



## AP<sup>®</sup> Psychology 2001 Sample Student Responses

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From the behavioral perspective anxiety is caused by behaviors that people have which cause the anxiety. The behavioral perspective focuses on any behaviors people have. The psychoanalytic perspective sees the cause of anxiety as unconscious ~~problems~~ feelings or conflicts. The Biological perspective believes that anxiety is caused by people's specific biological predispositions to feeling anxiety, possibly from problems with development. Cognitive psychologists view the cause of anxiety as the way people organize their thoughts about and organize stimuli. In order to treat anxiety a behavioral psychologist would strive to eliminate the behavior causing the anxiety. In a case such as a phobia a behaviorist would use systematic desensitization in order to rid the person of that phobia. The way in which a psychoanalyst would treat the anxiety would be through gaining insight into the unconscious causes of the anxiety. Psychoanalysts use techniques such as free association in which the patient says anything that comes to their mind to determine the patient's resistances then interpreting those resistances. ~~Psychologists also use~~ A biological psychologist, ~~not~~ would use drug treatments in order to calm the patient when the anxiety arouses. Cognitive psychologists would help the person change the way they think about the stimulus that is causing them to experience anxiety. Cognitive psychologists would have the patients associate the anxiety-arousing stimulus with another stimulus that does not cause them to experience anxiety.

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~~Explain~~ the cause of anxiety can be discussed in the context of three perspectives: behavioral, psychoanalytic/psychodynamic, biological, and cognitive. From the behavioral aspect, anxiety is caused by the person's surroundings and environment. When a person's life is such that they are constantly hurried with no time to relax or cope with stress, it leads to anxiety and other disorders. The way a person behaves and their interaction with other people also causes anxiety. In the psychoanalytic/psychodynamic perspective, the functioning of their brain to be too analytical could cause anxiety. A person that is prone to overthink things has a greater level of stress which leads to more anxiety. From a biological aspect, a person's ~~post-synaptic~~ chemical balance and homeostasis could have a disorder so that they are obsessive-compulsive. Their biological makeup and sleep patterns could make them feel uncomfortable with being in social areas, have a few phobias of something, or their lack of sleep, insomnia, could cause them to have anxiety. In the cognitive perspective, anxiety is caused by how a person feels about themselves, or their self-worth. Since cognitive focuses on the mind & its thinking, a person's view of themselves could lead to insecurities or feelings of insignificance. A person is always searching for self-actualization, as supported by Maslow's Hierarchy of Needs, and even other needs that aren't gratified can lead to anxiety.

A treatment technique used by professionals

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for reducing anxiety in psychotherapy. ~~It is not~~  
~~therapy.~~ Psychotherapy will pinpoint the  
problem + allow medicine to be prescribed to  
assist in the treatment biologically. It also  
calms the person emotionally, and helps to deal  
with the way they think and feel about themselves.  
Psychotherapy allows the patient to learn how  
to deal and reduce anxiety intellectually, behaviorally,  
biologically, and psychoanalytically.