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A Proposal for the Investigation of the Relationship Among Panic Disorder and Locus of Control, Learned Helplessness, and Anxiety Sensitivity

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The purpose of this manuscript is to provide the rationale for a statistical analysis of the relationship between three factors as they are related to panic disorder. The three factors of interest in this proposal are locus of control, learned helplessness, and anxiety sensitivity. The current professional literature supports a correlation between these three factors' independent relationship to panic disorder as it is defined by the DSM-IV-TR (American Psychiatric Association, 2000). The author posits that the presence of these established relationships calls for an investigation of the relationships among locus of control, learned helplessness, and anxiety sensitivity themselves. This analysis would require four individual investigations. Included would be an investigation of the following pairings: locus of control and learned helplessness; locus of control and anxiety sensitivity; learned helplessness and anxiety sensitivity; as well as locus of control, anxiety sensitivity, and learned helplessness. The purpose of the current proposal is to define the rationale and research methodology for the investigation of these potential relationships. Future studies aim to generate and analyze quantitative data to identify the relationships between the three aforementioned factors known to be correlated with panic disorder. This would lay the groundwork for future development of preventative measures and treatment modalities with the intent of improving both case conceptualization and the efficaciousness of treatment interventions.

A PROPOSAL FOR THE INVESTIGATION OF THE RELATIONSHIPS AMONG PANIC DISORDER AND LOCUS OF CONTROL, LEARNED HELPLESSNESS, AND ANXIETY SENSITIVITY
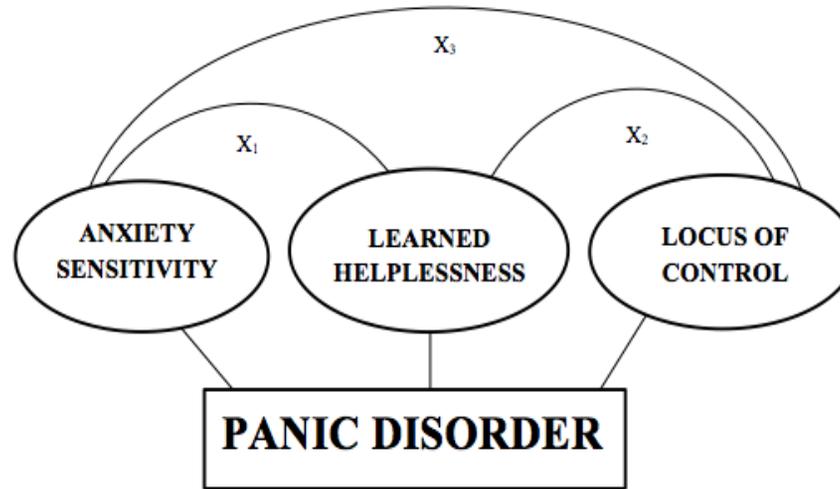
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Abstract

The three factors of interest in this proposal are locus of control, learned helplessness, and anxiety sensitivity. The current professional literature supports a correlation between these three factors' direct and indirect relationships to panic disorder as it is defined by the DSM-IV-TR. The author posits that the presence of these established relationships calls for an investigation of the relationships among locus of control, learned helplessness, and anxiety sensitivity themselves. This investigation would analyze quantitative data utilizing a multiple linear regression model to determine the relationships among these variables. This would lay the groundwork for future development of preventative measures and treatment modalities with the intent of improving both case conceptualization and the efficaciousness of treatment interventions.

References

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Proposed Model

$$Y^1 = b_o + b1X_1 + b2X_2 + b3X_3$$

Objectives

- Enhance predictability of future panic attacks, and therefore diagnosis of panic disorder, by more thoroughly understanding the etiological factors contributing to the onset of panic
- Enhance treatment efficaciousness through a more complete understanding of specific factors inherent in the etiology, maintenance, and treatment of panic disorder
- Move from explanation, to prediction, to possible control (prevention) as it pertains to panic disorder
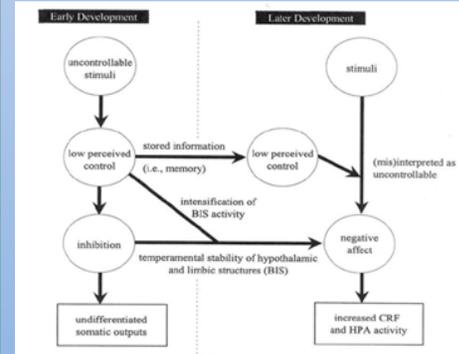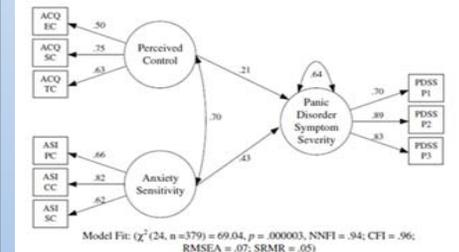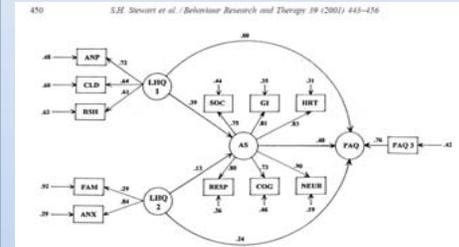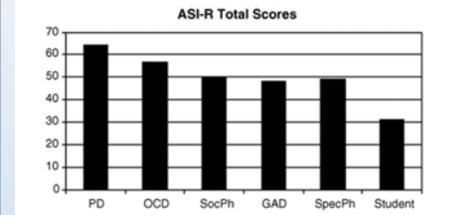
Key Data