

**EXAMINING PSYCHOPATHY ON A CONTINUUM AND THE RELATIONSHIP
BETWEEN ANXIETY AND PREMEDITATION METHODS OF SERIAL
OFFENDERS**

BY

GABRIELLE ORDONEZ

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The thesis of Gabrielle Ordonez, "Examining Psychopathy on a Continuum and the Relationship Between Anxiety and Premeditation Methods of Serial Offenders," approved by her Committee, has been accepted and approved by the Faculty of the College of Behavioral Sciences, in partial fulfillment of the requirements for the degree of Master of Arts in Forensic Psychology.

Thesis Committee:

Dr. Jenny Elizabeth Aguilar PsyD, Chair

Dr. Annemarie Larsen PhD, Reader

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DEDICATION

To my son Michael

Anything is possible with hard work and dedication. I hope my journey inspires you to follow your dreams. I wish you enough, Godspeed.

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ABSTRACT

Examining Psychopathy on a Continuum and the Relationship
Between Anxiety and Premeditation Methods of Serial
Offenders

By

Gabrielle Ordonez

College of Behavioral Sciences

Jenny Aguilar

Thesis Committee Chairperson

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Psychopathy is a personality disorder that is characterized by a failure to inhibit impulsive behavior and emotional deficits in personality. Previous literature has depicted psychopathy as an untreatable personality disorder stemming from Cleckley's research, case studies, and literature such as *The Mask of Sanity* indicating that psychopaths do not experience neurotic symptoms such as anxiety, depression, or any other disorders that contain an abundance of emotions or "feelings". Due to Cleckley's research and case studies proving less concise in determining that psychopaths do not experience anxiety, there is room for interpretation in regards to how

psychopaths experience neurotic manifestations such as anxiety and the intensity, duration, and motivation behind it; stemming from anticipatory anxiety and persisting throughout premeditation methods, various crimes, and continuing in a cycle. Through the use of case studies, interviews, and archival data from different infamous serial offenders such as John Wayne Gacy, Westley Allan Dodd, and Edmund Kemper, psychopathic traits and premeditation methods in regards to anxiety are examined. An anxiety and psychopathy checklist was created to determine what symptoms that appear psychopathic may coincide with anxiety and to exemplify how anxiety symptoms may be exhibited differently in psychopaths.

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Chapter 1

THE PROBLEM STATEMENT

Due to the fact that psychology deals with intangibles, concepts such as emotions, mental states, and personality, it becomes a challenging field. These intangibles become a greater problem when there is a great deal of disagreement amongst mental health professionals in the field. Amongst the many issues that are already within the field of psychology, psychopathy is a prevalent concept that continues to cause a disjunction between professionals in the field.

First and foremost the labeling situation causes confusion; neuroscientists, psychiatrists, and psychologists "have yet to agree on the nature of this disorder or the subtypes of personalities with psychopathic traits." Labeling an individual as a "psychopath" can cause serious implications, this label will follow someone for the rest of their life and plays an essential role in how this individual is treated by the courts and society. Given that labeling an individual as a psychopath may cause difficulties, mental health professionals become hesitant in using this term to identify someone with anti-social

personality traits. A second issue with psychopathy is that different mental health professionals view it in different perspectives. Many professionals believe that sociopaths are the "same thing" as psychopaths while other professionals believe that psychopathy is a neurological disorder and not a personality disorder. The disagreement regarding what psychopathy really is, how it should be measured, and how it should or should not be treated is an extensive issue.

Another problem with psychopathy is that it has been misconstrued as a personality disorder that is not treatable, due to the inability to teach empathy or teach remorse. Previous research from Cleckly outlined the myth that psychopaths do not have feelings or that they lack the ability to feel (Derefinko, 2015). Cleckly's research also created the basis for excluding all other neurotic manifestations not taking into consideration that other disorders may also co-exist along with psychopathy (Derefinko, 2015). This previous research that has excluded the possibility of other disorders, combined with confusion and disagreement has created a negative stigma in regards to psychopathy. This is a prevalent issue within the mental health field, with many mental health

professionals viewing psychopaths as individuals who cannot be helped and therefore attempting to treat them is futile. The concept that psychopaths do not have emotions or feelings has been introduced in different literature, media outlets, and even in the mental health community. This concept however has been proven to not necessarily be correct, it has been hypothesized that psychopaths do experience emotions and feelings. However these emotions and feelings are displayed differently than individuals who are not psychopathic. Emotions such as sadness or anger may be exhibited through different behaviors such as crying in non-psychopathic individuals, however a psychopath may exhibit anger and sadness through other behaviors such as having a shallow affect, impulsivity, and irresponsibility. Anxiety based treatment in regards to psychopaths has not been explored due to previous literature excluding neurotic manifestations as relevant criteria in psychopathic personalities. Treatment exploring the concept of insight in regards to anxiety can be used to teach psychopathic offenders the consequences of their actions/impulses and can be used to increase recidivism when these individuals are released.

Problem Statement

The notion that psychopathy is an untreatable personality disorder due to criteria based off of Cleckly's literature *The Mask of Sanity* and case studies (Derefinko, 2015, pg. 695). Anxiety based treatment models in relation to premeditation methods of psychopaths has not been explored causing the concept of recidivism to appear unfeasible.

Purpose of the Study

The purpose of this study will examine psychopathy and it's association with anxiety as well as premeditation methods of serial offenders in relation to anxiety and possible treatment models. Current literature has examined the relationship between psychopathy and anxiety and has allowed for psychological experts to interpret past literature in regards to neurotic manifestations and psychopaths. The suggestion that psychopathy can be treated by using insight with offenders offers the possibility that recidivism may be achieved with this population.

Research Questions/Objectives

The expectation of this research is that it provides evidence to support the hypothesis that psychopaths do experience anxiety and that it manifests through their

premeditation methods. In examining premeditation methods in association with anxiety, a positive correlation will be found between the two and would provide insight into how psychopaths experience anxiety, which includes the duration and intensity. Possible treatment models for psychopathy will be discussed and presented as anxiety based treatment models to address the urges and thoughts that is experienced and leads to premeditation.

Delimitations

This study will discuss infamous serial offenders and will examine their premeditation methods in relation to anxiety. Non-psychopathic offenders will be briefly discussed but will not be examined in depth, as psychopathy is the primary focus of this study. Possible treatment will be discussed in relation to anxiety and psychopaths. Adult male case studies will be examined in this study; women in relation to anxiety and psychopathy will not be discussed. Only generalized anxiety will be used, no other types of anxiety will be examined.

Assumptions

All three participants are assumed to meet at least three out of the six criteria to be diagnosed with generalized anxiety disorder. John Wayne Gacy and Westly

Allan Dodd are assumed to have more anxiety traits than Edmund Kemper.

Definition of Key Terms

Amygdala: A roughly almond-shaped mass of gray matter inside each cerebral hemisphere, involved with the experiencing of emotions.

Anticipatory anxiety: A person experience increased levels of anxiety thinking about a situation that will occur in the future.

Generalized anxiety disorder: Excessive anxiety and worry (apprehensive expectation) occurring more days than not for at least six months, about a number of events or activities (such as work or school performance).

Premeditation: The act of planning an event characterized by a fully conscious willful intent and measure of forethought.

Psychopathy: A personality disorder consisting of personality traits that interfere with an individual's normal everyday functioning, derived from antisocial personality disorder.

Serial Offender: An individual who murders three or more individuals in a service of abnormal gratification

that take place over more than a month and includes a break (cooling off period) in between them.

Chapter 2

REVIEW OF THE LITERATURE

ANXIETY

Anxiety is a physiological response that prepares an individual to either protect or flee, this instinct is universally referred to as the fight or flight system in which an individual is preparing for an anticipated threat (Norman, 2012). The American Psychological Association's Diagnostic Criteria Manual V has classified different types of anxiety that may create significant impairment and disability (American Psychiatric Association, 2013, p. 222). For the purpose of this study the broad typologies of anxiety will not be discussed and general anxiety disorder (GAD) will be the main focus. According to the Diagnostic Criteria Manual V, excessive anxiety and worry (apprehensive expectation) occurs more days than not for at least six months during a number of events or activities.

Typically it is perceived that individuals who suffer from anxiety are in constant fight or flight and fear is the motivation behind their anxiety; a cognitive distress associated with perceived impending or inevitable danger. Previous literature has depicted fear and cognitive appraisal as the prominent conceptual views of anxiety and early treatment models primarily focused on the practice of "encouraging patients to repeatedly confront situations that produce intense fear and avoidance" (Norman, 2012). Present research and treatment models focus on cognitive behavioral therapy (CBT), Martin (2017), "a short-term goal oriented psychotherapy treatment that takes a hands on practical approach to problem solving; its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel." The cognitive behavioral approach has been used in treating individuals with anxiety and providing problem solving and solutions to patients to reduce their fear or phobias by tracking their behavior when the fear stimuli is present and exploring different or replacement behaviors that can take place when the stimuli is present. The symptoms associated with anxiety are fairly easy to detect as symptoms are exhibited through an individual's behavior

however the processes that are occurring in the brain in the midst of anxiety being present vastly differ.

Physiology of Anxiety

Understanding what anxiety is through appearance is achievable by observing symptoms and behaviors associated with those symptoms, however the physiological aspects of the brain in relation to anxiety differ as there are various parts of the brain that are involved when an individual experiences anxiety (Calm Clinic, 2017). When an individual encounters anxiety, the amygdala is where the process begins. The amygdala is part of the limbic system, which is also activated when anxiety occurs, it is primarily responsible for the storage of memories and the emotional reactions associated with those memories (Calm Clinic, 2017). The left side of the amygdala is responsible for the storage of memories that are traumatic and prompts an individual to think rather than act, whereas the right side of the amygdala is primarily associated with action rather than thought (Calm Clinic, 2017). "The amygdala once triggered, sends distress signals to other key parts of your brain" (Calm Clinic, 2017). The autonomic nervous system is responsible for control of bodily functions that are not consciously directed and are

involuntary such as breathing, pulse, heart rate, and digestive processes. During an anxiety attack numerous physiological symptoms can occur such as a fast pulse, shallow breathing, palpitations, shortness of breath, sweating, chest pain/tightness and headaches just to name a handful; during this time the flight or fight response is also activated ("Physiology Of Anxiety", n.d.).

The two sub-sections of the autonomic nervous system are also affected when a perceived or anticipated threat is present; the parasympathetic and the sympathetic nervous system; these two branches are involved in controlling energy levels within the body and preparing it for action ("Physiology Of Anxiety", n.d.). The sympathetic nervous system is specifically where the fight or flight response is released and the body is being primed for action whereas the parasympathetic nervous system restores the body to its normal state ("Physiology Of Anxiety", n.d.). When the sympathetic nervous system is activated multiple symptoms occur simultaneously and adrenalin, norepinephrine, serotonin, dopamine, and gamma-amino butyric acid (GABA) are released from the adrenal glands and they continue their activity in the sympathetic nervous system for some time (Bhatt, 2017).

Eventually other chemicals in the body that the parasympathetic nervous system releases when it's attempting to relax or restore the body to its original state destroy both chemicals ("Physiology Of Anxiety", n.d.). Returning the body to it's original state takes time which is why even after the sympathetic nervous system has seized to respond and the danger has passed the body begins to feel tired or apprehensive due to adrenalin and noradrenalin still floating around in the body ("Physiology Of Anxiety", n.d.). Numerous neurotransmitter, neuroendocrine, and neuroanatomical disruptions characterize anxiety and primary alteration in brain functioning or the brain structure in neurotransmitter signaling occurs from an underlying genetic predisposition and environmental experiences; alterations such as these increase the risk for psychopathology (Martin, Ressler, Nemeroff, & Binder, 2009). Previous research has identified fear as the primary motive for anxiety and that individuals with psychopathy do not experience or have "low-anxiety" due to their brains functioning differently when fear is presented; conversely present research has revealed that

psychopaths do experience anxiety and their anxiety is connected to their premeditation methods (Norman, 2012).

Psychopathy and Anxiety

“Psychopathy is a personality disorder characterized by emotional deficits and a failure to inhibit impulsive behavior” (Schultz, Balderston, Baskin-Sommers, Larson, & Helmstetter 2016). The disorder has been repeatedly associated with abnormal responses and affective regulation; the study of psychopathy in relation to anxiety has a long history. It is important to understand that psychopathy is an older term used to characterize what is now part of Antisocial Personality Disorder (ASPD), there is no diagnosis for psychopathy in the Diagnostic Criteria Manual and the American Psychological Association has not published psychopathy as a disorder or diagnosis; mental health professionals use antisocial personality as a diagnosis (Schultz, Balderston, Baskin-Sommers, Larson, & Helmstetter 2016).

