

# Список литературы

1. Alden, L.E., Wiggins, J.S., & Pincus, A.L. (1990). Construction of circumplex scales for the Inventory of Interpersonal Problems. *Journal of Personality Assessment*, 55, 521–536.
2. Alnaes, R., & Torgersen, S. (1999). A 6-year follow-up study of anxiety disorders in psychiatric outpatients: Development and continuity with personality disorders and personality traits as predictors. *Nordic Journal of Psychiatry*, 53, 409–416.
3. American Psychiatric Association (APA). (1980). *Diagnostic and statistical manual of mental disorders* (3rd ed.). Washington, DC: Author.
4. American Psychiatric Association (APA). (1987). *Diagnostic and statistical manual of mental disorders* (3rd ed., rev.). Washington, DC: Author.
5. American Psychiatric Association (APA). (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: Author.
6. American Psychiatric Association (APA). (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC: Author.
7. Andrews, G., Stewart, G., Allen, R., & Henderson, A. S. (1990). The genetics of six neurotic disorders: A twin study. *Journal of Affective Disorders*, 19, 23–29.
8. Angst, J., & Vollrath, M. (1991). The natural history of anxiety disorders. *Acta Psychiatrica Scandinavica*, 141, 446–452.
9. Ballenger, J.C. (1999). Current treatments of the anxiety disorders in adults. *Biological Psychiatry*, 46, 1579–1594.
10. Ballenger, J.C., Davidson, J.R.T., Lecrubier, Y., Nutt, D.J., Borkovec, T.D., Rickels, K., et al. (2001). Consensus statement on generalized anxiety disorder from the International Consensus Group on Depression and Anxiety. *Journal of Clinical Psychiatry*, 62, 53–58.
11. Barlow, D.H. (1994). Psychological interventions in the era of managed care. *Clinical Psychology: Science and Practice*, 1, 109–122.
12. Barlow, D.H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic* (2nd ed.). New York: Guilford Press.
13. Barlow, D.H., Cohen, A.S., Waddell, M.T., Vermilyea, B.B., Klosko, J.S., Blanchard, E.B., et al. (1984). Panic and generalized anxiety disorders: Nature and treatment. *Behavior Therapy*, 15, 431–449.
14. Barlow, D.H., Rapee, R.M., & Brown, T.A. (1992). Treatment of generalized anxiety disorder. *Behavior Therapy*, 23, 552–582.

15. Barman Balfour, J.A., & Jarvis, B. (2000). Venlafaxine extended-release: A review of its clinical potential in the management of generalized anxiety disorder. *CNS Drugs*, 14, 483–503.
16. Beck, A.T., & Emery, G., with Greenberg, R.L. (1985). *Anxiety disorders and phobias: A cognitive perspective*. New York: Basic Books.  
(Бек, А., Эмери, Г. *Тревожные расстройства и фобии. Когнитивный подход*. — ООО “Диалектика”, 2020 г. — 432 с.)
17. Beck, A.T., Epstein, N., Brown, G., & Steer, R.A. (1988). An inventory for measuring clinical anxiety: Psychometric properties. *Journal of Consulting and Clinical Psychology*, 56, 893–897.
18. Beck, A.T., Steer, R.A., & Brown, G.K. (1996). *Beck Depression Inventory manual* (2nd ed.). San Antonio, TX: Psychological Corporation.
19. Ben-Noun, L. (1998). Generalized anxiety disorder in dysfunctional families. *Journal of Behavior Therapy and Experimental Psychiatry*, 29, 115–122.
20. Bland, R.C., Newman, S.C., & Orn, H. (1997). Help-seeking for psychiatric disorders. *Canadian Journal of Psychiatry*, 42, 935–942.
21. Blazer, D.G., George, L.K., & Hughes, D. (1991). The epidemiology of anxiety disorders: An age comparison. In C. Salzman & B.D. Lebowitz (Eds.), *Anxiety in the elderly: Treatment and research* (pp. 17–30). New York: Springer.
22. Blowers, C., Cobb, J., & Mathews, A. (1987). Generalized anxiety: A controlled treatment study. *Behaviour Research and Therapy*, 25, 493–502.
23. Borkovec, T.D. (1979). Extension of two-factor theory: Cognitive avoidance and autonomic perception. In N. Birbaumer & H.D. Kimmel (Eds.), *Biofeedback and self-regulation* (pp. 139–148). Hillsdale, NJ: Erlbaum.
24. Borkovec, T.D. (1994). The nature, functions, and origins of worry. In G.C.L. Davey & F. Tallis (Eds.), *Worrying: Perspectives on theory, assessment, and treatment* (pp. 5–33). Chichester, England: Wiley.
25. Borkovec, T.D., Alcaine, O.M., & Behar, E. (2004). Avoidance theory of worry and generalized anxiety disorder. In R.G. Heimberg, C.L. Turk, & D.S. Mennin (Eds.), *Generalized anxiety disorder: Advances in research and practice* (pp. 77–108). New York: Guilford Press.
26. Borkovec, T.D., & Costello, E. (1993). Efficacy of applied relaxation and cognitive behavioral therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, 61, 611–619.
27. Borkovec, T.D., & Inz, J. (1990). The nature of worry in generalized anxiety disorder: A predominance of thought activity. *Behaviour Research and Therapy*, 28, 153–158.

