

# CONTENTS

<b>1</b>	<b>Introduction</b>	<b>1</b>
	An Illustration	1
	Questions to be Answered	2
	What is a Neurotic Disorder?	3
	Scientific Study of Neurotic Disorder	4
<b>2</b>	<b>Symptoms of Neurotic Disorder</b>	<b>7</b>
	Anxiety Reaction	7
	Phobic Reaction	9
	Obsessive-Compulsive Reaction	10
	Hysteria	12
	Depressive Reaction	18
<b>3</b>	<b>Anxiety and Other Emotions</b>	<b>20</b>
	Anxiety or Fear	21
	Autonomic Nervous System	22
	Pituitary-Adrenocortical System	24
	Physiological Responses in Patients with Anxiety Reactions	25
	High Levels of Arousal	25
	Habituation	29
	Homeostatic Control	33
	Patterns of Autonomic Response in Fear and Anger	36
	Epinephrine and Norepinephrine in Fear and Anger	37
	Grief	40



Physiological Concomitants of Grief	45
Shame, Guilt, and Disgust	46
<b>4 Heredity</b>	<b>52</b>
Measuring Hereditary Influence	52
Animal Research	53
Autonomic Reactivity	53
Sociability	54
Neurotic Disorder	56
Organic Disease and Hysteria	58
The Interaction of Heredity and Social Learning	59
<b>5 Learning and Neurotic Disorder: Basic Concepts</b>	<b>63</b>
Classical Conditioning	64
Instrumental Learning	67
Avoidance Learning	68
Mediating Stimuli	70
Observational Learning and Imitation	72
Conflict	73
Social Learning and Personality Development	75
The Interacting System	75
Assessment	77
<b>6 Learned Avoidance Strategies</b>	<b>83</b>
Physical Avoidance	83
Displacement	84
Use of Positive Affect to Reduce Negative Affect	84
Behavioral Traits	86
"Not-Think-About-It" Response	86
Cognitive Interpretations	90
Denial	90
Intellectualization	93



**7 Development: General Features of Neurotic Disorder 99**

Social Learning in the Family Context	101
Neurotic Parents	101
Anger and Aggression in Neurotic Disorder	103
Self-regulation	108
Negative Affect, Conflict, and Avoidance Strategies	115
Anger and Aggression in Neurotic Conflict	122
Sex and Other Behavioral Systems in Neurotic Conflict	123

**8 Development and Dynamics: Specific Neurotic Reactions 127**

Anxiety and Phobic Reactions	127
Obsessive-Compulsive Reaction	136
Hysteria	138
Depression	143

**Author Index****Subject Index**



# SUBJECT INDEX

- Adrenaline, *see* Epinephrine
- Adrenocortical system, 24, 25-26, 45-46, 64, 91-92
- Aggression, 38-40, 47, 103-108, 113-115, 117-118, 121-123, 129
- Amnesia, 13, 58-59
- Anxiety, in children, parent's defensiveness, 121
  - Freudian theory, 99-101
  - g tolerance test, 38-40
  - heredity, 57
  - instrumental learning, 132-133
  - irrationality, 133-134
  - observational learning, 132
  - physiological responses, 22-36
  - stimulus versus response definition, 21
  - symptoms and illustration, 7-9
  - traumatic experiences, 66, 127-129
  - unlearned elicitors, 21-22
  - see also* Fear
- Anger, 20, 36-40, 85; *see also* Aggression
- Assessment, data source, 77-78
  - functional analysis, 79
  - traits and situations, 78-79
- Autonomic nervous system, in anxiety reactions, 25-36
  - description of, 22-24
  - in fear and anger, 36-40
  - in grief, 45-46
  - measurement, 27
  - see also* Blood pressure; Galvanic skin response; and Heart rate
- Aversive consequence, 68-70, 106-107, 109
- Avoidance learning, 68-70
- Avoidance strategies, 83-84, 86-97, 115-124
- Blood pressure, 27, 28, 30, 34, 36-37, 92
- Brain-stem reticular system, 35
- Classical conditioning, 64-67, 72-73, 131-132, 146
- Cognitions, mediating, 70-71, 110-115, 147-148
- Cognitive interpretations, 90-97, 122
- Combat neuroses, war neuroses, battle fatigue, 126-128
- Compulsive behavior, *see* Obsessive-Compulsive
- Conflict, 73-75, 105-106, 114-124, 136, 140
- Conscience, *see* Self-regulation
- Conversion reaction, description, 12-13
  - and hypnosis, 141
  - an illustration, 15
- Denial, 90-93, 122
- Depersonalization, 96-97
- Depression, in animals, 44
  - in children, 41-43
  - deficit in social reinforcement, 145-146
  - heredity, 58
  - physiological correlates, 45-46
  - reaction to loss, 143-146
  - and self esteem, 146-149
  - social learning, 143-146
  - symptoms, 18
  - traumatic experiences, 143
- Discriminative stimulus, 67-68
- Disgust, 47
- Displacement, 84, 123, 134-137
- Dissociative reaction, description, 13
  - an illustration, 15
- Emotion, 20; *see also* Anxiety; Grief; and Anger
- Empathic responses, 72-73, 111-113
- Epinephrine, 23, 29, 36-40, 92-93



