

Contents



Foreword	ix
<i>Jack Ewalt</i>	
Preface	xi
The Authors	xvii
Part I: Theoretical Perspectives on Stress and Anxiety	2
1. Psychoanalytic Theories	6
<i>Alan Compton</i>	

2.	Learning and Behavioral Theories <i>Richard R. Bootzin, David Max</i>	36
3.	Developmental Theories <i>Michael Lewis</i>	48
4.	Sociological Theories <i>Howard B. Kaplan</i>	63
5.	Ethological and Physiological Theories <i>James P. Henry, Daniel L. Ely</i>	81
6.	Neurobiological Theories <i>Donald R. Sweeney, Mark S. Gold, A. L. C. Pottash, Robert K. Davies</i>	112
	Part II: Stress Research and Findings	124
7.	The Stress Concept Today <i>Hans Selye</i>	127
8.	Cognitive Style, Stress Perception, and Coping <i>James C. Coyne, Richard S. Lazarus</i>	144
9.	Socioeconomic Status and Stress <i>Thomas Ashby Wills, Thomas S. Langner</i>	159
10.	Stress, Violence, and Crime <i>Louis B. Schlesinger, Eugene Revitch</i>	174
11.	Life Events, Personality Traits, and Illness <i>Richard E. Minter, Chase Patterson Kimball</i>	189
12.	Experimental Studies of Stress and Anxiety <i>Joseph V. Brady</i>	207
	Part III: Anxiety Research and Findings	238
13.	Value Conflicts and Anxiety <i>Rollo May</i>	241
14.	Person-Situation Interaction and Anxiety <i>Norman S. Endler</i>	249

Contents	xv
15. Anxiety and the New Feminism <i>Ruth Moulton</i>	267
16. Anxiety in Childhood and Adolescence <i>Sandra Buechler, Carroll Izard</i>	285
17. Separation Anxiety in Preschool Children <i>John Doris, Anne McIntyre, Michael Tamaroff</i>	298
18. Anxiety and Stress in Later Life <i>Emilie F. Sobel</i>	317
19. Alcohol Abuse and Anxiety <i>Robert J. Powers, Irwin L. Kutash</i>	329
Part IV: Treatment of Stress and Anxiety Disorders	344
20. Assessment Scales and Techniques <i>William W. K. Zung, Jesse O. Cavenar, Jr.</i>	348
21. Psychoanalytic Therapy <i>Mardi J. Horowitz</i>	364
22. Behavior Therapy <i>Richard M. Suinn, Jerry L. Deffenbacher</i>	392
23. Biofeedback Training <i>Thomas H. Budzynski, Kirk E. Peffer</i>	413
24. The Psychopharmacological Approach <i>Robert Hicks, Anna Okonek, John M. Davis</i>	428
25. Societal Support and Education <i>Miles E. Simpson</i>	451
26. Prevention and Equilibrium-Disequilibrium Theory <i>Irwin L. Kutash</i>	463
References	474
Name Index	551
Subject Index	569