

# Guided Reading Activity

networks

## Psychological Disorders

### Lesson 2 Anxiety Disorders

16-2

#### Review Questions: Recording Who, What, When, Where, Why, and How Statements

**Directions:** Read each main idea and answer the questions below. Refer to your textbook to write the answers.

**Main Idea A:** Not everyone who suffers from anxiety has an anxiety disorder.

1. **When** do most people usually experience anxiety?

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2. **What** is generalized anxiety disorder (GAD)?

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3. **Why** might a person with GAD feel tired all the time and have trouble concentrating?

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4. **Who** is most likely to develop GAD, e.g., children, adolescents, or adults?

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**Main Idea B:** There are several types of anxiety disorders with very specific symptoms.

1. **What** is the definition of *specific phobia*?

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2. **Where** are people who suffer from social phobia and agoraphobia afraid to go?

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## Guided Reading Activity *cont.*



### Psychological Disorders

3. **When** do panics occur and how long can they last?

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4. **What** is the difference between an obsession and a compulsion?

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5. **Why** might someone develop obsessive-compulsive disorder?

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6. **Who** is most likely to suffer from post-traumatic stress disorder (PTSD)?

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7. **When** might someone begin to experience PTSD after a traumatic event and how long can it last?

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### Summary and Reflection

**Directions:** Summarize the main ideas of this lesson by answering the question below.

What are some of the things people with an anxiety disorder do that reinforce or worsen the disorder?

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