning. This concern persists even though his friends and family tell him he is attractive. He is frequently late to work because he doesn’t feel he can leave the house before he is happy with how his hair looks, and he is often distracted at work by thoughts about his appearance. He spends a sizable amount of his monthly paycheck on hair products and is considering making an appointment with a plastic surgeon to change his nose.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#2 - Since she was a child, Sarah (age 33) has been fearful of dogs. She has vivid memories of her neighbor’s pit bull growling at her and baring his teeth when she walked by on her way home from school. As an adult, she is terrified of dogs and her heart races even when she is around small, calm dogs. She avoids going anywhere where she might encounter a dog and this even keeps her from going to her parents’ house, since they adopted a golden retriever.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#3 - Whenever he leaves the house, John (age 34) is extremely concerned that something bad will happen; for example, someone breaking in, or a fire starting because he was negligent. In an effort to prevent negative outcomes, he has developed a lengthy routine of behaviors before he leaves. Specifically, he walks through the house and unplugs all electronic devices, checks the stove to make sure it is off, moves things away from heating vents so they won’t catch on fire, and when he locks the front door, he checks it 30 times with each hand, to make sure it is really locked. Sometimes when he drives off, he finds himself doubting that he did everything he needs to do and will drive back home to go through the routine again. He has to budget 3 hours before leaving the house to make sure he is able to do everything on his list, and he frequently fights with his wife when she changes something in the house that impacts his routine.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#4 - Susan (age 44) has always considered herself a “worrier.” She finds herself worrying about a lot of different things throughout the day. She worries about finances, her health, the safety of her family, potential natural disasters, the news, etc. She worries about these things even though she and her family are safe, healthy, and financially comfortable, and the last natural disaster in their area occurred over 15 years ago. It’s not unusual for these worries to consume her thoughts for several hours in a day and impair her productivity at work. She reports that it is difficult to control her worries, even when she tries. She is often physically tense, has trouble concentrating, and experiences sleep issues when she is thinking about these things.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#5 - Eric (age 30) tends to avoid places where he feels it would be difficult for him to escape if he started feeling anxious (e.g., crowded spaces, standing in lines, public transportation). Over the past 6 months, he has had 10 episodes of intense anxiety, some of which came on ‘out of the blue’ when he didn’t expect to be anxious. Specifically, he felt short of breath, started shaking, pressure in his chest, racing heart, sweating, and nausea. Each time this happened, the symptoms resolved within 10 minutes of starting, but he was convinced he was having a heart attack and could die. The fear of having another attack is so strong that he avoids leaving the house unless he absolutely has to. When he does go out, he tries to bring someone with him in case he has another attack.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#6 - Linda (age 65) describes herself as a “collector” and her house is filled with furniture, magazines, clothes, toys, and old happy meal bags. She has a tendency to keep things that others might consider worthless because she imagines they could be useful someday. Her adult children get frustrated with her when they visit, as it is difficult to walk through the house due to the amount of clutter throughout the rooms and hallways. She gets angry with them when they suggest that she discard or give away these objects and finds herself emotional at the thought of parting with things. She is not able to use the kitchen properly due to the clutter in the way of household appliances and her landlord has begun threatening eviction.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

#7 – Derick, age 24, recently returned from a tour serving in Afghanistan. He’s having a hard time adjusting to life as a civilian. He frequently re-experiences events from his past tour in his dreams in the form of nightmares. He startles easily, jumping out of his chair when he hears a car backfiring or when someone enters the room. Though he tries to avoid thinking about it, he often has flashbacks of the events he witnessed, such as when a roadside IED exploded and one of his fellow soldiers lost his life in front of his eyes. In addition to these intrusive memories, he finds it hard to connect with others or image his own future.

1. Deviance?
2. Dysfunctional?
3. Distressing?
4. Dangerous?

**Can you identify the abnormal disorder from the examples above?**

#1:

#2:

#3:

#4:

#5:

#6:

#7:

Vignettes re: Anxiety and Stressor Related Disorders

#1 - Since adolescence, Jimmy (age 24) has found himself preoccupied with thoughts about his appearance. He spends hours every day in the mirror looking at his facial structure, his nose, and his hair. He feels like his nose is not proportionate to the rest of his face and he worries that his hair is thinning. This concern persists even though his friends and family tell him he is attractive. He is frequently late to work because he doesn’t feel he can leave the house before he is happy with how his hair looks, and he is often distracted at work by thoughts about his appearance. He spends a sizable amount of his monthly paycheck on hair products and is considering making an appointment with a plastic surgeon to change his nose.

1. Deviance?– hours on appearance, most people spend less than 1 hour, or minutes.
2. Dysfunctional? –late to work, time consuming, draining funds.
3. Distressing? –distracted, worried about leaving the house and others seeing him if he’s not perfect
4. Dangerous?–considering unnecessary surgery

#2 - Since she was a child, Sarah (age 33) has been fearful of dogs. She has vivid memories of her neighbor’s pit bull growling at her and baring his teeth when she walked by on her way home from school. As an adult, she is terrified of dogs and her heart races even when she is around small, calm dogs. She avoids going anywhere where she might encounter a dog and this even keeps her from going to her parents’ house, since they adopted a golden retriever.

