



**Illinois Wesleyan University**  
**Digital Commons @ IWU**

---

John Wesley Powell Student Research  
Conference

1994, 5th Annual JWP Conference

---

Apr 23rd, 9:00 AM - 4:00 PM

## **Types of Stress Associated with the Onset of Panic Disorder and Social Phobia**

Diana L. Johnson  
*Illinois Wesleyan University*

Timothy J. Bruce, Faculty Advisor  
*Illinois Wesleyan University*

Follow this and additional works at: <https://digitalcommons.iwu.edu/jwprc>

---

Johnson, Diana L. and Bruce, Faculty Advisor, Timothy J., "Types of Stress Associated with the Onset of Panic Disorder and Social Phobia" (1994). *John Wesley Powell Student Research Conference*. 34.

<https://digitalcommons.iwu.edu/jwprc/1994/posters/34>

This Event is protected by copyright and/or related rights. It has been brought to you by Digital Commons @ IWU with permission from the rights-holder(s). You are free to use this material in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/ or on the work itself. This material has been accepted for inclusion by faculty at Illinois Wesleyan University. For more information, please contact [digitalcommons@iwu.edu](mailto:digitalcommons@iwu.edu).

©Copyright is owned by the author of this document.

## TYPES OF STRESS ASSOCIATED WITH THE ONSET OF PANIC DISORDER AND SOCIAL PHOBIA

Diana L. Johnson, Department of Psychology, IWU and  
Timothy J. Bruce\*, Department of Psychiatry, UICOMP

The present study examined the association of different types of stress with the onset of both panic disorder and social phobia. Twenty-three subjects who met the DSM-III-R criteria for panic disorder and twenty-three subjects who met the DSM-III-R criteria for social phobia were matched on the demographic variables of sex, race, level of education, and time of retrospection. Data related to circumstances surrounding onset were collected from initial diagnostic interviews. Descriptions of the circumstances were then rated and classified by blind independent raters into categories of no stress/stress, conditional stressor/background stress, and evaluation related stress/not evaluation related stress. Results indicated that stress was found at the onset of both panic disorder and social phobia. Moreover, conditional stressors were found to be associated with the onset of social phobia, whereas background stress was more associated with the onset of panic disorder. Furthermore, evaluation related stressors were more associated with the onset of social phobia than panic disorder. However, evaluation related stressors were not found to discriminate between the subtypes of social phobia. Possible treatment and preventative implications are discussed.