

# Learning Perspective

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- One of the theories used by scientists to describe the thoughts and feelings that contribute to anxiety disorders

# Fear Conditioning

- Using classical conditioning- researchers used anxious rats by giving them shocks , the rats get scared in the lab environment
- Conditioned fear and anxiety explains why people become alarmed to threats (example rats)
- Through conditioning- painful events can multiply a long list of fears

Learning process can contribute to anxiety

- Stimulus generalization- person gets bit by a dog the fear of all dogs
- Reinforcement- helps maintain our phobias when they happen (people feeling anxious, they feel calmer)

# Observational Learning

- we can learn to fear through observing others
- parents often transmit fears to children
- Albert Bandura-Bobo Doll Experiment
- similar to having a direct experience