



Anxiety disorders 1: Phobias and OCD

Module PSYB2

Section C – Individual Differences

3.2.5 anxiety disorders

What we will be learning about

In the course of their lives, about 1 in 5 people will suffer from a psychological disorder of some sort. Many of these will be diagnosed with an anxiety disorder. Yet for something that affects so many people, psychological abnormality is poorly understood and subject to many misconceptions and prejudices. In this topic we will learn about the nature of two common anxiety disorders, phobia and obsessive-compulsive disorder. We will look at what these things are and how a clinician might diagnose them. We will also consider how one of these disorders might affect someone's life, as well as examining the problems researchers and clinicians face when trying to get accurate information from patients.

What you could be tested on

	A01 – knowledge & understanding	A02 – application, analysis & evaluation	A03 – methods, statistics & ethics (how science works)
You must be able to...	Define phobia and OCD. Outline subtypes of phobia.	Distinguish between phobia and OCD. Distinguish between subtypes of phobia. Distinguish between obsessions and compulsions.	Identify symptomatic behaviours from a video using an observation schedule.
You should be able to...	Describe the main symptoms of phobias (including subtypes) and OCD. Outline the prevalence and onset pattern of phobias and OCD.	Analyse descriptions of atypical behaviour in order to make tentative diagnostic statements.	Explain the implications for a person of diagnosing them with a psychological disorder. Assess the problems of using self-reports in diagnosis.
You could be able to...	Explain the secondary effects that phobia and OCD might have on a patient's ability to lead a normal life.	Suggest additional symptoms or behaviours that could confirm or challenge diagnosis.	Consider the problems of psychological diagnosis (e.g. by comparison with biomedical diagnosis).