The diagnostic criteria for antisocial personality disorder focuses entirely on observable behaviors; furthermore the characteristics and traits of psychopathy

are outlined from Hervey Cleckley and Robert D. Hare's research and their criteria primarily focuses on personality traits that includes 16 major characteristics based of Cleckley's criteria; one of which is absence of anxiety or other "neurotic" symptoms; there is calmness, verbal facility, and considerable poise (Derefinko, 2015, pg. 695). Cleckley was one of the first to reference the notion that psychopaths do not have anxiety or worry, as they are not able to experience fear so they do not have the instinct to fight or flight due to there not being an anticipated threat in the psychopaths eyes, (Derefinko, 2015, pg. 695) "appears almost as incapable of anxiety as of profound remorse." Cleckley's *The Mask of Sanity* highlights positive psychological functioning in psychopaths; in regards to anxiety he wrote: "those called psychopaths are very sharply characterized by the lack of anxiety (remorse, uneasy anticipation, apprehensive, scrupulousness, the sense of being under stress or strain) (Cleckley, 1976, p. 257)."

Due to Cleckley's hypothesis of low anxiety he ultimately listed the "absence of nervousness or psychoneurotic manifestations" to his criteria (Derefinko,

2015, pg. 695). Cleckley's case studies are less concise in determining that psychopaths do not experience anxiety and there is room for interpretation about how psychopaths experience anxiety, which includes the duration, intensity, and motivation behind it (Derefinko, 2015). Karpman and Cleckly argued the difference between primary and secondary psychopaths; Karpman coined the concept of having two types of psychopaths (Karpman, 1948). He insisted that anxiety was a variable that defined the difference between the two manifestations of psychopathy and refused to list "lack of anxiety" as a universal trait amongst psychopaths (Karpman, 1948).

The primary psychopath or the "true" psychopath commits antisocial acts due the lack of fear and empathy whereas the secondary psychopath is hypothesized to experience remorse and fear. According to Dean, Altstein, Berman, Constans, Sugar, and McCloskey, (2013) "Karpman contended that secondary psychopaths should not be considered "truly" psychopathic because their behavior is not rooted in a primary lack of empathy" (p.272). Hare's psychopathy checklist list is similar to Cleckley's except that it is an adaptation and is better known as the

Psychopathy Checklist Revised (PCL-R), Hare's list has 20 criteria and the notion that psychopaths are "low anxious" or lack anxiety is not stated as a personality trait. Hare's checklist consists of two factors, Factor 1 consists of interpersonal and affective items such as "callousness, remorseless, and selfishness" and Factor 2 consists of behavioral criteria such as the behavior and the individual's lifestyle. Hare's list relates anxiety differently to psychopathy, Factor 1 demonstrates small negative or null relations where as Factor 2 shows positive relations to anxiety (Hare, 2003). While there is research that supports Cleckley's psychopathy list, diverse studies have suggested that psychopaths are not necessarily low anxious or lack anxiety but that anxiety stems from a different source of motivation that is not fear.

Lykken's hypothesis focuses on the "low fear" characteristic of psychopaths and emphasizes anxiety and fear as key characteristics of psychopathy; he proposed that the absence of anxiety or anxious behaviors is due to the deficit in emotional responses to danger or punishment, "fearlessness" (Derefinko, 2015). To support the notion of "fearlessness", Lykken developed the classical conditioning

paradigm "demonstrated that psychopaths do not develop the expected anticipatory arousal from threat of physical punishment" (Derefinko, 2015, pg. 695). In further examining fearlessness in psychopaths, Lykken created the Activity Preference Questionnaire (APQ), which was designed to assess embarrassing or frightening behaviors that would likely be frustrating or uncomfortable (Derefinko, 2015). Lykken's hypothesis of fearlessness also led Lykken to suggest that psychopaths and heroes may both be genetically connected. Empirical evidence has supported Lykken's hypothesis in regards to the association between heroism and psychopaths as fear is a characteristic that both types of individuals lack; the hero does not fear the fear the danger he/she is encountering in the fight for justice whereas the psychopath does not fear the consequences for his/her actions or anything else for that matter (Sandvik, Hansen, Hystad, Johnsen, & Bartone, 2010).

Gray's three-arousal model of the nervous system consists of a two-factor learning theory that conceptualizes two different systems associated with anxiety. An alteration of Eysenck's theory of extraversion-introversion, "The Reinforcement Sensitivity Theory

proposes that two major systems in the brain- the behavioral inhibition system and the behavioral activation system-contribute to affective states, behavior, and personality" (Pederson, 2013). The behavioral activation system (BAS) activates behavior in response to reward so the individual seeks to move towards something that is desired whereas the behavioral inhibition system (BIS) inhibits behavior in response to fear or punishment which would cause the individual to move away from something unpleasant (Fowles, 1980). Evidence of two personality traits associated with psychopathology include externalizing liability and internalizing liability; internalizing liability demonstrates a positive relationship with the BIS and forms of psychopathology include phobias and panic disorders, depression, and anxiety this indicates that individuals who have a high BIS would experience fear related anxiety (Pederson, 2013). The externalizing liability trait has a positive correlation with a hyperactive BAS and forms of psychopathology would include substance use, hyperactivity, delinquency, aggression, and psychopathy, which would indicate that individuals with a high BAS would most likely engage in negative behaviors to obtain the reward

(Pederson, 2013). This model outlines the personality differences; the assumption that psychopaths would have a deficit in the BIS would be substantiated due to the inability to fear therefore anxiety would not exist and maladaptive behaviors would most likely occur, however if there is a deficit in the BIS that would indicate that the BAS would overcompensate (hyperactive) and anticipation for the reward would become greater consequently causing anxiety for the psychopathic individual to obtain their reward (Pederson, 2013). This does not necessarily indicate that some serial killers would not experience fear related anxiety at all, the interpretation is that if the BAS is high then the BIS would be low but all traces of fear would not be diminished, this means that there is a possibility that serial murderers could experience anxiety through both fear and rewards (Pederson, 2013). Due to an anticipated reward being present as opposed to an anticipated threat the psychopath's desires for the reward are manifested through fantasies, thoughts, and urges that initiate premeditation and the anxiety that psychopaths experience is present through the premeditation process (Pederson, 2013). The amygdala is considered to be the "Id" in Sigmund Freud's psychoanalysis theory. In regards

to the brain the amygdala is concerned with action, the primitive thoughts and uncensored wants are said to exist in the amygdala Haycock (2014). In psychopathy it has been concluded that according to Haycock (2014), "damage to the orbital prefrontal cortex and parts of the brain to which it is closely linked (including a neighboring part of the prefrontal cortex called the ventromedial prefrontal cortex and a fold of cortex found above and behind the orbital cortex call the ventral anterior cingulate) are associated with psychopathic and violent behavior" (p.86). Older structures such as the amygdala are affected by the damage to the orbital prefrontal cortex and the processes involved such as moral judgments are then affected (Haycock, 2014). This would indicate that a deficit within the amygdala could cause a deficit in moral reasoning while at the same time that deficit can cause frequent anxiety (Haycock, 2014). The association between psychopathy and anxiety within the orbital prefrontal cortex illustrates that different brain regions that are associated in one disorder can also contribute to other disorders (Haycock, 2014). There is no single brain region that is devoted to one disorder, however the intricately connected brain

structures that these disorders share are what contribute to different disorders (Haycock, 2014).

Non-psychopathic Serial Offenders and Anxiety

In briefly addressing non-psychopathic offenders; it is imperative to understand that psychopaths are distinguished from non-psychopathic offenders due to personality traits that result as the underlying component of why they commit their crimes; offenders who are diagnosed with psychopathy commit their crimes due to the lack of empathy and the ability to continue to commit their crimes whilst "having an intellectual understanding of the rules of society and the conventional meanings of right and wrong, and know enough about what they are doing to be held accountable for their actions" Haycock (2014). Their predatory behavior and lack of remorse or guilt and their need for control are factors that are dissimilar from non-psychopathic murderers Haycock (2014). These factors are what differentiate psychopaths from other offenders who may have mental illnesses or other underlying factors that have caused them to commit their murders; however the number of murders committed and the cooling off period are what

identify serial killers, this indicates that serial murderers can be both psychopathic and non-psychopathic Haycock (2014). As discussed above psychopathic serial murderers are hypothesized to commit their crimes due to reward-based anxiety, their urge to relieve their anxiety and claim their reward fuels their lack of empathy and extreme callous interactions with their victims as they seek to please themselves only and are not altruistic.

Non-psychopathic serial murderers are hypothesized to experience anxiety through both forms of fear and reward-based (Pederson, 2013). Reward-based anxiety would stem through the offender needing/wanting to complete a task not necessarily because it provides them sexual gratification but due to providing relief in general, that thought/idea that is causing them anxiety is what they are seeking to be relieved (Pederson, 2013). Fear-based anxiety in regards to murder is also based on the offender's thoughts/ideas that in their mind causes them fear so much so that they need to relieve that anxiety; in other words non-psychopathic offenders would experience both types of anxiety in a cycle (Pederson, 2013).

An example of this would be Herbert Mullin, a serial murderer in the 1970's who was responsible for the death of 13 individuals in California (Murderpedia, n.d.). Mullins was a paranoid schizophrenic that was diagnosed in his early 20's; by "sacrificing" the blood of his victims to the Earth, he believed he could prevent earthquakes (Murderpedia, n.d.). In Mullin's case the fear-based anxiety would consist of the thoughts that earthquakes were going to occur and that he needed to sacrifice others to prevent them (Pederson, 2013). The reward-based anxiety would consist of the anticipation of murdering an individual to prevent the earthquakes; the victims would suffice for a short amount of time until the fear-based anxiety begins yet again causing the cycle to continue. Mullins did not commit these murders due to lack of empathy or purposefully to be callous, he committed these murders because his mentality led to convictions that these acts needed to be done to prevent natural disasters (Pederson, 2013). This example can provide theoretical framework to the notion that serial murderers may experience anxiety in different forms for myriad reasons (Pederson, 2013). Non-psychopathic offenders or secondary psychopaths are susceptible to treatment due to neurotic manifestations

existing as the underlying cause of their crimes which would indicate that diverse disorders could be present such as schizophrenia, depression, and psychosis. Whereas true psychopaths have been deemed untreatable due to the alleged absence of the neurotic manifestations.

Premeditation and Anxiety

Premeditation is the act of planning; in referencing a legal stance premeditation is a factor that must be present in order to charge an individual with first degree murder; deliberate or deliberation of planning and intent to kill or cause harm are what comprise the charge of this type of murder (Find Law, 2017). In addressing premeditation and psychopathy there is a fundamental distinction in classifying aggressive behavior; impulsive aggression versus premeditated aggression. According to Swogger, Walsh, Christine, Priddy, & Conner (2015) "Impulsive aggression (akin to "reactive aggression") occurs in response to a perceived threat or provocation" (p.347). This classification of aggressive behavior consists of disinhibition and affective arousal, which results in a poorly controlled rapid response. Through

research impulsive aggression has been found to have a positive correlation with high levels of hostility, anger, guilt, and neuroticism (Swogger, Walsh, Christie, Priddy, & Conner 2015). This type of aggression has also been linked to anxiety-related disorders such as borderline personality, antisocial personality disorder, depression, alcohol use, and drug problems (Swogger, Walsh, Christie, Priddy, & Conner 2015).

In contrast premeditated aggression is used to obtain a subsidiary goal, the behavior would consist of slow thought out process; this type of aggression can be viewed through Albert Bandura's social cognitive learning theory (Bandura, 1986). (Swogger, Walsh, Christie, Priddy, & Conner 2015) "This theory indicates that aggressive behavior is acquired and reinforced through acquisition of rewards that follow it" (pg. 347). Premeditated aggression is associated less with general psychopathology but has a stronger correlation with psychopathic personality disorders (Walsh, Swogger, & Kosson, 2009; Woodworth & Porter, 2002).

Premeditation is comprised of several components such as victimology, geographical location, the removal of evidence, the MO, which includes tools, weapons, manual acts, and the act itself (what is going to relieve the anxiety). As with any act, premeditation begins in the brain as a thought an idea of engaging in a behavior that provides gratification (anticipatory anxiety), the idea/thought begins to form into fantasies; these fantasies can begin to overwhelm the individual and anticipation for obtaining that which will gratify has become greater to the point where the psychopath must begin planning methods in regards to obtaining that which is causing them anxiety.

Victimology

For decades criminologists have attentively focused on the role of the criminal in regards to crime; victimology is the study of the victims of crime and the different psychological and physiological effects on them due to their traumatic experience (Siegel, 2006). Various theories have been developed explaining victimization and its causes, the most important theories are the victim precipitation theory, deviant place theory, lifestyle

theory, and the routine activities theory. The precipitation theory suggests that individuals may initiate confrontation that would lead to victimization; the precipitation can either be active or passive. Active precipitation occurs when the victim acts in a provocative manner by using threats or attacking first whereas passive precipitation occurs when the victim unknowingly contains a characteristic that threatens the attacker such as a love interest (Siegel, 2006).