1. Deviance?—afraid of even nice dogs
2. Dysfunctional?—can’t even go to her parents house
3. Distressing?—heart races
4. Dangerous?—not particularly dangerous

#3 - Whenever he leaves the house, John (age 34) is extremely concerned that something bad will happen; for example, someone breaking in, or a fire starting because he was negligent. In an effort to prevent negative outcomes, he has developed a lengthy routine of behaviors before he leaves. Specifically, he walks through the house and unplugs all electronic devices, checks the stove to make sure it is off, moves things away from heating vents so they won’t catch on fire, and when he locks the front door, he checks it 30 times with each hand, to make sure it is really locked. Sometimes when he drives off, he finds himself doubting that he did everything he needs to do and will drive back home to go through the routine again. He has to budget 3 hours before leaving the house to make sure he is able to do everything on his list, and he frequently fights with his wife when she changes something in the house that impacts his routine.

1. Deviance?—Amount of concern; most people don’t spend much time going through the house to check things.
2. Dysfunctional?—Takes an incredibly long time to leave house (3 hours), fights with wife
3. Distressing?—Feels urgency to turn around and come home when he doubts.
4. Dangerous?—not particularly dangerous

#4 - Susan (age 44) has always considered herself a “worrier.” She finds herself worrying about a lot of different things throughout the day. She worries about finances, her health, the safety of her family, potential natural disasters, the news, etc. She worries about these things even though she and her family are safe, healthy, and financially comfortable, and the last natural disaster in their area occurred over 15 years ago. It’s not unusual for these worries to consume her thoughts for several hours in a day and impair her productivity at work. She reports that it is difficult to control her worries, even when she tries. She is often physically tense, has trouble concentrating, and experiences sleep issues when she is thinking about these things.

1. Deviance?—Worrying about things that are not rational
2. Dysfunctional?—Takes a long time, distracts her at work
3. Distressing?—Worry is inherently distressing, physical symptoms, concentration/sleep issues
4. Dangerous?—not particularly dangerous

#5 - Eric (age 30) tends to avoid places where he feels it would be difficult for him to escape if he started feeling anxious (e.g., crowded spaces, standing in lines, public transportation). Over the past 6 months, he has had 10 episodes of intense anxiety, some of which came on ‘out of the blue’ when he didn’t expect to be anxious. Specifically, he felt short of breath, started shaking, pressure in his chest, racing heart, sweating, and nausea. Each time this happened, the symptoms resolved within 10 minutes of starting, but he was convinced he was having a heart attack and could die. The fear of having another attack is so strong that he avoids leaving the house unless he absolutely has to. When he does go out, he tries to bring someone with him in case he has another attack.

1. Deviance?— Over-interpretation of physical sensations, leading him to believe he’s dying
2. Dysfunctional?—Can’t leave house without someone, avoids
3. Distressing?—Worry about having an attack
4. Dangerous?—not particularly dangerous; symptoms are not actually dangerous…but dangerous IF reaction to panic attack puts individual in dangerous situations

#6 - Linda (age 65) describes herself as a “collector” and her house is filled with furniture, magazines, clothes, toys, and old happy meal bags. She has a tendency to keep things that others might consider worthless because she imagines they could be useful someday. Her adult children get frustrated with her when they visit, as it is difficult to walk through the house due to the amount of clutter throughout the rooms and hallways. She gets angry with them when they suggest that she discard or give away these objects and finds herself emotional at the thought of parting with things. She is not able to use the kitchen properly due to the clutter in the way of household appliances and her landlord has begun threatening eviction.

Deviance—keeping things that others would consider junk.

Dysfunctional—safety hazard, causing fights with her children, risking eviction.

Distress—feels emotional and angry at the thought of discarding.

Danger—safety at risk, could cause a fire or other illness due to the clutter and lack of cleanliness. If a fire were to occur, it might be difficult for her to get out of the house safely.

#7 – Derick, age 24, recently returned from a tour serving in Afghanistan. He’s having a hard time adjusting to life as a civilian. He frequently re-experiences events from his past tour in his dreams in the form of nightmares. He startles easily at everyday noises, jumping out of his chair when he hears a car backfiring or when someone enters the room. Though he tries to avoid thinking about it, he often has flashbacks of the events he witnessed, such as when a roadside IED exploded and one of his fellow soldiers lost his life in front of his eyes. In addition to these intrusive memories, he finds it hard to connect with others or image his own future.

1. Deviance? Having a hard time living as a civilian. Nightmares, overreactions for everyday noises.
2. Dysfunctional? Having a hard time participating in everyday activities, connecting with people.
3. Distressing? Nightmares, etc…hypervigilance, preoccupations
4. Dangerous?

**Can you identify the abnormal disorder from the examples above?**

#1: BDD

#2: Phobic Disorder

#3: OCD

#4: GAD

#5: Panic Disorder

#6: Hoarding

#7: PTSD