

## Fear Producing Disorders

According to the DSM 5, Anxiety Disorders now have *three separate* categories.

### Anxiety Disorders

Generalized Anxiety (GAD)  
Agoraphobia  
Selective Mutism  
Panic  
Social Phobia  
Separation Anxiety

### Obsessive-Compulsive Spectrum Disorders

Obsessive-Compulsive (OCD)  
Body Dysmorphic  
Hoarding  
Trichotillomania (hair pulling)  
Excoriation (skin picking)

### Trauma and Stressor Related Disorders

Reactive Attachment  
Disinhibited Social  
Engagement  
Post Traumatic Stress (PTSD)  
Acute Stress  
Adjustment

## Other Noteworthy Disorders

### Tourette's Syndrome and Tic Disorder

A Tic Disorder in which both motor tics (sudden, recurrent movements) and vocal tics (sudden, recurrent sounds) occur.

### Eating Disorders

Severe disturbances in eating behavior, including Anorexia (the fear of gaining weight), Bulimia (recurrent bingeing and purging), and Binge-Eating (impaired control over eating).

### Autism Spectrum Disorders (Asperger's)

Severe impairment in social interaction and the development of restricted, repetitive patterns of behavior.

## Generalized Anxiety

How Anxiety Disorders **affect your child**



### Generalized Anxiety (GAD)

Involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

#### LOOK FOR

Shyness  
Being afraid to try new things

#### Statements of excessive worry:

What if my bus gets stuck in the snow?  
What if my Mom gets sick?  
What if I accidentally hurt someone?

## Agoraphobia

How Anxiety Disorders **affect your child**



### Agoraphobia

Anxiety about places from which escape might be difficult or in which help may be unavailable in the event of having a Panic Attack or other embarrassing symptoms.

#### LOOK FOR

##### A student avoiding:

Open places (parking lot)  
Enclosed places (lunch room)  
Using public transportation (bus)  
Standing in a line or crowd (lunch line)  
Being outside alone (playground)

## Social Phobia

How Anxiety Disorders **affect your child**

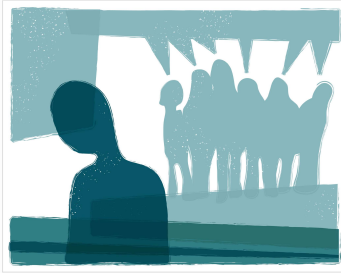


Illustration by Boris Zaytsev

### Social Phobia

Overwhelming worry and self-consciousness about everyday social situations. The worry is often about being judged by others, or behaving in a way that can cause embarrassment.

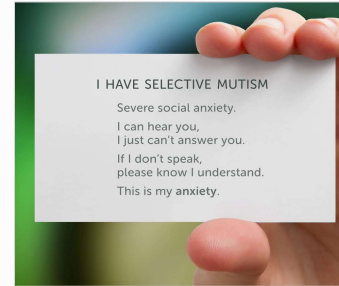
#### LOOK FOR

##### A student avoiding:

- Eating or drinking in front of others
- Writing or working in front of others
- Being the center of attention
- Interacting with others—including dating
- Asking questions/giving reports

## Selective Mutism

How Anxiety Disorders **affect your child**



### Selective Mutism

Persistently failing to speak in specific social situations. Individual generally has normal language skills.

#### LOOK FOR

- Excessive shyness
- Social isolation and withdrawal
- Fear of social embarrassment
- Clinging
- Compulsive traits
- Negativism
- Controlling or oppositional behavior
- Temper tantrums

## Panic

How Anxiety Disorders **affect your child**



www.stagefrightaway.com

### Panic Disorder

Recurrent, unexpected Panic Attacks accompanied by feelings of terror.

A Panic Attack is an abrupt surge of intense fear or discomfort that reaches a peak within minutes.

#### LOOK FOR

Classic signs of Fight or Flight response  
Nausea or stomachache

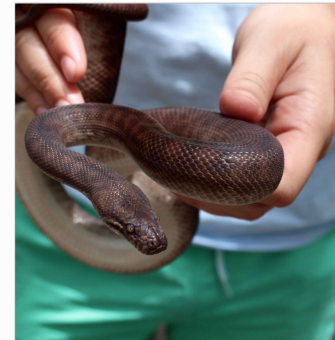
Trembling, shaking, sweating

##### Complaints of:

Chills, overheating, racing heart, dizziness, smothering, choking, tingling, or numbness

## Specific Phobias

How Anxiety Disorders **affect your child**



### Specific Phobias

An intense fear of a specific object or situation. The level of fear is typically inappropriate to the situation and can cause avoidance of common, everyday situations.

#### LOOK FOR

Avoiding specific situations

##### Physical symptoms:

- Confusion
- Pounding heart
- Sweating
- Muscle tension
- Upset stomach

## Separation Anxiety

How Anxiety Disorders **affect your child**



### Separation Anxiety Disorder

Excessive anxiety concerning separation by a child from the home or from those to whom the person is attached.



#### LOOK FOR

- School refusal or avoidance
- Anger at someone forcing separation
- Occasional hitting when forced to separate
- Repeated complaints of physical symptoms when separated

#### Student may be:

- Demanding-in need of constant attention
- Unusually conscientious
- Eager to please
- Depressed

## Obsessive-Compulsive (OCD)

How Anxiety Disorders **affect your child**



[www.cosmofunnel.com/poems/ocd-25651](http://www.cosmofunnel.com/poems/ocd-25651)

### What are obsessions?

Recurrent and persistent thoughts, impulses, images that are intrusive and inappropriate causing marked distress.

### What are compulsions?

Repetitive behaviors or mental acts that one is driven to perform in response to an obsession for purpose of preventing or reducing anxiety.

### Putting it all together

OCD is persistent thoughts that cause anxiety followed by behaviors that are intended to reduce anxiety.

## Common Subtypes of OCD

How Anxiety Disorders **affect your child**



Listen to Nathan Crofton-Bond share what it's like to suffer from Obsessive-Compulsive Disorder.



### Cleanliness and Contamination

Rituals and fears concerned with secretions, dirt, germs, etc.

### Repeating

Doing things the 'right' number of times.

### Ordering and Arranging

Straightens papers, pens, items in a house, and can get upset if they can't correct it.

### Symmetry or Exactness

Worries about items out of line, handwriting, calculations, perfection.

### Counting

Needs to count: books, floor tiles, pictures on walls window panes, etc.

People with no experience of anxiety can say things like...



But finding the courage isn't that easy to do.

[www.mypstd.com/anxiety/46/](http://www.mypstd.com/anxiety/46/)