The deviant place theory suggests that victims do not cause crime but are prone to victimization due to living in high-risk areas that are disorganized and consist of high crime rates (Stark, 1987). The lifestyle theory indicates that lifestyle may increase the chance of becoming victim such as engaging in risky behavior (drug use, alcohol use, ect.) an example of this would be going out late at night (Siegel, 2006). The last theory is the routine activities theory, which holds that the "volume and distribution of predatory crime" are associated with three interactions that are displayed in the traditional American lifestyle (Miro, 2014).

Victimology in regards to psychopaths may vary depending on different factors such as preference and opportunity but the premeditation may begin with selecting a victim first; victimology based on the offender's preferences is broad and they can pick whomever they choose for a myriad of reasons such as race, gender, ethnic background, and age. In the United States, "some 40% of serial killers choose their prey based on gender, with female victims outnumbering males by a ration of 10-to-1" (Newton 232).

Some may choose their victims based on physical characteristics and appearances such as Theodore Bundy; his victims were all female and had brunette hair. Whereas other offenders may select their victims based on opportunity, so being in the right place at the right time where vulnerability was present and the opportunity presented itself (Siegel, 2006). Regardless of how and why the victim is chosen, anxiety persists throughout and during the victim selection process and the motivation behind selecting a victim is the reward, the offender feels excitement in looking for his victim, finding his victim,

or stumbling upon his victim at the right moment (Siegel, 2006).

During this process the offender would experience anticipatory anxiety and the nucleus accumbens is being activated simultaneously; the offender experiences and continues to experience increased anxiety due to fantasizing about the crime they are going to commit with the victim they are seeking or choosing in the future that will gratify them (Pederson, 2013). Due to the anticipatory anxiety causing excitement for the offender, luring his/her victim with a ruse, stalking the victim for some time (excitement increases during stalking), and or taking the victim are premeditated thoughts that have been reinforced (Pederson, 2013).

The reward circuit of the brain reinforces looking for a victim and the BAS would distribute reward-based anxiety (Pederson, 2013). While the anxiety is active the psychopath experiences excitement, which would indicate that blocking out the thoughts/urges would not be likely and not committing the offense that is causing them anxiety would not be probable (Pederson, 2013). Thoughts that are reinforced by a designed plan and then carried out to the

point where a desirable outcome is achieved makes it less probable that the offender would not continue to offend (Pederson, 2013).

Geographic Location

Research conducted based on the theoretical framework from Brantingham has provided a new investigative tool, geographic profiling. This methodology uses locations of series of crimes that are connected to determine the most probable area in which an offender would live; it is generally applied in rape, arson, robbery, bombing cases, and serial murder (National Institute of Justice, 1999). This model describes the offender's hunting behavior and targets "overlapping distance-decay functions centered on each crime location to produce jeopardy surfaces—three dimensional surfaces that indicate the area where the offender probably lives" (National Institute of Justice, 1999). Previous literature has depicted that murders committed by serial murderers contained little to no rational/logical thinking. However evidence that indicates the locations in which serial murderers commit their crimes may exhibit some rational thought processes. "It was

concluded that the locations at which serial killers dispose of their victim's bodies reflect the inherent logic of the choices that underlie their predatory activities" (Lundrigan & Canter, 2001, p.595). This research would indicate that premeditation exists during the process in which an offender selects the locations in which to commit their crimes.

Important factors to note when understanding location are that the location in which the offender chooses to commit the crime itself such as murder or rape may differ from the location in which the offender disposes of the victim's body when he/she is finished or both the crime and disposal may occur at the same location depending on the premeditation methods of the offender. Selecting locations may trigger reward based anxiety for assorted reasons; for example finding a location that is appealing to the offender and this could depend on how close the location is to the offender's home, whether or not the offender has reliable transportation to transport the victim. According to Snook, Cullen, Mokros, and Harbort, (2005) "Few studies have quantified the distance between where serial murderers live and where they offend" (p. 148).

Various studies have also concluded that offenders will select targets within five KM of their home (Snook, Cullen, Mokros, and Harbort, (2005). During this premeditation process anticipatory anxiety also occurs and causes the reward circuit part of the brain to activate again reinforcing the behavior (Pederson, 2013). The assumption would indicate that anxiety would increase only more after the victim is obtained and the location has been selected due to the offender's close proximity in obtaining the reward (Pederson, 2013). This would also indicate that the BAS is considerably high at this point and the BIS would be low due to the offender not ruminating that they could be apprehended (Pederson, 2013). If the offender is able to continue using unchanged locations that are obtainable (such as close to home), this may increase the reward-based anxiety due to simply having the means to continue using a constant location; anticipating that specific locations will continuously be accessible reinforce the intrusive thoughts when they begin to emerge (Pederson, 2013).

During this premeditation method the BIS may fluctuate more and fear-related anxiety may prevail over

the BAS due to a possibility of different pretexts (Pederson, 2013). One example of this would be the offender's location being interrupted by law enforcement, if the offender's hunting ground or disposal location has been interrupted the offender's BIS may prevail due to the fear of no longer continuing to offend (Pederson, 2013). The fear is not stemming from the probability of being apprehended but due to the prospect of not being able to gratify or indulge in the thoughts and urges that are causing anxiety (Pederson, 2013). Another example of this would transpire if the offender was caught during at the location site by a civilian or another person, the offender's fear-based anxiety stems from no longer being able to offend if this person reports what they observed not necessarily enduring the dilemma of having to face charges for their crime (Pederson, 2013).

The Act of Relieving Anxiety

The next component of premeditation is the act itself, the offender is essentially planning the act that they have been fantasizing about, (what is going to relieve the anxiety), the act itself includes what the offender

will be performing which may include rape, murder, or other acts. The act also includes instruments or tools (if any) that the offender will be utilizing such as weapons or physicality. Anticipatory anxiety has persisted throughout the entire premeditation process reinforcing the premeditation itself and allowing the offender to reach the objective of finally obtaining the reward that has constructed the source of the anxiety (Pederson, 2013). It is important to note that gratification does not necessarily indicate sexual gratification and serial murderers may obtain gratification from diverse actions depending on what is causing them anxiety. When the serial murderer has successfully obtained the gratification that he/she is seeking the anxiety has seized temporarily due to the reward being obtained (Pederson, 2013). During this time the parasympathetic nervous system is activated as it attempts to return to the body's original state so the offender may experience symptoms such as being tired, heart and blood pressure begin to decrease, and even lightheadedness, which are symptoms that individuals experience after the fight or flight system has been activated and the sympathetic nervous system has seized to release chemicals into the brain (Pederson, 2013). When

the offender has finished with his/her act, disposing of evidence occurs; not all offenders engage in this type of premeditation method (Pederson, 2013). Disorganized serial murderers are most likely to leave everything as is for the authorities to find, this may be a result of neurotic manifestations; however organized offenders may clean up to reduce the risk of no longer being able to continue their crimes (Pederson, 2013).

This avoidance of "not wanting to get caught" is fear related anxiety not necessarily because the offender is afraid to get caught and suffer the consequences such as being sent to prison (Pederson, 2013). It is the simple fact that they would no longer be able to offend and relieve that anxiety that is reward based nor will gratification be achieved that keeps the offender cautious (Pederson, 2013). In this case the BIS may prevail due to the offender being concerned with the possibility of no longer continuing to offend, the BAS however does not decrease as the goal of the offender is to continue offending to relieve anxiety and reduce any risk of not being able to gratify themselves (Pederson, 2013). The thought of constantly having thoughts/urges that cannot be

relieved are what motivate the offender to not get caught and dispose of the evidence (Pederson, 2013).

Once the disposal of evidence has been completed, the offender would move into what is called a cooling off period; a cooling off period is what differentiates serial murderers from spree, mass, and other typologies of murder (Pederson, 2013). Serial murderers tend to go dormant after they have committed their crimes, they have relieved their anxiety and obtained temporary gratification; this indicates that the offender does not only murder once due to obtaining their reward but they will continue to offend when the anticipatory anxiety begins again manifesting through the urges, thoughts, and fantasies (Pederson, 2013).

Offender Cycle

The offender cycle illustrates the phases an offender encounters throughout the process of premeditation and finalizing the act itself (CSOM, n.d.). It begins with the build up phase; in this phase is where anxiety begins and it manifests itself through those urges and thoughts, the offender forms the thought of what he/she wants and what

will gratify them or cause their anxiety to end, those thoughts turn into fantasies so fantasizing about how the offender is going to get the gratification (CSOM, n.d.). The build up phase would occur through anticipatory anxiety, anticipatory anxiety stems from thinking about an event that will occur in the future (CSOM, n.d.). This would indicate that the thoughts/urges are part of the event that offender would like to occur in the future and due to the reward circuit part of the brain reinforcing the thoughts, the behavior is likely to follow which leads to premeditation (CSOM, n.d.). The second phase is the pre-act phase; this phase consists of premeditation methods, this is where the offender begins to plan and takes into detail his victim, location, methodology, the act itself, and the clean up (CSOM, n.d.).

With non-psychopathic offenders, the pre-act phase would be less detailed, the offender may understand what needs to be done on their part to relieve the anxiety but will not plan out every detail instead it would be a simplified premeditation method (CSOM, n.d.). Anticipatory anxiety would continue through the pre-act phase as the offender continues preparation that will make

the fantasy real; the motivation stems from again the reinforcement provided from the reward circuit and the BAS continuing to increase while the BIS decreases (Pederson, 2013). The act out phase would be the act itself; the offender has committed the act that will gratify them and there is a reward/release (payoff for acting out) that is associated with the acting out which is the gratification experienced (CSOM, n.d.). During this phase, the anxiety has seized due to the offender obtaining gratification from the act and symptoms associated with relieving anxiety may occur such as those discussed in regards to the parasympathetic nervous system; this phase may be associated with higher BIS due to disposal of evidence but the reward obtained is greater than the fear of not continuing to offend (Pederson, 2013).

The final phase would be the cooling off period; they cool off before planning and executing their next crime, during this time the offender may go dormant for some time, the offender returns to his/her regular life functions and may go home to their kids and spouse and resume their job (Pederson, 2013). The cooling off period may range from a couple of days to months even years depending the offender;

however this does not indicate that they do not commit any other unrelated offenses during that time (Pederson, 2013). During this time anxiety has seized and the offender is able to continue living a normal life, the memories of the act they committed are enough to sustain the offender during this time meaning that through their memories they are able to re-live the experience over and over again, temporarily seizing anxiety until the fantasies begin once again (Pederson, 2013). The cycle then begins once again starting at phase one the build-up phase, stemming from the anticipatory anxiety, the offender is seeking to gratify themselves and relieve the anxiety that has once again formed and the cycle continues (Pederson, 2013).

John Wayne Gacy

John Wayne Gacy or more infamously known as Pogo the clown is an American serial murderer who was found guilty of murdering 33 boys and young men in Chicago Illinois in the 1970s (Biography, 2017). He was born in Chicago, Illinois on March 17, 1942 to an abusive family in which his childhood was filled with abuse and confusion as he

struggled with his sexuality. He was born to Polish and Danish parents and grew up with an alcoholic father who would severely physically abuse the children when they misbehaved; domestic violence also occurred within the home. During Gacy's childhood he suffered from a congenital heart condition that prevented him from playing with other children, this was frowned upon by his father and viewed as a failure (Biography, 2017).

In Gacy's later life he struggled with his sexuality when he realized he was attracted to men and this caused him a great deal of stress (Biography, 2017). At the age of 11, Gacy had endured an incident that caused a blood clot in his brain to form and it was not discovered until he was 16 years old; between the time of the accident and the time it took to diagnose him he had suffered from frequent blackouts until the age of 17 when he had received medication to treat the blood clot (Prairie Ghosts, 2003).

Around the same time that his blood clot had been treated he had been hospitalized several times for his heart condition but could never find the source of the pain. These medical conditions have been hypothesized as

one of the many reasons that he committed his crimes. Due to Gacy's never ending family problems he dropped out of school and moved to Las Vegas, Nevada where he worked in a funeral home as a janitor (Prairie Ghosts, 2003). He soon figured that he was not happy in Las Vegas either and began saving his money to buy a ticket back home. Once Gacy had arrived back home he began attending college as a business major and eventually graduated, he acquired a talent for salesmanship and began working at shoe store as manager in training (Prairie Ghosts, 2003).

During this time Gacy's health had worsened and he constantly in and out of the hospital due to his heart condition and back problems. Gacy had been involved in numerous organizations during this time and devoted his time and efforts to his community until he finally earned the title of vice president and named "Man of the Year". In September of 1964 Gacy had married Marlynn Myers; her parents were wealthy owners of several Kentucky Fried Chicken restaurants in Iowa (Prairie Ghosts, 2003). He was soon offered a position by his father-in-law at the company and moved to Iowa with his fiancé to be a part of the family business.

