

# Biological Anxiety

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# Biological Perspective

- Phobias focus on dangers faced by our ancestors
- Ex: Flying -> Biological Predisposition from parents
- Genes -> Fearfulness runs in families
- Identical twins may develop similar phobias even if they are raised separately
- Genes influenced disorders by regulating neurotransmitters
- Anxiety gene that affects brain levels of serotonin(affects sleep and mood)
- Genes regulate glutamate. Too much glutamate -> brain centers become too active causing anxiety



# Biological Perspective

- Generalized anxiety, panic attack, PTSD, obsessions, and compulsions are manifested biologically as over arousals in brain area involved in impulse control and habitual behaviors
- When the disordered brain detects that something is a miss it seems to generate a mental hiccup of repeating thoughts or actions
- Those who have OCD have a hyperactive anterior cingulate cortex
- The biological perspective cannot explain all anxiety disorders but it underlies the disorders.

