

**PSYD33S -- CURRENT TOPICS IN ABNORMAL PSYCHOLOGY -- SPRING 1995****Anxiety and the Anxiety Disorders**

Instructor: Dr. Sharon B. Zeitlin

Office: S-637

Phone: 287-7548

Office Hours: Tuesday 10:00-12:00 or by appointment

**Course Description:**

This course concerns current theory and research on anxiety and the anxiety disorders. Cognitive, behavioral, and biological approaches are emphasized.

**Course Requirements:**

This course meets weekly for two hours. The format of the course is seminar-discussion. Students will read a number of review papers and experimental reports, and will discuss these readings in class. Each week, specific students will be responsible for summarizing the readings and for leading the discussion. The week prior to their leading the discussion, they will distribute several questions which should be thought about while doing the reading for the following week. These questions will be the basis of the week's discussion.

There are two exams in this course--a midterm exam and a final. The midterm exam will be a closed-book, in-class exam. It will be two hours in duration. The final exam will be an open-book, take-home exam. The questions will be distributed on the last day of class and the answers will be due at the time scheduled for the final exam. Both exams will be based on the readings and class discussions, and will consist of short answer and essay questions.

In addition to the midterm exam and the final, there is a 15-20 page term paper due during the semester. This should be an in-depth investigation of any topic area involving one of the anxiety disorders. This paper will require library research, as well as creative thought and synthesis. Work on the paper is to be done independently. The paper should be typed and double-spaced. It should be written in a professional style, using the American Psychological Association format. More detailed explanation of the paper will be given later. A one-page summary of the paper is due on February 20. This should be typed and double-spaced.

The breakdown of the grading for this course is as follows:

25% - Term paper and one page summary

25% - Midterm exam

40% - Final exam

5% - Summary of readings, leading the class discussion, and generation of questions

5% - Class participation

The policy regarding missed exams and late assignments is as follows. A make-up midterm exam will not be given without a legitimate reason. Under most circumstances, the student is required to present a medical certificate at the time of the make-up, if the midterm exam is missed due to illness. The medical certificate should clearly state that you were unable to write the exam. Make-ups for the final exam are entirely in the hands of the college's Subcommittee on Standing. Written assignments are due on the dates indicated on the syllabus at the beginning of the class period. Assignments submitted after class begins are counted as one day late. Assignments will be penalized 10% for each day they are late.

## SCHEDULE AND READINGS

DATE	TOPICS AND READINGS
Jan. 2	<p><u>Introduction and overview</u></p> <p>American Psychiatric Association. (1994). <i>Diagnostic and statistical manual of mental disorders</i> (4th ed., revised, pp. 393-444). Washington, DC: Author.</p>
Jan. 9	<p><u>Field trip: How to use the library</u></p>
Jan. 16	<p><u>The study of anxiety</u></p> <p>Barlow, D. H. (1988). The experience of anxiety: Shadow of intelligence or specter of death. <i>Anxiety and its disorders</i> (pp. 1-29). New York: Guilford.</p> <p>Zinbarg, R. E., Barlow, D. H., Brown, T. A., &amp; Hertz, R. M. (1992). Cognitive-behavioral approaches to the nature and treatment of anxiety disorders. <i>Annual Psychology Review</i>, 43, 235-267.</p> <p>Foa, E. B., &amp; Kozak, M. J. (1986). Emotional processing of fear: Exposure to corrective information. <i>Psychological Bulletin</i>, 99, 20-35.</p>
Jan. 23	<p><u>Specific phobia and social phobia</u></p> <p>Butler, G. (1989). Phobic disorders. In K. Hawton, P. M. Salkovskis, J. Kirk, &amp; D. Clark (Eds.), <i>Cognitive behaviour therapy for psychiatric problems: A practical guide</i> (pp. 97-128). New York: Oxford University Press.</p> <p>Page, A. C. (1994). Blood-injury phobia. <i>Clinical Psychology Review</i>, 14, 443-461.</p> <p>Watts, F. N., McKenna, F. P., Sharrock, R., &amp; Trezise, L. (1986). Colour naming of phobia-related words. <i>British Journal of Psychology</i>, 77, 97-108.</p> <p>Zeitlin, S. B., Netten, K. A., &amp; Hodder, S. L. (in press). Thought suppression: An experimental investigation of spider phobics. <i>Behaviour Research and Therapy</i>.</p> <p>Hope, D. A., &amp; Heimberg, R. G. (1993). Social phobia and social anxiety. In D. H. Barlow (Ed.), <i>Clinical handbook of psychological disorders</i> (2nd ed., pp. 99-136). New York: Guilford.</p> <p>Levin, A. P., Schneir, F. R., &amp; Liebowitz, M. R. (1989). Social phobia: Biology and pharmacology. <i>Clinical Psychology Review</i>, 9, 129-140.</p>
Jan. 30	<p><u>Generalized anxiety disorder</u></p> <p>Rapee, R. M. (1991). Generalized anxiety disorder: A review of clinical features and theoretical concepts. <i>Clinical Psychology Review</i>, 11, 419-440.</p> <p>Mathews, A. (1990). Why worry? The cognitive function of anxiety. <i>Behaviour Research and Therapy</i>, 28, 455-468.</p>