Gacy's life seemed to have taken a positive turn, he had a suitable job working for a successful company and had his first child with his wife and shortly after he had his second child (Prairie Ghosts, 2003). Although Gacy was happy in his marriage he joined a men's group that engaged in various activities such as prostitution, wife swapping, drug abuse and pornography (Serena, 2018). Gacy also used his basement as a "club" in which, he would invite teenage males and females to play pool and drink alcohol (Serena, 2018). Neighbors frequently reported hearing screams coming out of Gacy's home late at night (Serena, 2018). In 1968 Gacy had been indicted for sodomizing a teenage boy named Mark Miller; Miller stated that while he was visiting Gacy's home he had been tricked into being tied up and was violently raped. Gacy denied the charges and stated that the Miller willingly had sexual intercourse with Gacy to earn extra money. Four months later Gacy was charged with hiring Dwight Anderson, an 18 year-old boy to physically assault Mark Miller (Prairie Ghosts, 2003).

A psychiatric evaluation to conclude whether Gacy was competent to stand trial was ordered by a judge; the results of the evaluation concluded that Gacy was competent

to stand trial and was diagnosed with antisocial personality disorder indicating that he would not benefit from treatment (Prairie Ghosts, 2003). Gacy plead guilty to the charge of sodomizing Mark Miller and received a sentence of 10 years, at the age of 26 he entered prison to serve his time at the Iowa state reformatory (Prairie Ghosts, 2003). Soon after his wife divorced him due to Gacy violating their wedding vows. While in prison, Gacy was a model prisoner and adhered to all the rules of prison while avoiding tribulation. After only 18 months in prison, he was paroled on June 18, 1970 and returned to Chicago to move in with his mother where he obtained employment working as a chef (Prairie Ghosts, 2003). After living with his mother for four months, Gacy decided to move out and his mother helped him obtain his new home.

In 1972 Gacy had remarried a woman named Carole Hoff, she was aware of the fact that Gacy had served time in prison but believed it had made him a better person and dismissed it. In 1975 Gacy had been charged with disorderly conduct for forcing a young teenage boy to perform sexual acts on him, the charges were never officially made so they never showed up in court and were

not a part of the Gacy's criminal history (Prairie Ghosts, 2003). During 1975 his marriage began to deteriorate and his mood swings had become uncontrollable, his wife had discovered nude magazines of young men around their home and Gacy admitted that the magazines belonged to him and that he was sexually attracted to young males more than females; after this revelation they divorced on March 2, 1976 (Prairie Ghosts, 2003). Gacy was viewed as an upstanding member of the community and was heavily involved in community affairs even dressing up as a clown at parties and at hospitals for ill children while at the same time murdering young men and boys for his gratification.

Gacy's first victims include Tony Antonucci, a 16 year-old boy whom had been working for Gacy. Johnny Butkovich a 17 year-old boy who also worked for Gacy, the two had maintained a positive relationship until Gacy had refused to pay Johnny during one of the pay periods (Prairie Ghosts, 2003). Johnny had gone to Gacy's to attempt to claim the pay that was not given to him and when a fight erupted between the two and Johnny had left and was never seen again. Michael Bonnin, a 17 year-old boy who had vanished on his way to meet his stepfather's brother

(*Prairie Ghosts*, 2003). Billy Carroll a 16 year-old boy who had frequently engaged in criminal behavior had also disappeared when he left home on June 13, 1976. Gregory Godzik a 17 year-old boy who had worked for Gacy through a contractor had disappeared after dropping off his date at home, police officers only found his car but did not find Gregory (*Prairie Ghosts*, 2003). On January 20, 1977 John Syzc, 19 had also vanished after driving off one day, he had been associated with Gacy's previous victims Gregory Godzik and Johnny Butkovich and the assumption is that John was also associated with Gacy. Robert Gilroy, 18 was reported missing after he had failed to meet his friends to go horseback riding (*Prairie Ghosts*, 2003). It is presumed that Gacy's last victim was Robert Piest who disappeared more than a year later (*Prairie Ghosts*, 2003).

Westley Allan Dodd

Westley Allan Dodd was an American serial killer who had been convicted of sexually assaulting and murdering three boys, ages four, ten, and 11 in the 1990's (Montaldo, 2018). He was born on July 3, 1961 in Washington State to what he described as a "loveless home."

Dodd had two younger brothers who were favored by his parents, which caused Dodd to often be neglected. By age nine, he was fully aware of his attraction to boys and by age 13 he became an exhibitionist, exposing himself to young children passing by his home (Montaldo, 2018). During one occasion, law enforcement had been involved, however since the witness did not see Dodd's face he was able to evade the charges. This experience reinforced him and taught him to further explore his sexuality by no longer exposing himself but by aggressively assaulting children (Montaldo, 2018). Dodd graduated from high school in 1979 and immediately joined the U.S. Navy to avoid child molestation charges that were pending. On June 6, 1982 Dodd was arrested for forcing a nine year-old boy to disrobe in Richland, Washington and was discharged from the Navy as a disciplinary action but the case did not make it to trial (Montaldo, 2018). After the Navy, Dodd secured employment at a paper mill, this however did not last long as Dodd's fantasies continued to escalate he would relocate every so often in hopes of finding new victims (Montaldo, 2018).

In 1982, Dodd was arrested for undressing a young boy he lured from a playground in Benton City, Washington. He pled guilty on this charge in 1983 and served 30 days in prison before being released in order to seek court-ordered counseling which did provide useful (Montaldo, 2018). Dodd went to live with his father in Lewiston Idaho with the court's permission and had entered an outpatient program. The outpatient program was ineffective in treating Dodd as he was arrested once again in 1984 for molesting a nine year-old boy; he was charged with lewd conduct with a minor and sentenced to 10 years in prison for which he served less than four months before having his term commuted to one year in county jail and mandatory treatment (Montaldo, 2018). In 1986 Dodd had relocated to Vancouver and by 1987 he was arrested for attempting to lure a boy into a vacant building. He was charged with attempted unlawful imprisonment (misdemeanor count), and was released in October with the condition that he once more seeks and receive psychiatric treatment. Dodd's probation expired in 1988 and at this time he stopped attending therapy and continued to seek more victims. During this time Dodd kept a detailed journal that depicted

his thoughts and fantasies in regards to raping and murdering young children (Montaldo, 2018).

He acted upon both these fantasies on September 4th, 1989 in David Douglas Park where he lured two brothers, Cole and William Neer into the woods and bound both boys with shoelaces (Montaldo, 2018). He sexually assaulted both the boys and murdered them with a knife. The investigation surrounding the boy's murders drove Dodd to relive that moment from a distance by making a scrapbook filled with newspaper and press clippings. Once the scrapbook was no longer enough, Dodd began to look for his next victim (Montaldo, 2018). On October 29th he drove to Portland, Oregon where he abducted a four year-old named Lee Isely from Richmond Elementary School. Dodd had locked held Lee in his apartment for hours and subjected to acts of torture and abuse that were all carefully documented in Dodd's scrapbook that contained journal entries and photos (Montaldo, 2018). Dodd held Lee until the next day at 5:30 a.m. when he murdered the young boy by hanging him in his closet while Dodd went to work. Dodd decided to dump Lee's body by the Van Couver Lake and burned any evidence related to the crime except for the Lee's Ghostbusters underpants,

which Dodd kept. Lee's body wasn't discovered until November 1, 1989 (Montaldo, 2018).

After Lee's murder, Dodd continued to search for his next victim and changed his Modus Operandi by avoiding public areas such as local parks or schools. Dodd ultimately decided that movie theaters would be an appropriate environment for abducting children. Dodd attempted to abduct a child from the New Liberty Theater while the six year-old went to the restroom. Dodd had managed to get the child outside where he was apprehended by William Ray Graves who was the boyfriend of the child's mother (Montaldo, 2018).

Dodd was then interrogated by the police from Oregon and Washington as a prime suspect in three murders, Lee Iseli and the Neer brothers (Montaldo, 2018). Dodd had initially denied having any knowledge about the victims and had stated that he only wanted to molest the child that he attempted to abduct from the theater. In a matter of seconds, Dodd's demeanor changed and he confessed to all of his crimes and directed the police to his diary and scrapbook, which contained journal entries, photographs,

and Lee Iseli's Ghostbuster underpants (Montaldo, 2018). Dodd had been charged with attempted kidnapping for the child in theatre and was also charged with three counts murder in the first degree. Initially Dodd had pleaded not guilty to all counts and then changed his plead to guilty; his defense attempted to introduce the insanity plead by stating that "no sane person would be capable of these heinous crimes" (Montaldo, 2018). On July 15, 1990 Dodd received the death penalty and refused his appeal to the death penalty; he chose to be hung as the method of execution. On June 5, 1993 Dodd was executed at 12:05 a.m. and in his final statement he did not apologize and did not express any remorse for his crimes (Montaldo, 2018).

Edmund Emil Kemper

Edmund Emil Kemper was a serial murderer, which was charged and convicted with eight counts of murder in the first degree in October of 1973 (Biography, 2018). Edmund was born in Burbank, California on December 18, 1948 and was the middle child to a divorcee named Clarnell Kemper. After the divorce of his parents he moved to Montana with his mother and his two sisters where he maintained a

stressful relationship with his mother who was an alcoholic (Biography, 2018). Kemper had reported that she was very critical of him and had always blamed him as the source of her problems. At the age of 10 years old, his mother forced him to live in the basement due to being fearful that Edmund may harm his sisters in some way (Biography, 2018).

Early signs of inappropriate behavior began in Kemper's childhood; he would cut off the heads of his sister's dolls and would manipulate his sisters into playing a game called "gas chamber." This game consisted of blindfolding Kemper and leading him to a chair in which he would pretend to move in agony until he "died." At age ten Kemper would harm and kill animals; he buried one of his cats alive and at age 13 he used a knife to kill another one of his cats (Biography, 2018). At age 14 Kemper ran away from his verbally abusive to Van Nuys, California in search of his father. After reuniting with his father and being rejected he returned home to his mother but was sent to live with his paternal grandparents in North Folk, California (Biography, 2018). This placement was however no different from his home as Kemper claimed that his

grandmother was abusive. Kemper had an interest in firearms but his grandfather took his rifle away after he had killed several small animals and birds (Biography, 2018).

Kemper murdered his grandparents on August 27, 1964 at age 15; after an argument with his grandmother he shot her in the kitchen and he shot his grandfather outside by his car and then hid the body (Biography, 2018). Kemper had stated that he was afraid his grandfather would be mad at him for killing his grandmother and that this was the reason he killed his grandfather. After he murdered his grandparents Kemper called his mother and his mother told him to call the police. Kemper admitted to police that he murdered his grandparents and stated that shot his grandmother "to see what it felt like." The California Youth Authority committed Kemper to Atascadero State Hospital, which is a facility for the mentally ill (Biography, 2018). It was determined that Kemper had a high IQ but also suffered from paranoid schizophrenia. At the age of 21 Kemper was released to his mother; doctors recommended that Kemper not live with his mother due to the past abuse and psychological issues regarding her, however

he rejoined her in Santa Cruz, California (Biography, 2018). His juvenile record was expunged after being released. After Clarnell Kemper's third marriage ended she moved to Santa Cruz where she took a job working for the University of California (Biography, 2018).

While in Santa Cruz Kemper attended community college and worked various part time jobs until he eventually found employment in 1971 with the Department of Transportation (Biography, 2018). At one point Kemper had applied to become a state trooper but was rejected due to his size of six foot nine and weight of 300 pounds, he did however receive the nickname "Big Ed." Kemper would hang around the Santa Cruz police station frequently and made friends with officers (Biography, 2018). One officer gave him a training school badge and handcuffs while another let Kemper borrow a gun, Kemper also had a vehicle that resembled a police cruiser. While working for the highway department Kemper had suffered from an accident where he was hit by a car, his arm was injured and he received a settlement from the civil suit he filed (Biography, 2018). He was unable to work and during this time he began pursuing other interests such as storing tools in the new vehicle he

bought. Kemper had noticed women hitchhiking in the area and he began to store handcuffs, a knife, and a gun in his car (Biography, 2018). In the beginning, Kemper would pick up female hitchhikers and let them go; however when he picked up two female students from Fresno State they became his first victims (Biography, 2018).

