Discussion Questions

# Chapter 8: ANXIETY DISORDERS AND OBSESSIVE-COMPULSIVE DISORDERS

1. Imagine you are a mental health professional and a young child has entered your office. His parent is worried that he may suffer from an anxiety disorder. Considering the developmental aspects of anxiety, from which type of anxiety disorder(s) is the child more likely to suffer? Why?

2. Compare and contrast the major types of anxiety disorders. In what ways are they similar? How do they differ from one another?

3. Among the different types of anxiety-based disorders, what are the common features of the various interventions and treatment available to individuals faced with these difficulties?

4. Obsessive-compulsive disorder can be experienced in rather challenging ways. How might having a diagnosis or symptoms of OCD create additional complications in beginning or maintaining a romantic relationship?