



Sadiq Public School

Subject: Psychology

Class: H2

Saturday, 16th November 2024.

Book: Cambridge International A Level Psychology: Course Book

Unit 6: (Biological and Therapeutic Treatment of Anxiety Disorders, Page No.217-219)

Lesson Overview:

This assignment explores the biological and psychological explanations for anxiety disorders. Students will investigate how genetic, neurochemical, and psychological factors contribute to anxiety disorders and analyze the strengths and weaknesses of these explanations. Additionally, the assignment emphasizes the importance of integrating these perspectives for effective diagnosis and treatment.

Inquiry Questions:

What are the biological and psychological explanations for anxiety disorders?

How do these explanations help in understanding the causes and treatment of anxiety disorders?

Objectives:

To analyze biological and psychological explanations for anxiety disorders.

To evaluate the strengths and weaknesses of these explanations.

Information:

Biological Explanations:

Genetics:

Studies show a genetic predisposition to anxiety, with higher concordance rates in families and twins.

Genes affecting serotonin and dopamine systems are linked to anxiety.

Brain Structure and Function:

Overactivity in the amygdala, associated with fear and emotion processing, is common in anxiety.

Dysfunction in the prefrontal cortex impairs fear regulation.

Neurotransmitter Imbalance:

Low GABA levels lead to overactivation of the nervous system.

Abnormal serotonin and norepinephrine levels are associated with heightened anxiety symptoms.

Psychological Explanations:

Behavioral Theory:

Anxiety can develop through classical conditioning, where a neutral stimulus becomes associated with fear.

Operant conditioning reinforces avoidance behaviors, maintaining the anxiety cycle.

Cognitive Theory:

Faulty thinking patterns, such as catastrophizing or focusing excessively on dangers, contribute to anxiety.

Anxiety sufferers may overestimate threats and underestimate coping abilities.

Psychodynamic Theory:

Anxiety arises from unconscious conflicts, often tied to early life experiences.

Defense mechanisms like repression may intensify anxiety symptoms.

Strengths and Weaknesses of Explanations:

Explanations Strengths Weaknesses

Biological Explanations - Supported by genetic and neuroimaging studies. - Reductionist, as it overlooks environmental and psychological factors.

- Effective treatments like medication target neurotransmitter imbalances. - Does not explain why some biologically predisposed individuals do not develop anxiety.

Psychological Explanations - Explains the role of environment and learned behavior. -

Difficult to measure unconscious conflicts or cognitive distortions scientifically.

- Basis for effective therapies like CBT. - May underestimate the role of biological predispositions.

Task:

Answer the following questions in your notebooks based on the lesson and class discussions:

What are the main biological factors contributing to anxiety disorders?

Explain how classical and operant conditioning can lead to anxiety disorders.

Describe the role of neurotransmitters like GABA and serotonin in anxiety disorders.

What are the key cognitive patterns that contribute to anxiety, according to the cognitive theory?

Compare the strengths and weaknesses of biological and psychological explanations for anxiety disorders.

Why is it important to consider both biological and psychological factors when diagnosing and treating anxiety disorders?