Written by international experts, *Worry and its Psychological Disorders* offers an up-to-date and complete overview of worry in a single volume.

Anxiety-based disorders are among the most common mental health problems experienced in the population today. Worry is a prominent feature of most anxiety-based disorders including generalized anxiety disorder, specific phobias, obsessive-compulsive disorder, panic disorder, and post-traumatic stress disorder.

Divided into four sections, the book explores the nature of worry, the assessment of worry, contemporary theories of chronic and pathological worry, and the most recently developed treatment methods. It includes in-depth reviews of new assessment instruments and covers treatment methods such as Cognitive Behavioural Therapy and Metacognitive Therapy. Useful case studies are also included.

This important volume provides an invaluable resource for clinical practitioners and researchers. It will also be of relevance to those studying clinical or abnormal psychology at advanced levels.