(continued on next page)

Jan. 30 Generalized anxiety disorder (continued)

MacLeod, C., Mathews, A., & Tata, P. (1986). Attentional bias in emotional disorders. *Journal of Abnormal Psychology, 95*, 15-20.

Mathews, A., May, J., Mogg, K., & Eysenck, M. (1990). Attentional bias in anxiety: Selective search or defective filtering? *Journal of Abnormal Psychology, 99*, 166-173.

Mathews, A., Richards, A., & Eysenck, M. (1989). Interpretation of homophones related to threat in anxiety states. *Journal of Abnormal Psychology, 98*, 31-34.

MacLeod, C., & Cohen, L. (1993). Anxiety and the interpretation of ambiguity: A text comprehension study. *Journal of Abnormal Psychology, 102*, 238-247.

Feb. 6 Midterm exam

Feb. 13 Reading week - No class

Feb. 20 Obsessive-compulsive disorder

Riggs, D. S., & Foa, E. B. (1993). Obsessive-compulsive disorder. In D. H. Barlow (Ed.), *Clinical handbook of psychological disorders* (2nd ed., pp. 189-239). New York: Guilford.

Rauch, S. L., & Jenike, M. A. (1993). Neurobiological models of obsessive-compulsive disorder. *Psychosomatics, 34*, 20-32.

Salkovskis, P. M. (1985). Obsessional-compulsive problems: A cognitive-behavioural analysis. *Behaviour Research and Therapy, 23*, 571-583.

van Balkom, A. J. L. M., van Oppen, P., Vermeulen, A. W. A., van Dyck, R., Nauta, M. C. E., & Vorst, H. C. M. (1994). A meta-analysis on the treatment of obsessive compulsive disorder: A comparison of antidepressant, behavior, and cognitive therapy. *Clinical Psychology Review, 14*, 359-381.

One page summary of term paper due.

Feb. 27 Obsessive-compulsive disorder

Thyer, B. A. (1985). Audio-taped exposure therapy in a case of obsessional neurosis. *Journal of Behavior Therapy and Experimental Psychiatry, 16*, 271-273.

Zeitlin, S. B., & Polivy, J. (in press). Coprophagia as a manifestation of obsessive-compulsive disorder: A case report. *Journal of Behavior Therapy and Experimental Psychiatry*.

Foa, E. B., & McNally, R. J. (1986). Sensitivity to feared stimuli in obsessive-compulsives: A dichotic listening analysis. *Cognitive Therapy and Research, 10*, 477-485.

McNally, R. J., & Kohlbeck, P. A. (1993). Reality monitoring in obsessive-compulsive disorder. *Behaviour Research and Therapy, 31*, 249-253.

Mar. 6

Panic disorder and agoraphobia

- Craske, M. G., & Barlow, D. H. (1993). Panic disorder and agoraphobia. In D. H. Barlow (Ed.), *Clinical handbook of psychological disorders* (2nd ed., pp. 1-47). New York: Guilford.
- Gorman, J. M., Liebowitz, M. R., Fyer, A. J., & Stein, J. (1989). A neuroanatomical hypothesis for panic disorder. *American Journal of Psychiatry*, *146*, 148-161.
- Clark, D. M. (1986). A cognitive approach to panic. *Behaviour Research and Therapy*, *24*, 461-470.
- McNally, R. J. (1990). Psychological approaches to panic disorder: A review. *Psychological Bulletin*, *108*, 403-419.