Mary Ann Pesce and Anita Luchessa were Kemper's first victims and after their families had reported them missing. Anita Lauchessa's remains were never found but Mary Ann Pesce's head was recovered in the woods near Santa Cruz (Biography, 2018). Kemper later admitted to strangling and stabbing Pesce and Luchessa. After the murders of these two females, he proceeded to bring the bodies back to his apartment where he removed their hands and heads; Kemper also engaged in necrophilia (Biography, 2018). Cindy Sschallin was Kemper's third victim whom he murdered in January 1973, he had shot and killed Cindy. He later proceeded to hide Cindy's body in his room and dismembered her corpse there; the next day he threw her remains in the ocean (Biography, 2018). He has buried Cindy's head in this mother's backyard and her remains were later discovered on the shore. February 5, 1973, Kemper had used a California

State University parking sticker that he obtained from his mother to plan the murder of two females (Biography, 2018). He had driven to the university where he offered two females a ride, Alice Liu and Rosalind Thorpe. He had shot the two women in his car after picking them up and proceeded to decapitate and dismember his victims. Kemper disposed of the remains in different locations and in March Liu's and Thorpe's remains were discovered in San Mateo County by hikers (Biography, 2018). Kemper committed his last two murders in April of 1973; he had arrived home where he had a disagreement with this mother. Kemper attacked his mother while she slept; he struck his mother on the head with a hammer and then cut her throat with a knife (Biography, 2018). Kemper cut her hands and head off like he had done with his previous victims and also removed her larynx, which he disposed of in the garbage disposal. Kemper had then proceeded to hide his mother's body parts and called his mother's friend over to the house (Biography, 2018). Sally Hallett was strangled shortly after arriving and her body was hid in the closet. The following day Kemper departed his mother's home and reached Pueblo, Colorado; on April 23, he called the Santa Cruz police to confess (Biography, 2018). Initially the police

department did not believe that Kemper's confession but during the investigation Kemper led authorities to evidence that proved he was the "Co-ed Killer."

Kemper's trial took place on October 1973, he was charged with eight counts of murder in the first degree and was found guilty of all charges in November 1973. Kemper was sentenced to serve eight concurrent life sentences and is currently serving his time at a medical facility in Vacaville, California (Biography, 2018).

Chapter 3

METHOD

Participants

The participants in this study consist of infamous serial murderers that are believed to have had psychopathic personality traits; these individuals include John Wayne Gacy, Westley Allan Dodd, and Edmund Kemper.

Instruments

This is a qualitative study and a historical analysis in which the participants will be examined thoroughly in different aspects of their lives such as their childhood, adolescence, crimes, and their premeditation methods in regards to anxiety. An anxiety checklist and a psychopathy checklist will be used in cross examining the different behaviors of all the participants and finding an association between both disorders. The anxiety checklist contains the following criteria: Restlessness or feeling keyed up on edge, being easily fatigued, difficulty concentrating, irritability, muscle tension, and sleep disturbance. The psychopathy checklist contains the following the criteria: impulsivity, proneness to boredom,

and need for stimulation, poor behavioral control, and lack of realistic long-term goals.

Procedure

Different resources were examined in regard to each individual such as literature, websites dedicated to these serial offenders, and visual and auditory interviews with these individuals, and different articles from news outlets. Anxiety was first discussed independently and then premeditation methods in regards to anxiety were then discussed separately. Finally the three participants were divided into three different sections and their lives leading up to their crimes were then discussed in relation to anxiety and there premeditation methods were discussed in depth. Using the definition/symptoms for generalized anxiety disorder from the Diagnostic and Statistical Manual V composed the anxiety checklist and using Hare's PCL-R some psychopathic traits were used for the psychopathy checklist. These behaviors were then matched to the different characteristics in the different checklists to find an association between psychopathy and anxiety in the three participants. Specific behaviors for each of the symptoms were derived from different sources such as websites or literature.

Chapter 4

RESULTS**Anxiety Checklist**

In order to meet the criteria to be diagnosed with generalized anxiety disorder the individual must possess at least three out of six symptoms. The results for the anxiety checklist will consist of two out of the three participants meeting the criteria to be diagnosed with generalized anxiety disorder. All three participants had at least two or more symptoms associated with anxiety. The criteria for the anxiety checklists are as follows:

1. Restlessness or feeling keyed up or on edge
 - a. Fidgeting
 - b. Inability to sit still
 - c. Pacing
2. Being easily fatigued
 - a. Lack of energy
 - b. Feeling tired most days
 - c. Insomnia
 - d. Forgetfulness
 - e. Impaired concentration/attention
3. Difficulty concentrating or mind going blank

- a. Impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest)
 - b. Hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity)
 - c. Easily distracted
 - d. Compulsive behavior
4. Irritability
- a. Outbursts of anger, frustration
 - b. Directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing,)
5. Muscle tension
6. Sleep disturbance
- a. (difficulty falling or staying asleep, or restless, unsatisfying sleep)
 - b. Insomnia or some other sleep-related disorder

Gacy

The results of this quote consist of anxiety trait 3A, difficulty concentrating or having the mind go blank; subsection A, impulsivity exhibited through drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, and being dishonest. Anxiety

trait 3D, difficulty concentrating or the mind going blank; subsection D compulsive behavior. "1968, Gacy was convicted of sexually assaulting two teen boys and given a 10-year prison sentence. He was released on parole in the summer of 1970, but was arrested again the following year after another teen accused Gacy of sexual assault. The charges were dropped when the boy didn't appear during the trial" (Biography, 2018).

The results for this quote consisted of anxiety trait 4B, irritability: subsection B, directed acts of aggression toward other people, self or property (aggression: hitting, biting, kicking, pushing). "By the middle of the decade, two more young males accused Gacy of rape, and he would be questioned by police about the disappearances of other" (Biography, 2018).

The results for this quote were anxiety traits 3A, difficulty concentrating or mind going blank; subsection a, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). The results for this quote consisted of anxiety trait 3B, difficulty concentrating or mind going

blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "He lured his victims with the promise of construction work, and then captured, sexually assaulted and eventually strangled most of them with rope" (Biography, 2018).

This results for this quote consisted of no anxiety traits, this quote did not substantiate sufficient evidence to conclude that Gacy was anxious. "Gacy worked as a fast-food chain manager during the 1960's and became a self-made building contractor and democratic precinct captain in the Chicago suburbs in the 1970's. Well liked in his community, Gacy organized cultural gatherings and worked as a clown" (Biography, 2018).

The results for this quote consisted of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty

concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, and impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "The first warning sign about Gacy appeared in 1964, when he was found guilty of sodomizing two young boys" (Alcatraz East, 2018).

The results for this quote consisted of no anxiety traits; this quote did not substantiate sufficient evidence to conclude that Gacy was anxious. "During this time he threw elaborate block parties and built a solid reputation in his community. Gacy was respected and admired by friends, neighbors, and police officers" (Alcatraz East, 2018).

The results for this quote consisted of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B,

hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "A young man went to the Chicago police for help in 1977, claiming that he had been kidnapped and molested by John Wayne Gacy" (Alcatraz East, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "In May 1968, a grand jury in Black Hawk County indicted Gacy for committing an act of sodomy with a teenaged boy named Mark Miller. The boy told the courts that Gacy had tricked him into being

tied up while visiting Gacy's home and that he had violently raped him" (Prairie Ghosts, 2003).

The results for this quote consisted of anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4A, irritability; subsection A, outbursts of anger, frustration. Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Their sex life had ended and Gacy's moods became more and more unpredictable, raging from jovial to an uncontrollable rage that would have him throwing furniture" (Prairie Ghosts, 2003).

The results for this quote consisted of anxiety trait 1B, restlessness or feeling keyed up on or edge; subsection B, inability to sit still. Anxiety trait 2C, being easily fatigued; subsection C, insomnia. Anxiety trait 4A, irritability; subsection A, outbursts of anger, frustration. Anxiety trait 6A, sleep disturbance; subsection A, difficulty falling or staying asleep or

restless, unsatisfying sleep), Anxiety trait 6B, sleep disturbance; subsection B, insomnia or some other sleep-related disorder. "He had become insomniac and his lack of sleep seemed to make his mood swings even worse" (Prairie Ghosts, 2003).

The results for this quote consisted of no anxiety traits; there was not evidence to substantiate anxiety. "Carole had started to find magazines with naked men and boys in them around the house and when confronted, Gacy casually admitted they were his. He even confessed that he preferred young men to women" (Prairie Ghosts, 2003).

The results for this quote consist of anxiety 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "Several weeks later, while visiting Gacy's home, Gacy again approached Antonucci. He

tricked the young man into a pair of handcuffs and then tried to undress him" (Prairie Ghosts, 2003).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). "Items found during the search would lead to the discovery of Gacy's dark side. A box containing marijuana and pills like amyl nitrate; a stained section of rug; a number of books with homosexual and child pornography themes; a pair of handcuffs; police badges; sexual devices; a hypodermic needle and small brown bottle; clothing what was too small for Gacy; nylon rope, and other items" (Prairie Ghosts, 2003).

The results of this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). "The police decided to book him on possession of marijuana" (Prairie Ghosts, 2003).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people self, or property (aggression: hitting, biting, kicking, pushing). "He explained that he lured his victims into being handcuffed and then he would sexually assault them. To muffle their screams, Gacy stuffed a sock or their underwear into their mouths and would often kill them by placing a rope or board against their throats as he raped them. He also admitted to sometimes keeping the corpses under his bed or in his attic for hours or days before burying them in the crawl space" (Prairie Ghosts, 2003).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying

property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people self, or property (aggression: hitting, biting, kicking, pushing). "An autopsy report showed that Robert had been strangled by paper towels being shoved down his throat" (Prairie Ghosts, 2003).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest. "Some members took part in prostitution, wife swapping and rampant drug use. Gacy was involved in all of this. He went as far as to open a club in his basement where young people, especially boys could be plied with alcohol and drugs" (Lukacs, 2017).

The results for this quote consist of anxiety trait 1A, restlessness or feeling keyed up or on edge; subsection

A, fidgeting. Anxiety trait 2C, being easily fatigued; subsection C, insomnia. Anxiety trait 6A, sleep disturbance; subsection A, difficulty falling or staying asleep or restless, unsatisfying sleep), Anxiety trait 6B, sleep disturbance; subsection B, insomnia or some other sleep-related disorder. "Neighbors frequently reported hearing screams coming out of Gacy's home late at night" (Biography, 2018).

Results for this quote consist of anxiety trait 4A, irritability; subsection A, outbursts of anger, frustration. Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "One mother that I see on television all the time says I should be given 33 injections, I think she should take 33 valiums and go lay down, she was on all these other shows talking about her marine son, if her marine was so great then what the hell was he running away from home all the time" (Jacobson, 2009).

Dodd

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank;

subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "On 1989, Dodd kidnapped, molested and fatally stabbed 11 year-old Cole Neer and brother William 10, whom he'd encountered in a Vancouver, Washington, public park" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression:

hitting, biting, kicking, pushing). "A short time later, Dodd abducted and murdered 4- year old Lee Isell of Portland, Oregon" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "According to his handwritten "sexual history," Dodd began preying on children at age 13. In all he abused as many as 175 children of both sexes, mostly boys, over a 15 year-period. Dodd said he moved from exposing himself to fondling victims to sexually assaulting them and finally to sexually sadistic murder" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "The thoughts of killing children are exciting to me" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "By age fourteen, he had begun to dabble in exhibitionism, flashing other children from his bedroom window until one reported him and the police were called" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). "Boot camp failed to mend his ways, Dodd was AWOL at the of his June 6, 1982 arrest for asking a nine year-old to disrobe in Richland, Washington.

The charge earned him a general discharge from the service on disciplinary ground, but the case was never pursued" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "On December 29, 1982 Dodd was jailed again, this time in Benton City, Washington, for undressing a youngster he lured away from a playground. He pled guilty on the charge in 1983 and served a total of thirty days before he was released to seek court-ordered counseling" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 1A, restlessness or feeling keyed up or on edge; subsection A, fidgeting. Anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest).

"On June 13, 1987, he was arrested after trying to lure a young boy into a vacant building. Convicted on a misdemeanor count of attempted unlawful imprisonment, he was released in October with yet another order for psychiatric treatment" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "By that time he started to collect morbid daydreams in a diary, complete with discussion of planned rapes and murders, sketches of a torture rack he planned to build, and details of a private pact with Satan to assist him in obtaining victims" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted,

aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Taking the two of them home was clearly out of the question, but Dodd bullied them into following him off the beaten track, deeper into the woods, where both boys were bound with shoelaces, sexually abused, and stabbed to death" (Murderpedia, n.d.).

The results for this quote consist of anxiety 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "Dodd spent the next few weeks watching Vancouver's manhunt from a distance, filling a scrapbook with press clippings, killing time with masturbation and his diary until the blood lust drove him out to hunt again" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking

the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "On October 29, he drove across the river into nearby Portland, Oregon and there abducted four year-old Lee Isely from the playground of the Richmond Elementary School" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "Back at Dodd's apartment the child was molested and photographed in the nude" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking

the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "The sexual abused resumed once they were back at Dodd's flat, at 5:30 the next morning Dodd choked his victim unconscious and finished the job with a rope, suspending Lee's body from a rod in the closet. After work that night, he dumped the body near the Vancouver Laek, at the Washington State Game Preserve, where a hunter discovered it on November 1st" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B,

irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Dodd began sexually abusing children when he was 13 years old; his first victims were his own cousins. All his victims (50 in all) were children below the age of 12, some of them as young as two" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety 3D, difficulty concentrating or mind going blank; subsection D, compulsive behavior. "Dodd's fantasies became increasingly violent over the years (he wrote about wanting to eat the genitals of his victims)" (Murderpedia, n.d.).