28. Borkovec, T.D., & Mathews, A. M. (1988). Treatment of nonphobic anxiety disorders: A comparison of nondirective, cognitive, and coping desensitization therapy. *Journal of Consulting and Clinical Psychology*, 56, 877–884.
29. Borkovec, T.D., Mathews, A.M., Chambers, A., Ebrahimi, S., Lytle, R., & Nelson, R. (1987). The effects of relaxation training with cognitive or nondirective therapy and the role of relaxation-induced anxiety in the treatment of generalized anxiety. *Journal of Consulting and Clinical Psychology*, 55, 883–888.
30. Borkovec, T.D., Newman, M.G., Pincus, A.L., & Lytle, R. (2002). A component analysis of cognitive behavioral therapy for generalized anxiety disorder and the role of interpersonal problems. *Journal of Consulting and Clinical Psychology*, 70, 288–298.
31. Borkovec, T.D., & Roemer, L. (1994). Generalized anxiety disorder. In M. Hersen & R.T. Ammerman (Eds.), *Handbook of prescriptive treatments for adults* (pp. 261–281). New York: Plenum Press.
32. Borkovec, T.D., & Roemer, L. (1995). Perceived functions of worry among generalized anxiety disorder subjects: Distraction from more emotional topics? *Journal of Behavior Therapy and Experimental Psychiatry*, 26, 25–30.
33. Borkovec, T.D., & Ruscio, A.M. (2001). Psychotherapy for generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, 62, 37–42.
34. Borkovec, T.D., & Whisman, M.A. (1996). Psychological treatment for generalized anxiety disorder. In M.R. Mavissakalian & R.F. Prien (Eds.), *Long-term treatments of anxiety disorders* (pp. 171–199). Washington, DC: American Psychiatric Press.
35. Borkovec, T.D., Wilkinson, L., Folensbee, R., & Lerman, C. (1983). Stimulus control applications to the treatment of worry. *Behaviour Research and Therapy*, 21, 247–251.
36. Brawman-Mintzer, O., & Lydiard, R.B. (1996). Biological basis of generalized anxiety disorder. *Journal of Clinical Psychiatry*, 58, 16–25.
37. Brown, T.A., Antony, M.M., & Barlow, D.H. (1992). Psychometric properties of the Penn State Worry Questionnaire in a clinical anxiety disorders sample. *Behaviour Research and Therapy*, 30, 33–37.
38. Brown, T.A., & Barlow, D.H. (1992). Comorbidity among anxiety disorders: Implications for treatment and DSM-IV. *Journal of Consulting and Clinical Psychology*, 60, 835–844.
39. Brown, T.A., Moras, K., Zinberg, R.E., & Barlow, D. H. (1993). Diagnostic and symptom distinguishability of generalized anxiety disorder and obsessive-compulsive disorder. *Behavior Therapy*, 24, 227–240.
40. Burns, D.D. (1980). *Feeling good: The new mood therapy*. New York: Morrow.