Mar. 13

Panic disorder and agoraphobia

- McNally, R. J., & Foa, E. B. (1987). Cognition and agoraphobia: Bias in the interpretation of threat. *Cognitive Therapy and Research*, *11*, 567-581.
- Cloitre, M., Shear, M. K., Cancienne, J., & Zeitlin, S. B. (1994). Implicit and explicit memory for catastrophic associations to bodily sensation words in panic disorder. *Cognitive Therapy and Research*, *18*, 225-240.
- Sanderson, W. C., Rapee, R. M., & Barlow, D. H. (1989). The influence of an illusion of control on panic attacks induced via inhalation of 5.5% carbon dioxide-enriched air. *Archives of General Psychiatry*, *46*, 157-162.
- Donnell, C. D., & McNally, R. J. (1989). Anxiety sensitivity and history of panic as predictors of response to hyperventilation. *Behaviour Research and Therapy*, *27*, 325-332.

Mar. 20

Posttraumatic stress disorder

- Foa, E. B., Steketee, G., & Rothbaum, B. O. (1989). Behavioral/cognitive conceptualizations of post-traumatic stress disorder. *Behavior Therapy*, *20*, 155-176.
- Foa, E. B., Zinbarg, R., & Rothbaum, B. O. (1992). Uncontrollability and unpredictability in post-traumatic stress disorder: An animal model. *Psychological Bulletin*, *112*, 218-238.
- Foa, E. B., Rothbaum, B. O., Riggs, D. S., & Murdock, T. B. (1991). Treatment of posttraumatic stress disorder in rape victims: A comparison between cognitive-behavioral procedures and counseling. *Journal of Consulting and Clinical Psychology*, *59*, 715-723.
- Herman, J. L. (1993). Sequelae of prolonged and repeated trauma: Evidence for a complex post-traumatic syndrome (DESNOS). In J. R. T. Davidson & E. B. Foa (Eds.), *Posttraumatic stress disorder: DSM-IV and beyond* (pp. 213-228). Washington, DC: American Psychiatric Press.

Mar. 27

Posttraumatic stress disorder

- Cassiday, K. L., McNally, R. J., & Zeitlin, S. B. (1992). Cognitive processing of trauma cues in rape victims with post-traumatic stress disorder. *Cognitive Therapy and Research, 16*, 283-295.
- Zeitlin, S. B., & McNally, R. J. (1991). Implicit and explicit memory bias for threat in post-traumatic stress disorder. *Behaviour Research and Therapy, 29*, 451-457.
- Zeitlin, S. B., Lane, R. D., O'Leary, D. S., & Schrift, M. J. (1989). Interhemispheric transfer deficit in alexithymia. *American Journal of Psychiatry, 146*, 1434-1439.
- Zeitlin, S. B., McNally, R. J., & Cassiday, K. L. (1993). Alexithymia in victims of sexual assault: An effect of repeated traumatization? *American Journal of Psychiatry, 150*, 661-663.
- Pitman, R. K., Orr, S. P., Foa, D. F., Altman, B., de Jong, J. B., & Herz, L. R. (1990). Psychophysiologic responses to combat imagery of Vietnam veterans with posttraumatic stress disorder versus other anxiety disorders. *Journal of Abnormal Psychology, 99*, 49-54.
- Marmar, C. R., Weiss, D., Schlenger, W. E., Fairbank, J. A., Jordon, B. K., Kulka, R. A., & Hough, R. L. (1994). Peritraumatic dissociation and posttraumatic stress in male Vietnam theater veterans. *American Journal of Psychiatry, 151*, 902-907.

Apr. 3

Anxiety disorders in childhood

- Ost, L. G. (1987). Age of onset in different phobias. *Journal of Abnormal Psychology, 96*, 223-229.
- Swedo, S. E., Rapoport, J. L., Leonard, H., Lenane, M., & Cheslow, D. (1989). Obsessive-compulsive disorder in children and adolescents: Clinical phenomenology of 70 consecutive cases. *Archives of General Psychiatry, 46*, 335-341.
- Kearney, C. A., & Silverman, W. K. (1992). Let's not push the "panic" button: A critical analysis of panic and panic disorder in adolescents. *Clinical Psychology Review, 12*, 293-305.
- McNally, R. J. (1991). Assessment of posttraumatic stress disorder in children. *Psychological Assessment: A Journal of Consulting and Clinical Psychology, 3*, 531-537.
- Terr, L. C. (1991). Childhood traumas: An outline and overview. *American Journal of Psychiatry, 148*, 10-20.
- Terr, L. C. (1983). Chowchilla revisited: The effects of psychic trauma four years after a school-bus kidnapping. *American Journal of Psychiatry, 140*, 1543-1550.

Term paper due.

Apr. 17-  
May 3Final exam period

Final exam due.

Recommended Reading

American Psychological Association (1994). *Publication manual of the American Psychological Association* (4th ed.). Washington, DC: Author.