

Phobias: The Behavioural Model



This activity will help you to:

- Recall some main concepts of the behavioural perspective in Psychology*
- Apply these concepts to understanding anxiety disorders (phobia)*
- Prepare for the 'Perspectives' (unseen) part of the Module 5 paper*

The Behavioural Model

In the space below, list as many different concepts from the behavioural perspective as you can remember. We will then have a short discussion in which you can note down any concepts that other people remembered but you didn't get.

Behaviourist Ideas & Concepts

Now use the concepts you have noted down above to explain the following description of a person's behaviour. You need to explicitly apply as many of the concepts as you can (use the technical terms wherever you can). You do not need to explain what the terms mean; you must use them meaningfully to explain the stimulus material.

Surita is a successful young businesswoman, who runs a small accountancy firm. Recently, she has not been her usual self. She has become afraid of leaving the house, and feels acute anxiety when walking down the street, especially at night. Sometimes the anxiety is so bad that she has a panic attack. When she is inside, and especially at home, she does not feel so anxious, but this is making her reluctant to go out at all. Her friends and family are helping out by bringing round things she needs, and accompanying her when she goes out, if possible. She can do quite a lot of her work from home, but the anxiety is making her working life difficult, and is having a negative impact on her social life. The symptoms began shortly after she was robbed of her bag and phone whilst walking to her car after work.