

Psychological and psychophysiological stress disorders



**ASSIGN
BUSTER**

1. Stress can be the root cause of psychological disorders. Name four symptoms shared by acute and posttraumatic stress disorders.

The four symptoms shared by acute and posttraumatic stress disorder are the ability to re-experience the event in which the individual went through, the wanting to avoid and wanting the emotional numbness, hypervigilance, irritability, and sleep problems.

2. What life events are most likely to trigger a stress disorder?

The life events that are more likely to trigger a stress disorder are situations that involve war, events that have to do with a natural disaster, abuse, or unfair treatment.

3. Traumatic events do not always result in a diagnosable psychological disorder. What factors determine how a person may be affected by one such event?

The factors that determine how a person may be affected by one such event would possibly include biological and genetic issues, what they have gone through as a child, friends and family that are supporting them, and how bad the traumatic experience was.

4. What are the four stages in meeting the psychological needs of disaster victims?

The four stages in meeting psychological needs of disaster victims are intervention, help in ending stress reactions, help gain perspective on traumatic, and assistance in helping someone return to their normal life.

5. What is the link between personality styles and heart disease?

People with type A personality are more likely to suffer from coronary heart disease because their personalities because their traits such as anger, hostility, cynicism, as well as competitiveness.

6. List and briefly describe four psychological treatments for physical disorders.

The first psychological treatment is relaxation training which is a nonchemical series of exercises that are used to reduce anxiety and stress. Cognitive intervention is the approaches that help the individual new attitudes and responses towards illness as well as pain while learning a skill that is more productive or even a positive coping skill. Biofeedback is the approach that uses a machine which provides a continuous readings related to the individuals involuntary body activity. The last but not least is hypnosis which an individual in a sleeplike consciousness to recall the suppressed events.