

# Psychology Study

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## anxiety

*Concern or solicitude respecting some thing or event, future or uncertain, which disturbs the mind, and keeps it in a state of painful uneasiness.*

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## Disorders

### Disruptive, Impulse-Control, and Conduct Disorders

Impulse-control disorders are those that involve an inability to control emotions and behaviors, resulting in harm to oneself or others. These problems with emotional and behavioral regulation are characterized by actions that violate the rights of others such as destroying property or physical aggression and/or those that conflict with societal norms, authority figures, and laws.

Types of impulse-control disorders:

Kleptomania involves an inability to control the impulse to steal. People who have kleptomania will often steal things that they do not really need or that have no real monetary value. Those with this condition experience escalating tension prior to committing a theft and feel relief and gratification afterwards.

Pyromania involves a fascination with fire that results in acts of fire-starting that endanger the self and others.

Intermittent explosive disorder is characterized by brief outbursts of anger and violence that are out of proportion for the situation. People with this disorder may erupt into angry outbursts or violent actions in response to everyday annoyances or disappointments.



Conduct disorder is a condition diagnosed in children and adolescents under the age of 18 who regularly violate social norms and the rights of others. Children with this disorder display aggression toward people and animals, destroy property, steal and deceive, and violate other rules and laws. These behaviors result in significant problems in a child's academic, work, or social functioning.

Oppositional defiant disorder begins prior to the age of 18 and is characterized by defiance, irritability, anger, aggression, and vindictiveness. While all kids behave defiantly sometimes, kids with oppositional defiant disorder refuse to comply with adult requests almost all the time and engage in behaviors to deliberately annoy others.

### Substance-Related and Addictive Disorders



Substance-related disorders are those that involve the use and abuse of different substances such as cocaine, methamphetamine, opiates, and alcohol. These disorders may include substance-induced conditions that can result in many associated diagnoses including intoxication, withdrawal, the emergence of psychosis, anxiety, and delirium.

Examples of substance-related disorders:

Alcohol-related disorders involve the consumption of alcohol, the most widely used (and frequently overused) drug in the United States.

Cannabis-related disorders include symptoms such as using more than originally intended, feeling unable to stop using the drug, and continuing to use despite adverse effects in one's life.

Inhalant-use disorder involves inhaling fumes from things such as paints or solvents. As with other substance-related disorders, people with this condition experience cravings for the substance and find it difficult to control or stop engaging in the behavior.

Stimulant use disorder is a new category now found in the DSM-5 that involves the use of stimulants such as meth, amphetamines, and cocaine.

Tobacco use disorder is characterized by symptoms such as consuming more tobacco than intended, difficulty cutting back or quitting, cravings, and suffering adverse social consequences as a result of tobacco use.

The DSM-5 also includes gambling disorder under this classification.

The American Psychiatric Association explains that this change "reflects the increasing and consistent evidence that some behaviors, such as gambling, activate the brain reward system with effects similar to those of drugs of abuse and that gambling disorder symptoms resemble substance use disorders to a certain extent."

## Neurocognitive Disorders



Neurocognitive disorders are characterized by acquired deficits in cognitive function. These disorders do not include those in which impaired cognition was present at birth or early in life.

Types of cognitive disorders include:

Delirium, also known as acute confusional state, that develops over a short period of time (usually a few hours or a few days) and is characterized by disturbances in attention and awareness.

Major and mild neurocognitive disorders have the primary feature of acquired cognitive decline in one or more areas including memory, attention, language,

learning, and perception. These cognitive disorders can be due to medical conditions including Alzheimer's disease, HIV infection, Parkinson's disease, substance/medication use, vascular disease, and others.

## Personality Disorders



Personality disorders are characterized by an enduring pattern of maladaptive thoughts, feelings, and behaviors that can cause serious detriments to relationships and other life areas.

Types of personality disorders include:

Antisocial personality disorder is characterized by a long-standing disregard for rules, social norms, and the rights of others. People with this disorder typically begin displaying symptoms during childhood, have difficulty feeling empathy for others, and lack remorse for their destructive behaviors.

Avoidant personality disorder involves severe social inhibition and sensitivity to rejection. Such feelings of insecurity lead to significant problems with the individual's daily life and functioning.

Borderline personality disorder is associated with symptoms including emotional instability, unstable and intense interpersonal relationships, unstable self-image, and impulsive behaviors.

Dependent personality disorder involves a chronic pattern of fearing separation and an excessive need to be taken care of. People with this disorder will often engage in behaviors that are designed to produce care-giving actions in others.

Histrionic personality disorder is associated with patterns of extreme emotionality and attention-seeking behaviors. People with this condition feel uncomfortable in settings where they are not the center of attention, have rapidly changing emotions, and may engage in socially inappropriate behaviors designed to attract attention from others.

Narcissistic personality disorder is associated with a lasting pattern of exaggerated self-image, self-centeredness, and low empathy. People with this condition tend to be more interested in themselves than with others.

Obsessive-compulsive personality disorder is a pervasive pattern of preoccupation with orderliness, perfectionism, inflexibility, and mental and interpersonal control. This is a different condition than obsessive compulsive disorder (OCD).

Paranoid personality disorder is characterized by a distrust of others, even family, friends, and romantic partners. People with this disorder perceive others intentions as malevolent, even without any evidence or justification.

Schizoid personality disorder involves symptoms that include being detached from social relationships. People with this disorder are directed toward their inner lives and are often indifferent to relationships. They generally display a lack of emotional expression and can appear cold and aloof.

Schizotypal personality disorder features eccentricities in speech, behaviors, appearance, and thought. People with this condition may experience odd beliefs or "magical thinking" and difficulty forming relationships.

## Body Language How people stand could say a lot about what they're thinking and feeling

### Arms Akimbo

Putting your hands on your hips with elbows out could say that you are displaying dominance, authority, or self-confidence.

### Feet Facing Directly Towards Someone

Facing someone with feet forward could say that you are interested in what someone is saying.

### Mirroring

Mirroring someone or imitating someone else's body language could say that you are interested in that person and also comfortable with their presence.

### Shaking your Legs

Moving your legs a lot could say that you are nervous, impatient or anxious.

### Lowering your Head

Lowering your head could say that you're ashamed of something, or that you're shy, or maybe hiding something, like the truth.

### Power Posing



### Arched Eyebrows

Raised Eyebrows could say that you are intrigued with what the person is saying.

### Direct Eye Contact

Looking into a persons eyes could say that you are interested in what they are saying.

### Blinking to much

Blinking your eyes to much could say that you are nervous or anxious.

### Squinting

Squinting your eyes could say that you feel threatened or unhappy.

### Arms Crossed

Crossing your arms in front of you could say that you are uncomfortable or defensive.

Even how you sit could communicate a particular behavior. You could come across as being extremely confident and relaxed, or unsure and timid.



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