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| **Avoidant, anxiety response** (confrontation with feared situations causes high anxiety) | **Fear** (interaction with feared objects/situations can cause panic/upset) | **Social Impairment** (e.g. an individual may not be able to go out to a public place due to their fear of contamination) | **Shift in activity levels**(individuals may see a reduction/increase in their activities, reduced/increased energy) |
| **Attentional bias** (focus tends to be on anxiety provoking stimuli) | **Sleep** (some individuals sleep more whilst others suffer from insomnia) | **Recurrent and persistent thoughts** (individual’s suffer repeated obsessive and intrusive thoughts) | **Negative Self-Concept** (individuals may feel guilt or that they are worthless/don’t matter) |
| **Recognition of exaggerated anxiety** (individuals recognise that their anxiety levels are overstated) | **Uncontrollable urges** (completing acts that the individual believes will reduce anxiety caused by obsessive thoughts) | **Negative View of the World** (an expectation that things are always going to turn out badly rather than positively) | **Disruption of functioning** (anxiety created by feared situations/objects can be that extreme that an individual’s day to day functioning can be impaired) |
| **Extreme Anxiety** (persistent, inappropriate or forbidden ideas create excessively high levels of anxiety) |  | **Repetitive Behaviour** (sufferers feel compelled to repeat behaviours as responses to obsessive thoughts) | **Distress** (recognition that compulsive behaviours cannot easily be controlled can cause distress) |
| **Sadness** (feeling empty, worthless, hopeless, low self-esteem) | **Recognised as self-generated** (understand that thoughts are self-invented or inserted externally – e.g. through the media) | **Loss of interest/pleasure** (e.g. in hobbies/activities) | **Realisation of inappropriate** (realise thoughts are inappropriate but that the individual cannot control them) |
| **Persistent and excessive fear** (anxiety produced from the anticipation of feared situations/objects) | **Negative View of the Future** (individuals believe that negative situations are never going to change | **Hinder everyday functioning** (e.g. not being able to go to work until certain ‘checks’ have been carried out may make an individual late for work) | **Appetite** (some individuals wat more whilst other individual eat less) |

**Behavioural, Social and Emotional Characteristics of Phobias**

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| **Phobias:** |
| ***Behavioural:***  |
| ***Emotional:*** |
| ***Cognitive:*** |

**Behavioural, Social and Emotional Characteristics of Depression**

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| **Depression:** |
| ***Behavioural:***  |
| ***Emotional:*** |
| ***Cognitive:*** |

**Behavioural, Social and Emotional Characteristics of Obsessive Compulsive Disorder (OCD)**

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| **Obsessive Compulsive Disorder:** |
| ***Behavioural:***  |
| ***Emotional:*** |
| ***Cognitive:*** |