The result for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted,

aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "He eventually progressed from molesting his victims to murdering them, when he killed brothers Cole and William Neer, and eventually into torturing them before raping and murdering them as he did to Lee Isell" (Murderpedia, n.d.).

The result for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Dodd's victims were his own cousins. At 14 he molested his own 8 year-old cousin in a closet, her 6 year-old brother later that day and another male cousin weeks later. Dodd late molested

the kids of a woman his father was dating" (Murderpedia, n.d.).

The result for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "The more I thought about it, the more exciting the idea of murder sounded. I planned many ways to kills a boy. Then I started thinking of torture, castration, and even cannibalism" (Murderpedia, n.d.).

The results for this quote consist of anxiety trait 1B; restlessness or feeling keyed up or on edge; subsection B, inability to sit still. Anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out,

breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "Incident 3 will die maybe this way: He'll be tied down as Lee was in Incident 2. Instead of placing a bag over his head as had previously planned, I'll tape his mouth shut with duct tape. Then, when ready, I'll use a clothespin or something to plug his nose. That way I can sit back, take pictures and watch him die instead of concentrating on my hands or the rope tight around his neck -- that would also eliminate the rope burns on the neck . . . I can clearly see his face and eyes now..." (Montaldo, 2018).

The result for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression

toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "I really don't know why it started, but I see why it progressed," he said. "Exposing myself wasn't exciting any more. I got away with it. So I said, 'Well, I need to be touched.' After that I needed to touch someone else. And things kept building. At the same time, the police kept saying, 'OK, thanks for confessing. Now go home and leave us alone. So I got the idea that nobody cared what I did" (Kroll, 1993, p. 1).

Kemper

The results for this quote consist of anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Born on December 18,

1948, in Burbank, California, Edmund Kemper, at age 15, killed both his grandparents to "see what it felt like" (Biography, 2018).

The results for this quote consist of anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3C, difficulty concentrating or mind going blank; subsection C, easily distracted. "Signs of trouble began to emerge early. Kemper had a dark fantasy life, sometimes dreaming about killing his mother" (Biography, 2018).

The results for this quote consist of anxiety trait 2E, being easily fatigued; subsection E, impaired concentration/attention. Anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression

toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "His first victims were the family cats. At ten he buried one of them alive and the second, 13 year-old Kemper slaughtered with a knife" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "On August 27, 1964, Kemper finally turned his building rage on his grandparents. The 15-year-old shot his grandmother in the kitchen after an argument, and when his grandfather returned home, Kemper went outside and shot him by his car and then hid the body" (Biography, 2018).

The results for this quote consist of no anxiety traits, there was not evidence to substantiate anxiety. "Kemper was handed over to the California Youth Authority. He underwent a variety of tests, which determined that he had a very high IQ, but also suffered from paranoid schizophrenia. Kemper was eventually sent to Atascadero State Hospital, a maximum security facility for mentally ill convicts" (Biography, 2018).

The results for this quote consist of no anxiety traits; there was not evidence to substantiate anxiety. "Kemper had applied to become a state trooper, but he was rejected because of his size—he weighed around 300 pounds and was 6 feet 9 inches tall, which led to his nickname "Big Ed" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted,

aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Kemper would later explain that he stabbed and strangled Pesce before stabbing Luchessa as well. After the murders, he brought the bodies back to his apartment and removed their heads and hands. Kemper also reportedly engaged in sexual activity with their corpses" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "In January 1973, Kemper continued to act on his murderous impulses, picking up hitchhiker Cindy Schall, whom he shot and killed. While

his mother was out, Kemper went to her home and hid Schall's body in his room. He dismembered her corpse there the following day and threw the parts into the ocean. Several parts were later discovered when they washed up on shore. He buried her head in his mother's backyard" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "After the murders, Kemper decapitated his two victims and further dismembered the bodies, removed the bullets from their heads and disposed of their parts in different locations" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking

the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "Kemper attacked his mother after she went to sleep, first striking her in the head with a hammer, and then cutting her throat with a knife. As he had with his other victims, he then decapitated her and cut off her hands, but then also removed her larynx and put it down the garbage disposal" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "After hiding his mother's body parts, Kemper called his mother's, friend Sally

Hallett and invited her over to the house. Kemper strangled Hallett shortly after she arrived and hid her body in a closet" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B, hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). "At the same time, Kemper began to display dark fantasies relating to sexuality and death. He would decapitate his sister's dolls in elaborate rites and even stalked his second-grade teacher outside her house, carrying his father's bayonet" (Biography, 2018).

The results for this quote consist of anxiety trait 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest). Anxiety trait 3B, difficulty concentrating or mind going blank; subsection B,

hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity). Anxiety trait 4B, irritability; subsection B, directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing). "At the age of 10, he killed his family's pet cat, and at the age of 13, he killed another, this time keeping pieces of the animal in his closet until his mother found them" (Biography, 2018).

The results for this quote consist of no anxiety traits; there was not enough evidence to substantiate anxiety. "My frustration, my inability to communicate socially, sexually; I wasn't impotent but emotionally I was impotent. I was scared to death of failing in male/female relationships" (Gilligan, 2018).

The results for this quote consist of no anxiety; there was not enough evidence to substantiate anxiety. "Kemper was asked by a Cosmopolitan magazine reporter during a prison interview how he felt when he saw a pretty girl after killing his mother. He said, "One side of me says, I'd like to talk to her, date her. The other side

says, "I wonder how her head would look on a stick" (Bonn, 2014).

Psychopathy Checklist Results

The results for the psychopathy checklist consist of all three participants meeting the criteria for psychopathy; these results indicate that behaviors that perhaps could be considered psychopathic can be attributed to possible anxiety. One participant only met the criteria for psychopathy and not anxiety.

1. Impulsivity

- a. Promiscuous sex (having sexual intercourse or engaging in sexual acts with random individuals at random time periods)
- b. Binge eating
- c. Driving recklessly (drinking while driving, going over the speed limit, frequent tickets for breaking the law)
- d. Getting into physical altercations with others (starting fights with others by hitting, punching, physical violence, and verbal aggression such as yelling or cursing)
- e. Shoplifting

2. Proneness to boredom

- a. Multiple sexual relationships with different individuals that do not last long.
- b. Drug/alcohol use or abuse
- c. Experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions.
- d. Frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges)

3. Need for stimulation

- a. Engaging in dangerous activities as a result of impulsivity (please view behaviors for impulsivity)
- b. Wanting to engage in hi=profile careers or activities such as singing, acting, and politics.
- c. Grandiose
- d. Wanting to be acknowledged by others as competent, important, intelligent

4. Poor behavioral control

- a. Impatient

- b. Aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, raping, sodomizing)
 - c. Irritable
 - d. Inadequate control of temper
5. Lack of realistic long-term goals
- a. Constantly changing jobs or career choices
 - b. Wanting to engage in jobs or careers that the individual is not qualified for or has no experience for

Gacy

The results for this quote consist of psychopathy traits exhibited through anxiety consists of 1A, impulsivity; subsection A, promiscuous sex, having sexual intercourse or engaging in sexual acts with random individuals at random time periods. Psychopathy trait 1D, impulsivity; subsection D, getting into physical altercations with others, 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions, 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (having served jail time in the past for

multiple different charges), and 4B, poor behavioral control; subsection B, aggression (physical or verbal, biting, hitting, kicking, pushing, kidnapping, shouting, swearing, sodomizing, or rape). "1968, Gacy was convicted of sexually assaulting two teen boys and given a 10-year prison sentence. He was released on parole in the summer of 1970, but was arrested again the following year after another teen accused Gacy of sexual assault. The charges were dropped when the boy didn't appear during the trial" (Biography, 2018).

The results for this quote consist of psychopathy was exhibited through trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy was also exhibited through trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, or sodomizing). "By the middle of the decade, two more young males accused Gacy of rape, and he would be questioned by police about the disappearances of other" (Biography, 2018).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, and sodomizing). "He lured his victims with the promise of construction work, and then captured, sexually assaulted and eventually strangled most of them with rope" (Biography, 2018). The results for this quote were anxiety traits 3A, difficulty concentrating or mind going blank; subsection A, impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest).

The results for this quote consist of psychopathy trait 3B, need for stimulation; subsection B, wanting to engage in hi-profile careers or activities such as singing, acting, and politics. Psychopathy trait 3D, need for stimulation; subsection D, wanting to be acknowledged as competent, important, intelligent. "Gacy worked as a fast-food chain manager during the 1960's and became a self-made

building contractor and democratic precinct captain in the Chicago suburbs in the 1970's. Well liked in his community, Gacy organized cultural gatherings and worked as a clown" (Biography, 2018).

The results for this quote consist of Psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual acts with random individual at random time periods). Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). Psychopathy trait 3A, need for stimulation; subsection A, engaging in dangerous activities as a result of impulsivity. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical, or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, and sodomizing). "The first warning sign about Gacy

appeared in 1964, when he was found guilty of sodomizing two young boys" (Alcatraz East, 2018).

The results for this quote consist of psychopathy trait 3D, need for stimulation; subsection D, wanting to be acknowledged by others as competent, important, and intelligent. "During this time he threw elaborate block parties and built a solid reputation in his community. Gacy was respected and admired by friends, neighbors, and police officers" (Alcatraz East, 2018).

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual acts with random individuals at random time periods). Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "A young man went to the Chicago police for help in 1977, claiming that he had been

kidnapped and molested by John Wayne Gacy" (Alcatraz East, 2018).

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual acts with random individuals at random time periods). Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "In May 1968, a grand jury in Black Hawk County indicted Gacy for committing an act of sodomy with a teenaged boy named Mark Miller. The boy told the courts that Gacy had tricked him into being tied up while visiting Gacy's home and that he had violently raped him" (Prairie Ghosts, 2003).

The results for this quote consisted of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). Psychopathy trait 4C, poor behavioral control; subsection C, irritable. Psychopathy trait 4D, poor behavioral control; subsection D, inadequate control of temper. "Their sex life had ended and Gacy's moods became more and more unpredictable, raging from jovial to an uncontrollable rage that would have him throwing furniture" (Prairie Ghosts, 2003).

The results for this quote consisted of psychopathy trait 4C, poor behavioral control; subsection C, irritable. "He had become insomniac and his lack of sleep seemed to make his mood swings even worse" (Prairie Ghosts, 2003).

The results for this quote consisted of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "Carole had started to find magazines with naked

men and boys in them around the house and when confronted, Gacy casually admitted they were his. He even confessed that he preferred young men to women" (Prairie Ghosts, 2003).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Several weeks later, while visiting Gacy's home, Gacy again approached Antonucci. He tricked the young man into a pair of handcuffs and then tried to undress him" (Prairie Ghosts, 2003).

The results for this quote consist psychopathy trait 2B, proneness to boredom; subsection B, drug/alcohol use or abuse. Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "Items found during the search would lead to the

discovery of Gacy's dark side. A box containing marijuana and pills like amyl nitrate; a stained section of rug; a number of books with homosexual and child pornography themes; a pair of handcuffs; police badges; sexual devices; a hypodermic needle and small brown bottle; clothing that was too small for Gacy; nylon rope, and other items" (Prairie Ghosts, 2003).

The results of this quote consist of psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). "The police decided to book him on possession of marijuana" (Prairie Ghosts, 2003).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "He explained that he lured

his victims into being handcuffed and then he would sexually assault them. To muffle their screams, Gacy stuffed a sock or their underwear into their mouths and would often kill them by placing a rope or board against their throats as he raped them. He also admitted to sometimes keeping the corpses under his bed or in his attic for hours or days before burying them in the crawl space" (Prairie Ghosts, 2003).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "An autopsy report showed that Robert had been strangled by paper towels being shoved down his throat" (Prairie Ghosts, 2003).

The results for this quote consist of psychopathy trait 2B, proneness to boredom; subsection B, drug/alcohol use or abuse. Psychopathy trait 2C, proneness to boredom;

subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "Some members took part in prostitution, wife swapping and rampant drug use. Gacy was involved in all of this. He went as far as to open a club in his basement where young people, especially boys could be plied with alcohol and drugs" (Lukacs, 2017).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "Neighbors frequently reported hearing screams coming out of Gacy's home late at night" (Biography, 2018).

Results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "One mother that I see on television all the time says I should be given 33 injections, I think she should take 33 valiums and go lay down, she was on all these other shows talking about her marine son, if her marine was so great

then what the hell was he running away from home all the time" (Jacobson, 2009).

Dodd

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual activities with random individuals at random time periods).

Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "On 1989, Dodd kidnapped, molested and fatally stabbed 11 year-old Cole Neer and brother William 10, whom he'd encountered in a Vancouver, Washington, public park" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control;

subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "A short time later, Dodd abducted and murdered 4- year old Lee Isell of Portland, Oregon" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual activities with random individuals at random time periods). Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "According to his handwritten "sexual history," Dodd began preying on children at age 13. In all he abused as many as 175 children of both sexes, mostly boys, over a 15 year-period. Dodd said he moved from exposing himself to fondling victims to sexually assaulting them and finally to sexually sadistic murder" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "The thoughts of killing children are exciting to me" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "By age fourteen, he had begun to dabble in exhibitionism, flashing other children from his bedroom window until one reported him and the police were called" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). "Boot camp failed to mend his ways, Dodd was AWOL at the of his June 6, 1982 arrest for asking

a nine year-old to disrobe in Richland, Washington. The charge earned him a general discharge from the service on disciplinary ground, but the case was never pursued" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "On December 29, 1982 Dodd was jailed again, this time in Benton City, Washington, for undressing a youngster he lured away from a playground. He pled guilty on the charge in 1983 and served a total of thirty days before he was released to seek court-ordered counseling" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple

different charges). Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "On June 13, 1987, he was arrested after trying to lure a young boy into a vacant building. Convicted on a misdemeanor count of attempted unlawful imprisonment, he was released in October with yet another order for psychiatric treatment" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 3A, need for stimulation; subsection A, engaging in dangerous activities as a result of impulsivity. "By that time he started to collect morbid daydreams in a diary, complete with discussion of planned rapes and murders, sketches of a torture rack he planned to build, and details of a private pact with Satan to assist him in obtaining victims" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having intercourse or engaging in sexual acts with random individuals at random time periods). Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Taking the two of them home was clearly out of the question, but Dodd bullied them into following him off the beaten track, deeper into the woods, where both boys were bound with shoelaces, sexually abused, and stabbed to death" (Murderpedia, n.d.).

The results for this quote consist of psychopathy 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4A, irritability; subsection A, outbursts of anger, frustration. "Dodd spent the next few weeks watching Vancouver's manhunt from a distance, filling a scrapbook

with press clippings, killing time with masturbation and his diary until the blood lust drove him out to hunt again" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "On October 29, he drove across the river into nearby Portland, Oregon and there abducted four year-old Lee Isely from the playground of the Richmond Elementary School" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting,

swearing, rape, sodomizing). "Back at Dodd's apartment the child was molested and photographed in the nude" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "The sexual abused resumed once they were back at Dodd's flat, at 5:30 the next morning Dodd choked his victim unconscious and finished the job with a rope, suspending Lee's body from a rod in the closet. After work that night, he dumped the body near the Vancouver Laek, at the Washington State Game Preserve, where a hunter discovered it on November 1st" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 1A, impulsivity; subsection A, promiscuous sex (having sexual intercourse or engaging in sexual acts with

random individuals at random time periods.) Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Dodd began sexually abusing children when he was 13 years old; his first victims were his own cousins. All his victims (50 in all) were children below the age of 12, some of them as young as two" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4A, poor behavioral control, subsection A, impatient. "Dodd's fantasies became increasingly violent over the years (he wrote about wanting to eat the genitals of his victims)" (Murderpedia, n.d.).

The result for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "He eventually progressed from molesting his victims to murdering them, when he killed brothers Cole and William Neer, and eventually into torturing them before raping and murdering them as he did to Lee Isell" (Murderpedia, n.d.).

The result for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Dodd's victims were his own cousins. At 14 he molested his own 8 year-old cousin in a closet, her 6 year-old brother later that day and another male cousin weeks later.

Dodd later molested the kids of a woman his father was dating" (Murderpedia, n.d.).

The result for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. "The more I thought about it, the more exciting the idea of murder sounded. I planned many ways to kills a boy. Then I started thinking of torture, castration, and even cannibalism" (Murderpedia, n.d.).

The results for this quote consist of psychopathy trait 2C, Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4A, poor behavioral control, subsection A, impatient. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Incident 3 will die maybe this way: He'll be tied down as Lee was in Incident 2. Instead of placing a bag over his

head as had previously planned, I'll tape his mouth shut with duct tape. Then, when ready, I'll use a clothespin or something to plug his nose. That way I can sit back, take pictures and watch him die instead of concentrating on my hands or the rope tight around his neck -- that would also eliminate the rope burns on the neck . . . I can clearly see his face and eyes now..." (Montaldo, 2018).

The result for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges). "I really don't know why it started, but I see why it progressed," he said. "Exposing myself wasn't exciting any more. I got away with it. So I said, 'Well, I need to be touched.' After that I needed to touch someone else. And things kept building. At the same time, the police kept saying, 'OK, thanks for confessing. Now go home and leave us alone. So I got the idea that nobody cared what I did" (Kroll, 1993, p. 1).

Kemper

The results for this quote consist of psychopathy trait 3A, need for stimulation; subsection A, engaging in dangerous activities as a result of impulsivity.

Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Born on December 18, 1948, in Burbank, California, Edmund Kemper, at age 15, killed both his grandparents to "see what it felt like" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Signs of trouble began to emerge early. Kemper had a dark fantasy life, sometimes dreaming about killing his mother" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing).

"His first victims were the family cats. At ten he buried one of them alive and the second, 13 year-old Kemper slaughtered with a knife" (Biography, 2018).

The results for this quote consist of psychopathy trait 3A, need for stimulation; subsection A, engaging in dangerous activities as a result of impulsivity. Psychopathy trait 4A, poor behavioral control, subsection A, impatient. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). Psychopathy trait 4D, poor behavioral control; subsection D, inadequate control of temper. "On August 27, 1964, Kemper finally turned his building rage on his grandparents. The 15-year-old shot his grandmother in the kitchen after an argument, and when his grandfather returned home, Kemper went outside and shot him by his car and then hid the body" (Biography, 2018).

The results for this quote consist of psychopathy trait 2D, proneness to boredom; subsection D, frequent arrests or constantly getting in trouble with law

enforcement (has served jail time in the past for multiple different charges). "Kemper was handed over to the California Youth Authority. He underwent a variety of tests, which determined that he had a very high IQ, but also suffered from paranoid schizophrenia. Kemper was eventually sent to Atascadero State Hospital, a maximum security facility for mentally ill convicts" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). Psychopathy trait 4D, poor behavioral control; subsection D, inadequate control of temper. Psychopathy trait 5B, lack of realistic long-term goals; subsection B, wanting to engage in jobs or careers that the individual is not qualified for or has no experience for. "Kemper had applied to become a state trooper, but he was rejected because of his size—he weighed around 300 pounds and was 6 feet 9 inches tall, which led to his nickname "Big Ed" (Biography, 2018).

The results for this quote consist of psychopathy trait 3A, need for stimulation; subsection A, engaging in dangerous activities as a result of impulsivity. Psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Kemper would later explain that he stabbed and strangled Pesce before stabbing Luchessa as well. After the murders, he brought the bodies back to his apartment and removed their heads and hands. Kemper also reportedly engaged in sexual activity with their corpses" (Biography, 2018).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting,

swearing, rape, sodomizing). "In January 1973, Kemper continued to act on his murderous impulses, picking up hitchhiker Cindy Schall, whom he shot and killed. While his mother was out, Kemper went to her home and hid Schall's body in his room. He dismembered her corpse there the following day and threw the parts into the ocean. Several parts were later discovered when they washed up on shore. He buried her head in his mother's backyard" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "After the murders, Kemper decapitated his two victims and further dismembered the bodies, removed the bullets from their heads and disposed of their parts in different locations" (Biography, 2018).

The results for this quote consist of no psychopathy traits; there was not evidence to substantiate psychopathy. "Kemper attacked his mother after she went to sleep, first striking her in the head with a hammer, and then cutting

her throat with a knife. As he had with his other victims, he then decapitated her and cut off her hands, but then also removed her larynx and put it down the garbage disposal" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "After hiding his mother's body parts, Kemper called his mother's, friend Sally Hallett and invited her over to the house. Kemper strangled Hallett shortly after she arrived and hid her body in a closet" (Biography, 2018).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "At the same time, Kemper

began to display dark fantasies relating to sexuality and death. He would decapitate his sister's dolls in elaborate rites and even stalked his second-grade teacher outside her house, carrying his father's bayonet" (Biography, 2018).

The results for this quote consist of psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "At the age of 10, he killed his family's pet cat, and at the age of 13, he killed another, this time keeping pieces of the animal in his closet until his mother found them" (Biography, 2018).

The results for this quote consist of psychopathy trait 3D, need for stimulation; subsection D, wanting to be acknowledged by others as competent, important, and intelligent. "My frustration, my inability to communicate socially, sexually; I wasn't impotent but emotionally I was impotent. I was scared to death of failing in male/female relationships" (Gilligan, 2018).

The results for this quote consist of psychopathy trait 2C, proneness to boredom; subsection C, experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions. Psychopathy trait 4B, poor behavioral control; subsection B, aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, rape, sodomizing). "Kemper was asked by a Cosmopolitan magazine reporter during a prison interview how he felt when he saw a pretty girl after killing his mother. He said, "One side of me says, I'd like to talk to her, date her. The other side says, "I wonder how her head would look on a stick" (Bonn, 2014).

Summary

These three individuals have not been clinically diagnosed with antisocial personality disorder or psychopathy, however many personality traits coincide with a diagnosis of psychopathy. As discussed in previous literature anxiety is a trait that is not present amongst individuals with psychopathic characteristics. However anxiety may be diagnosed amongst two of these three individuals, which are Gacy and Dodd. In order to receive

a diagnosis of generalized anxiety disorder three out of the six symptoms must be present. Kemper only met two out of the six criteria for generalized anxiety disorder. Psychopaths experience and exhibit emotions through different mannerisms and behaviors than individuals who do not possess psychopathic traits which may indicate that anxiety has been present through different behaviors in these individuals such as impulsivity, proneness to boredom, need for stimulation, poor behavioral controls, and a lack of realistic long term goals. Anxiety is observed through the compulsive behaviors these individuals exhibit such as the manners in which they commit their crimes and the cycle in which it occurs and anxiety itself is a disorder that contains compulsive behaviors such as the reoccurring thoughts and urges. "The essential feature of generalized anxiety disorder is excessive anxiety and worry (apprehensive expectation) about a number of events or activities" (American Psychiatric Association, 2013, p. 222).

Chapter 5

DISCUSSION

This study has acknowledged the disagreement within the mental health field in regards to psychopathy and has discussed the various manners in which psychopathy has become an "untreatable" personality disorder. By studying past behaviors of offenders and comparing these behaviors with those in generalized anxiety disorder, identifying anxiety within psychopathy is possible. Three serial offenders were examined in this study and their behavioral traits as well as personality traits were examined in regards to anxiety.

Conclusions

The three individuals who were examined were John Wayne Gacy, Westly Allan Dodd, and Edmund Kemper. The first two individuals were found to have generalized anxiety disorder through the presence of three or more traits from anxiety. The last individual Edmund Kemper only met two out of the six criteria for generalized anxiety disorder, which did not qualify him for a diagnosis of generalized anxiety disorder if one were to be given.

Gacy

Gacy is considered to have psychopathic characteristics and most of his behavior indicates psychopathy even though there is not a direct diagnosis. However these characteristics, while considered psychopathic may derive from anxiety. Gacy met the criteria for five out of six of the symptoms for generalized anxiety which, include: Restlessness or feeling keyed up on edge, being easily fatigued, difficulty concentrating or the mind going blank, irritability, and sleep disturbances.

Restlessness or feeling keyed up on edge as well as difficulty concentrating or having the mind go blank are two symptoms of anxiety that can be exhibited through characteristics that are considered psychopathic such as impulsivity, proneness to boredom, and need for stimulation. Impulsive behaviors demonstrated by Gacy include promiscuous sexual relations with various individuals who are chosen at random; this was exhibited with his numerous victims. Different sexual acts he experimented in include rape, sodomy, and in some cases necrophilia; these acts are derivative from proneness to boredom and the need for stimulation. Gacy had also

engaged in other activities that included wife-swapping, pornography, and drug use, which, are behaviors that are attributed to his proneness to boredom and the need for stimulation. Gacy's proneness to boredom is also exhibited through his frequent arrests; over the course of his life Gacy was constantly getting in trouble with law enforcement and has served time in prison.

The need for stimulation is also exhibited through Gacy wanting to engage in careers that would gratify him due to acknowledgement from others such as his short political career and dressing up as pogo the clown. These behaviors are also attributed to Gacy's lack of realistic long term-goals. In regards to being easily fatigued and sleep disturbances, in chapter two it was discussed that there were reports from the neighbors hearing screams coming out of Gacy's home late at night. This could indicate that Gacy had insomnia or difficulty falling asleep, staying asleep, or restlessness. Irritability is exhibited through psychopathic characteristics such as poor behavioral controls and impulsivity. Verbal aggression is exhibited through Gacy's irritability in an interview with a news reported named Walter Jacobson from 2 News Extra

almost 13 years after his crimes. In regards to one of the his victim's mother he stated "One mother that I see on television all the time says I should be given 33 injections, I think she should take 33 valiums and go lay down, she was on all these other shows talking about her marine son, if her marine was so great then what the hell was he running away from home all the time" (Jacobson, 2009). Other types of aggression include physical which, Gacy exhibited through the methods in which he committed his crimes such as kidnapping, raping, sodomizing, and striking his victims.

