

Open Your Class With This Tomorrow

Mood: The Key to Understanding Ourselves and Others

Signs and Symptoms of Anxiety Disorders

Directions: All anxiety disorders share common problems with significant levels of worry and or fear. The author of *Mood: The Key to Understanding Ourselves and Others* describes worry as anxiety and apprehension regarding future possibilities whereas fear is an alarm reaction related to an actual confrontation with some dreaded thing or event. Have students complete the questions below in small groups and then have a large class discussion about the topics.

A diagnosis of mental illness is often made based on the presence of signs and symptoms which are distressing or dysfunctional to the individual.

- A sign is objective and visible evidence of a condition, which can be observed by a psychiatrist or psychologist.
- A symptom is a generally a subjective type of evidence, which needs to be reported by the patient or someone who knows them well.

1. Brainstorm a list of potential signs and symptoms for anxiety disorders.

Signs	Symptoms

3. Discuss other categories of mental disorders, which might also include anxiety related symptoms (e.g. obsessive-compulsive and related disorders, trauma- and stressor-related disorders).

Category	Shared Symptoms

4. Examine why the DSM-5 might have removed obsessive-compulsive disorder, posttraumatic stress disorder, and others from the anxiety disorders category to be placed into two newly created categories.