

BÖLÜM 10

Yaşlılık Dönemi Anksiyete ve Dissosiyatif Bozukluklar ve Profesyonel Yaklaşım

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Öğrenme Hedefleri

1. Anksiyete ve dissosiyatif bozuklukları tanımlayabilecek.
2. Anksiyete ve dissosiyatif bozuklukların yaşlılık dönemindeki etiyojisini, sıklık ve yaygınlığını açıklayabilecek.
3. Anksiyete ve dissosiyatif bozuklukların farklı tiplerini tanımlayabilecek, bu bilgiyi yaşlı bireyin değerlendirmesinde kullanabilecek.
4. Yaşlılık dönemi anksiyete ve dissosiyatif bozukluklara yönelik profesyonel yaklaşımı bilecek.

Bölüm Başlıkları

Giriş

Yaşlılıkta Anksiyete Bozuklukları

- Yaygın Anksiyete Bozukluğu (YAB)
- Özgül Fobi
- Agorafobi
- Sosyal Kaygı Bozukluğu
- Panik Bozukluk
- Madde, İlaç veya Tıbbi Durumlara Bağlı Anksiyete Bozuklukları

Yaşlılıkta Dissosiyatif Bozukluklar

Anksiyete Bozuklukları ve Profesyonel Yaklaşım

- Farmakolojik Tedavide Yaklaşım
- Non-farmakolojik Tedavide Yaklaşım

Dissosiyatif Bozukluklar ve Profesyonel Yaklaşım

Örnek Vaka

Gözden Geçirme Soruları

Kaynaklar

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4. Aşağıdakilerden hangisi anksiyetede kullanılan non-farmakolojik yöntemler arasında yer alır?

- a) BDT
- b) ACT
- c) Tai Chi
- d) Yoga
- e) Hepsi

5. “Normal unutkanlıkla açıklanamayacak kadar yoğun olan kişisel bilgileri hatırlayamama durumudur.” ifadesi aşağıdaki hastalıklardan hangisine ait bir tanımdır?

- a) Anksiyete
- b) Dissosiyatif amnezi
- c) Depresyon
- d) Kendine yabancılaşma
- e) Gerçek dışılık bozukluğu

Cevap Anahtarı: 1-A, 2-C, 3-B, 4-E, 5-B

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