- Evoked sensory potential, 142
- Experimental neurosis, animals, 73-75
- Extraversion-introversion, 54-56
- Eyeblink conditioning, 28
- Family correlates of neurotic disorders, 101-107, 113-122, 129-132, 139, 147-149
- Fear, 21, 36-40, 53, 64-67, 69-70, 85-86, 91, 129-132; *see also* Anxiety
- Forearm blood flow, 26, 28
- Freudian theory, 14, 99-101, 134, 145
- Frustration, 104
- Fugue, 13
- Functional analysis, 79
- Galvanic skin response, 27, 28, 30-33, 53-54, 64-66, 94-97
- Glove anesthesia, 14, 59
- Grief, in adults, 41
  - in animals, 44
  - in children, 40-41
  - with depression-withdrawal, 41-43, 144-145
  - physiological concomitants, 45-46
  - see also* Depression
- Guilt, 47
- Habituation, 24, 29-33, 35
- Handicap, 3
- Heart rate, 27, 28, 36-37, 53-54, 64, 92, 94-95
- Heredity, animal research, 53
  - autonomic reactivity, 53-54
  - measurement of, 52-53
  - neurotic disorder, 56-59
  - interaction with environment, 59-61
  - sociability, 54-56
- Homeostasis, 24, 33-34, 35
- Hypnosis, 14, 140-142
- Hysteria, analgesia, 12, 142
  - Anna O., case of, 14
  - heredity, 57-58
  - history, 14
  - hypnosis, relation to, 14, 140-142
  - neurophysiology, 142-143
  - organic disease, 58-59
  - personality correlates, 17-18
  - social learning, 138-140
  - symptoms, 12-14
  - traumatic experiences, 138
- Identification with aggressor, 117
- Imitation, 72-73; *see also* Observational learning
- Inconsistency of discipline, 107
- Incubation effect, 66
- Instrumental learning, 67-70, 106-107, 132-133
- Intellectualization, 93-96, 122
- Interacting system, 75-77, 108, 129-131
- Isolation, 94
- La belle indifference, 14
- Lactic acid, 29
- Mediating stimuli, 70-72
- Minnesota Multiphasic Personality Inventory, 55, 57, 102
- Multiple personality, 13
- Muscle tension, 28, 30, 33
- Negative affect, 47, 84-97, 115-124
- Neo-Freudians, 100
- Neurotic disorder, definition 3, 4
  - epidemiology, 4
  - scientific study, 4-5
- Nonspecific GSR's, 29, 32, 54
- Norepinephrine, 23, 36-40
- "Not-think-about-it" response, 86-90
- Nurturance, 110-115
- Observational learning, 72-73, 104-106, 132, 140
- Obsessive-Compulsive reaction, conflict, 136
  - persistence of obsessions, 136-137
  - symptoms, 10-12
- Oedipal conflict, 99-101
- Operant learning, *see* Instrumental learning
- Organic disease, 58-59, 103
- Overprotectiveness, 129-132
- Palmar skin conductance, 27, 28; *see also* Galvanic skin response
- Parasympathetic nervous system, 23
- Parent dominance, 73, 105-106
- Peripheral vascular resistance, 36-38
- Phobic reaction, 9, 28, 31-32, 128-132, 134-136
- Physiological response in anxiety, autonomic nervous system, 22
  - habituation, 24, 29-33, 35
  - homeostasis, 24, 33-34



- individual differences in response, 24
- level of arousal, 25-29
- pituitary adrenocortical system, 24-25
- reciprocal inhibition, 23, 24
- Pituitary, *see* Adrenocortical
- Positive affects, 48, 84-86
- Psychosexual development, 99-101
- Psychosomatic disorder, 13
- Punishment, 68; *see also* Aversive consequences
- Punitive discipline, 104-105, 115
- Pupillary response, 34
- Rationalization, 93
- Reaction formation, 86
- Reciprocal inhibition, 23, 34
- Reinforcement, 67-68, 106-107
- Repression, 86-87
- Resistance to temptation, 108-115
- Sedation threshold, 28
- Self-criticism, 148
- Self-esteem, 146-149
- Self-regulation, 108-115, 148
- Self-reinforcement, 113
- Sex, 99-100, 123-124
- Shame, 46-47
- Skin conductance, *see* Galvanic skin response
- Somnambulism, 13-14
- Stimulus generalization, 70-71, 134-135
- Sympathetic nervous system, 22
- Systematic desensitization, 137, 150
- Systems approach, *see* Interacting system
- Time out, 107
- Traumatic experience, 66-67, 127-129
- Treatment, neurotic disorder, 150
- Twin studies, 53-58