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The scope of the book extends to the effects of anxiety on performance and to the phenomenon of worry, which is regarded as the cognitive component of anxiety. In both cases, a new theoretical framework is presented predominantly in normals high in the personality dimension of trait anxiety.

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[The impact of anxiety upon cognition: perspectives from ...](#)

Anxiety disorders constitute a sizeable worldwide health burden with profound social and economic consequences. The symptoms are wide-ranging; from hyperarousal to difficulties with concentrating. This latter effect falls under the broad category of altered cognitive performance which is the focus.

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It is also assumed that the various anxiety disorders depend on cognitive biases, and that the main anxiety disorders differ in terms of the source of information most affected by such biases (e.g., social phobias have biased interpretation of their own behaviour). In sum, this book presents a general theory of anxiety from the cognitive perspective. It is intended that this theory will

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In sum, this book presents a general theory of anxiety from the cognitive perspective. It is intended that this theory will influence theory and research on emotion, personality,

and the anxiety disorders.

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Anxiety and Cognition: A Unified Theory - Michael Eysenck ...

It is argued in this book that there are three major approaches to anxiety. First, there is anxiety as an emotional state. Second, there is trait anxiety as a dimension of personality. Third, there is anxiety as a set of anxiety disorders. What is attempted is to produce a unified theory of anxiety which integrates all these major approaches.

Anxiety and Performance: The Processing Efficiency Theory ...

Anxiety often impairs performance of difficult tasks (especially under test conditions), but there are numerous exceptions. Theories of anxiety and performance need to address at least two major issues: (1) the complexity and apparent inconsistency of the findings; and (2) the conceptual definition of task difficulty.

The complex interaction between anxiety and cognition ...

Anxiety can be distracting, disruptive, and incapacitating. Despite problems with empirical replication of this phenomenon, one fruitful avenue of study has emerged from working memory (WM) experiments where a translational method of anxiety induction (risk of shock) has been shown to disrupt spatial and verbal WM performance.