



# Anxiety 101 (Psych 101)

*Moshe Zeidner, Gerald Matthews*

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**Anxiety 101 (Psych 101)** Moshe Zeidner, Gerald Matthews

*"This is the book I've been waiting for. The field has needed a clear and thorough review of anxiety, and now it exists."*

**Joseph LeDoux**, PhD, author, *The Emotional Brain and Synaptic Self*  
Center for Neural Science, New York University

*"Anxiety 101, written by two prominent figures in the field of anxiety research, provides a thorough introduction to the concept of anxiety, placing it in the broad matrix of human concerns. The authors address evolutionary origins of anxiety, functions that anxiety and fear play in maintaining life, and ways in which these emotions can get out of control. An excellent introduction to students who want to understand the many ways in which scientists have approached the topic of anxiety."*

**Charles S. Carver**, PhD, Distinguished Professor of Psychology.  
Department of Psychology, University of Miami

- What are the origins of anxiety?"
- How do we best assess anxiety? "
- How does anxiety affect cognitive outcomes? "
- Does intervention help?

This book provides students with a clear understanding of anxiety research and practice. It reflects the substantial progress recently made in research in the areas of differentiation, new theoretical approaches, advances in locating the neurobiological underpinnings of anxiety and anxiety disorders, assessment, and treatment techniques. It covers many of the major contexts that produce anxiety in modern society, including tests, sports performance, social interaction, and more.

The authors have culled vast amounts of up-to-date information on anxiety, including theory, research, assessment, individual differences, and interventions. Anxiety 101 draws upon contributions from the fields of personality and social psychology, stress, coping and emotions, psychobiology, and neuroscience in order to provide the most comprehensive information available.

## **Key Features:**

- Provides a historical and theoretical approach to the study of anxiety"
- Presents a unified conceptual and research framework based on current transactional and cognitive-motivational views of stress and anxiety"
- Includes a state-of-the-art review of current theories, research findings, assessment, and treatment

## **The Psych 101 Series**

Short, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, *The Psych 101 Series* is a valuable resource for

all students of psychology and anyone interested in the field.

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