Dodd

In regards to Dodd he met four out of the six criteria for generalized anxiety disorder, which consisted of: restlessness or feeling keyed up or on edge, being easily fatigued, difficulty concentrating or mind going blank, and irritability. Restlessness or feeling keyed up on edge and difficulty concentrating or mind going blank can be attributed to impulsivity and proneness to boredom with Dodd. Impulsivity is mostly exhibited through aggression, some examples include the way Dodd hurt his victims with

physical violence such as the Neer brothers and Lee Isely. This impulsivity is also linked to compulsive behaviors, which is exhibited through the pattern in which Dodd commits his crimes. The physical violence included stabbing both the Neer brothers, which, ultimately resulted in their deaths, and murdering Lee Isely. It is visible to see recklessness with Dodd as he has frequently been arrested for the same reoccurring crimes that include young children and sexual acts and in regards to violating probation and discontinuing treatment that was court mandated.

Proneness to boredom is exhibited through his multiple sexual fantasies and acts with young children. His experimentation with different acts is exhibited through his childhood into early adolescence when he engaged in different acts such as exhibitionism before moving on to other acts such as sadism. His proneness to boredom is also exhibited through the way he documents his many ideas, fantasies, and urges in his journals where he constantly documents his desires and how each one is different the rest. The proneness to boredom and impulsivity is also observed through Dodd being honorably discharged from the

Navy due to not being able to control or manage his urges. The irritability can be exhibited through poor behavioral control, which Dodd displays through aggression both physical and verbal. Specific acts of aggression include sodomizing, physically assaulting his victims (stabbing, hitting, kidnapping, and murder).

Kemper

Kemper met two out of the six criteria for generalized anxiety disorder which, included difficulty concentrating or mind going blank and irritability. Through difficulty concentrating, impulsivity becomes present through Kemper's actions such as sexually acting out, being dishonest, and breaking the rules. Sexually acting out is exhibited through the various ways in which, he experimented with his victims and the various acts that he committed although not viewed as sexual were for Kemper. These acts include necrophilia, murdering, and dismembering his victims. These acts are exhibited through proneness to boredom in which he experiments different acts. The dishonesty is viewed through the manner in which, Kemper cons his victims into getting in the car with him before murdering them and

breaking the rules is exhibited by committing acts which he knew were against the law. Along with impulsivity there is compulsive behavior that is exhibited through Kemper's fascinations with wanting to murder and experiment different acts or methods of achieving sexual climax. Kemper stated "This craving, this awful raging eating feeling inside I could feel it consuming my insides, this fantastic passion. It was overwhelming me. For me there's like drugs, it was like alcohol a little isn't enough. At first, it is and as you adjust to that psychologically and physically" (Serial Killer Documents, 2017). Compulsion in itself is a process in which the individual gives into the urge, feeling, fantasy that is consuming their thoughts and their life. Once it has been satiated, it only remains so for a short period of time until the sensation returns and this in turn leads to a pattern of impulsive behavior that is compulsive by nature. Irritability is exhibited through Kemper's frustration with Kemper's mother whom, he displays through physical aggression and violence. This aggression and violence is displayed through the murder of Kemper's mother and through the murders of all his other victims. Kemper stated he murdered Co-Eds due to his mother being associated with them since she worked for the university.

His crimes derive from the frustration, hatred, and confusion that he felt for his mother. Directed acts of aggression include attacking young females in his vehicle, shooting them with a gun, murdering them, dismembering their bodies, and engaging in sexual acts with the corpses or body parts.

Recommendations

While understanding that these individuals do experience some form of anxiety, different treatment options can be examined. Rather than attempting to teach empathy to these individuals who do not feel the same as others do, teaching an individual insight is possible. In regards to insight, this means teaching the consequences of ones actions. Increasing recidivism is possible by teaching an individual how their actions can result in negative consequences such as going back to prison, parole being revoked, or any other consequences that may result due to the offender re-offending once more.

Group affected by outcome

The group affected by the outcome includes individuals who are repeat offenders who have a diagnosis of psychopathy. These individuals are affected in a positive

manner due to discussing possible treatment options in regards to anxiety and how psychopathy can be approached.

Limitations

It was expected that all three of the participants used for this study would have at least three out of the six criteria needed to be diagnosed with generalized anxiety. However Kemper was the only individual who only met two out of the six. This does not necessarily indicate that he is not anxious at all, however maybe a different form of anxiety would have better suited him. One of the limitations for this study was only using one form of anxiety and not examining the different forms that exist.

Self-Report and Interpretation

In regards to psychopathy, this study has initiated the concept that psychopathy can be a multidimensional disorder that should be further explored. Hare's PCL-R while concise with his own study, does not necessarily prove that it should be the only method in determining psychopathy and that it should no longer be considered the "gold standard" in diagnosing psychopathy. This study has been able to tie a neurotic disorder such as anxiety to individuals who are "not able to feel" and provide a different understanding in regards to psychopathy. This

study has also provided insight into the brain and how the brains of psychopaths differ from individuals who do not have psychopathy. Bottom-up thinking is one concept that provides more insight into the thought processes of psychopaths that should also be further explored. When a normal individual is given a task, they are able to alter their actions to meet the demands of the task when it changes. Certain parts of the brain focus on the task, however there are times when information in the periphery becomes important or relevant which forces the individual to change their actions Hirstein (2013). In psychopathy, these individuals cannot accommodate to the new information during a task. Hirstein (2013) "The brain contains two attentional systems: top-down and bottom-up. Top-down attention tends to be under voluntary control; bottom-up is involuntary and can temporarily capture top-down attention." Psychopaths struggle using top-down attention to process new information that activates bottom-up attention Hirstein (2013). An example of this would be a hunter, when scanning for a deer if a rabbit hops into his periphery visual field, then his plan changes due to him being distracted. In psychopathy, the individual would not accommodate to the rabbit coming into the peripheral visual

field and the psychopath would go through the rabbit to get the deer. All three participants were expected to have met the criteria for generalized anxiety disorder, however only two did. Edmund Kemper did not meet the criteria for that type of anxiety, however it appears that a different anxiety disorder suits him best, which is obsessive-compulsive disorder. Kemper fit more criteria for OCD than he did GAD due to his symptoms being more obsessional.

Future Research

Future research should explore the possibility of different neurotic disorders co-existing with psychopathy as opposed to psychopathy being viewed as dominant disorder. Furthermore treatment options should be explored in regards to teaching insight and exploring the benefits of viewing psychopathy as a disorder that can be treated. Future research should also focus on depicting a more accurate picture of psychopathy; instead of viewing these individuals as emotionless or having no desire to feel, these individuals should be viewed as individuals who want to and desire to feel but however cannot experience emotions appropriately in the ways that others in society would find acceptable. These individuals seek desperately

to find anyway to feel something, anything, and although it may not be acceptable to society it is satisfying to them. Exploring psychopathy on a deeper level rather than just what is on the surface could assist in understanding them on a different level, which could lead to answers on how to approach psychopathy in different manners.

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APPENDICES

In the Diagnostic Statistical Manual V, general anxiety disorder is defined as an "Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least six months about a number of events or activities (such as work or school performance)" (American Psychiatric Association, 2013, p. 222). Some of the symptoms of general anxiety disorder include restlessness or feeling keyed up on edge, difficulty concentrating, and having the mind go blank. In "normal" individuals who do not have a psychopathic personality; these symptoms may be displayed as such and may be exhibited through behaviors such as having a panic attack or having physiological responses such as fast breathing or body temperature rising. The following are the symptoms of generalized anxiety disorder:

7. Restlessness or feeling keyed up or on edge
 - d. Fidgeting
 - e. Inability to sit still
 - f. Pacing
8. Being easily fatigued
 - f. Lack of energy
 - g. Feeling tired most days

- h. Insomnia
 - i. Forgetfulness
 - j. Impaired concentration/attention
9. Difficulty concentrating or mind going blank
- e. Impulsivity (drug/alcohol use, destroying property, unprotected sex, sexually acting out, breaking the rules, being dishonest)
 - f. Hyperactivity (constant movement, being easily distracted, aggressiveness, impulsivity)
 - g. Easily distracted
 - h. Compulsive behavior
10. Irritability
- c. Outbursts of anger, frustration
 - d. Directed acts of aggression toward other people, self, or property (aggression: hitting, biting, kicking, pushing,)
11. Muscle tension
12. Sleep disturbance
- c. (difficulty falling or staying asleep, or restless, unsatisfying sleep)
 - d. Insomnia or some other sleep-related disorder

The common misconception about psychopathy is that psychopaths don't experience emotions or have a lack of emotions. This however is not accurate, psychopaths do experience emotions but in a different manner in which others do. This could indicate that emotions such as sadness, happiness, fear, or anxiety could be exhibited through different behaviors that other individuals who are not psychopathic would not exhibit. The restlessness or feeling keyed up on edge could be exhibited through psychopathic personality traits such as impulsivity, proneness to boredom, need for stimulation, and poor behavioral control. Difficulty concentrating or the mind going blank could also be exhibited through impulsivity, poor behavioral controls, and lack of realistic long-term goals.

For the purpose of this study, the author has defined psychopathic anxiety as persistent reoccurring thoughts, urges, and fantasies displayed as apprehensive expectations that occur in a cycle and seize for a short period of time. The individual experiences persistent and excessive anticipation over future events that are planned. The individual has acted on these reoccurring thoughts, urges, and fantasies that cause marked distress. The following

are the characteristics of psychopathy that are associated with anxiety:

6. Impulsivity

f. Promiscuous sex (having sexual intercourse or engaging in sexual acts with random individuals at random time periods)

g. Binge eating

h. Driving recklessly (drinking while driving, going over the speed limit, frequent tickets for breaking the law)

i. Getting into physical altercations with others (starting fights with others by hitting, punching, physical violence, and verbal aggression such as yelling or cursing)

j. Shoplifting

7. Proneness to boredom

e. Multiple sexual relationships with different individuals that do not last long.

f. Drug/alcohol use or abuse

g. Experimentation with different sexual actions such as necrophilia, sadism, masochism, or any other sexual actions.

- h. Frequent arrests or constantly getting in trouble with law enforcement (has served jail time in the past for multiple different charges)
8. Need for stimulation
- e. Engaging in dangerous activities as a result of impulsivity (please view behaviors for impulsivity)
 - f. Wanting to engage in hi=profile careers or activities such as singing, acting, and politics.
 - g. Grandiose
 - h. Wanting to be acknowledged by others as competent, important, intelligent
9. Poor behavioral control
- e. Impatient
 - f. Aggression (physical or verbal, exhibited by biting, hitting, kicking, pushing, kidnapping, shouting, swearing, raping, sodomizing)
 - g. Irritable
 - h. Inadequate control of temper
10. Lack of realistic long-term goals
- c. Constantly changing jobs or career choices

- d. Wanting to engage in jobs or careers that the individual is not qualified for or has no experience for

Impulsivity

Impulsivity is defined as a tendency to act without thinking about the consequences of the actions. Behaviors that may be displayed as a result of impulsivity include: promiscuous sex, binge eating, driving recklessly, threatening to harm others, destroying property, getting into physical altercations, shoplifting, and getting into physical fights with people, and acting in violence towards others.

Proneness to Boredom

Proneness to boredom is defined as a constant need for stimulation and how likely one is to suffer from feeling weary due to being unoccupied or lacking interest in current activities. Behaviors that may be displayed as a result of being prone to boredom include: multiple relationships, drug/alcohol use, experimentation with different sexual actions, constantly involved with law enforcement due to actions.

Need for stimulation

The need for stimulation can be defined as expressing necessity for actions that arouse interest, excitement, or enthusiasm, as they are essential or very important to the individual. Behaviors that may be displayed due to the need for stimulation include: being acknowledged or recognized for actions either positive or negative, wanting to engage in activities that are considered hi-profile (singing, acting, politics), being acknowledged as intelligent or competent, and grandiosity.

Poor behavioral control

Poor behavioral control is defined as the inability to manage one's behavior over the course of one's life and events. Behaviors that may be displayed due to poor behavioral control include: impulsive behaviors as previously defined under the impulsivity characteristic, impatience, aggression, inadequate control of anger and temper, acting hastily, irritability, and verbal/physical abuse.

Lack of realistic long-term goals

Lack of realistic long-term goals is defined as being without or not having a sensible or practical idea of what can be achieved or expected occurring over or relating to a long period of time. Behaviors that may be displayed

through a lack of realistic long-term goals include:
lacking direction (which may be exhibited through
persistently changing jobs or careers), wanting to engage
in activities or career options that the individual is not
qualified for.

