# GENERALIZED ANXIETY DISORDER AND WORRYING

## A Comprehensive Handbook for Clinicians and Researchers

Alexander L. Gerlach (Editor), Andrew T. Gloster (Editor)

### A comprehensive and authoritative guide to anxiety disorder and worry

*The Wiley Handbook of Generalized Anxiety Disorder* offers a comprehensive review of the most current research and therapeutic modalities related to generalized anxiety disorder and worry (GAD). With contributions from an international panel of experts, the *Handbook* links the basic science of anxiety and worry to the effective treatments that can be applied to help those who suffer from these conditions.

Reflecting the most recent research and developments on the topic, the *Handbook* contains information on cross-cultural issues, transdiagnostic questions, as well as material on learning theory, biological theory, psychotherapy, and psychopharmacology. The contributors offer an in-depth examination of a range of topics such as rumination and obsessions and contains several novel approaches to treating the disorder. This comprehensive resource:
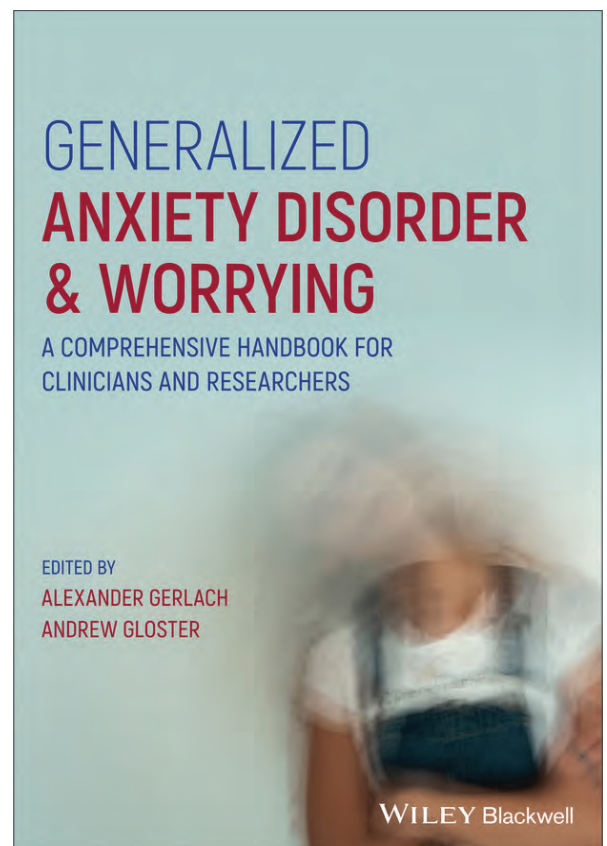
- Contains the most current information available on the topic

- Explores the consequences of worrying and other mental disorders such as illness anxiety and sleep disorders

- Includes contributions from an international panel of experts

- Offers insight into the future of treatment outcomes and translational research



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Written for practitioners, researchers, and trainees of clinical psychology and psychiatry, *The Wiley Handbook of Generalized Anxiety Disorder* addresses the assessment and empirically supported treatment of generalized anxiety disorder.

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