41. Butler, G., Cullington, A., Hibbert, G., Klimes, I., & Gelder, M. (1987). Anxiety management for persistent generalized anxiety. *British Journal of Psychiatry*, *151*, 535–542.
42. Butler, G., Fennell, M., Robson, P., & Gelder, M. (1991). Comparison of behavior therapy and cognitive behavior therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, *59*, 167–175.
43. Carter, R.M., Wittchen, H.-U., Pfister, H., & Kessler, R.C. (2001). One-year prevalence of subthreshold and threshold DSM-IV generalized anxiety disorder in a nationally representative sample. *Depression and Anxiety*, *13*, 78–88.
44. Chambless, D.L., & Gillis, M.M. (1993). Cognitive therapy of anxiety disorders. *Journal of Consulting and Clinical Psychology*, *61*, 248–260.
45. Chambless, D.L., & Ollendick, T.H. (2000). Empirically supported psychological interventions: Controversies and evidence. *Annual Review of Psychology*, *52*, 685–716.
46. Chorpita, B.F., & Barlow, D.H. (1998). The development of anxiety: The role of control in the early environment. *Psychological Bulletin*, *124*, 3–21.
47. Clark, D.M., Ball, S., & Pape, D. (1991). An experimental investigation of thought suppression. *Behaviour Research and Therapy*, *29*, 253–257.
48. Clark, D.M., Salkovskis, P., & Chalkley, A. (1985). Respiratory control as a treatment for panic attacks. *Journal of Behavior Therapy and Experimental Psychiatry*, *16*, 23–30.
49. Clark, L.A., Watson, D., & Mineka, S. (1994). Temperament, personality, and the mood and anxiety disorders. *Journal of Abnormal Psychology*, *103*, 103–116.
50. Craske, M.G., Barlow, D.H., & O’Leary, T.A. (1992). *Mastery of your anxiety and worry: Client workbook*. Albany, NY: Graywind.  
(Барлоу, Д., Красске, М. Г. *Совладание с тревогой и паникой. Рабочая книга клиента*. — Диалектика, 2021 г. — 272 с.)
51. Craske, M.G., & Hazlett-Stevens, H. (2002). Facilitating symptom reduction and behavior change in GAD: The issue of control. *Clinical Psychology: Science and Practice*, *9*, 69–75.
52. Craske, M.G., Rapee, R.M., Jackel, L., & Barlow, D.H. (1989). Qualitative dimensions of worry in DSM-III-R generalized anxiety disorder subjects and nonanxious controls. *Behaviour Research and Therapy*, *27*, 397–402.
53. Davey, G.C.L. (1994a). Pathological worrying as exacerbated problem solving. In G.C.L. Davey & F. Tallis (Eds.), *Worrying: Perspectives on theory, assessment, and treatment* (pp. 35–59). Chichester, England: Wiley.
54. Davey, G.C.L. (1994b). Worrying, social problem-solving abilities, and social problem-solving confidence. *Behaviour Research and Therapy*, *32*, 327–330.

55. Davey, G.C.L., Hampton, J., Farrell, J.L., & Davidson, S. (1992). Some characteristics of worrying: Evidence for worrying and anxiety as separate constructs. *Personality and Individual Differences*, 13, 133–147.
56. Davidson, J.R.T., DuPont, R.L., Hedges, D., & Haskins, J.T. (1999). Efficacy, safety, and tolerability of venlafaxine extended release and buspirone in outpatients with generalized anxiety disorder: A 6-month randomized control trial. *Journal of Clinical Psychiatry*, 60, 528–535.
57. Davis, R.N., & Valentiner, D.P. (2000). Does meta-cognitive theory enhance our understanding of pathological worry and anxiety? *Personality and Individual Differences*, 29, 513–526.
58. DiNardo, P.A., Brown, T.A., & Barlow, D.H. (1994). *Anxiety Disorders Interview Schedule for DSM-IV*. Boston: Center for Stress and Anxiety Related Disorders, Boston University.
59. Dugas, M.J., Gagnon, F., Ladouceur, R., & Freeston, M.H. (1998). Generalized anxiety disorder: A preliminary test of a conceptual model. *Behaviour Research and Therapy*, 36, 215–226.
60. Dupuy, J.B., Beaudoin, S., Rheaume, J., Ladouceur, R., & Dugas, M.J. (2001). Worry: Daily self-report in clinical and non-clinical populations. *Behaviour Research and Therapy*, 39, 1249–1255.
61. Durham, R.C., Allan, T., & Hackett, C.A. (1997). On predicting improvement and relapse in generalized anxiety disorder following psychotherapy. *British Journal of Clinical Psychology*, 36, 101–119.
62. Durham, R.C., Fisher, P.L., Treliving, L.R., Hau, C.M., Richard, K., & Stewart, J.B. (1999). One year follow-up of cognitive therapy, analytic psychotherapy and anxiety management training for generalized anxiety disorder: Symptom change, medication usage and attitudes to treatment. *Behavioural and Cognitive Psychotherapy*, 27, 19–35.
63. Durham, R.C., Murphy, T., Allan, T., Richard, K., Treliving, L.R., & Fenton, G.W. (1994). Cognitive therapy, analytic psychotherapy and anxiety management training for generalized anxiety disorder. *British Journal of Psychiatry*, 165, 315–323.
64. Durham, R.C., & Turvey, A.A. (1987). Cognitive therapy vs. behaviour therapy in the treatment of chronic generalized anxiety. *Behaviour Research and Therapy*, 25, 229–234.
65. Dyck, I.R., Phillips, K.A., Warshaw, M.G., Dolan, R.T., Shea, M.T., Stout, R.L., et al. (2001). Patterns of personality pathology in patients with generalized anxiety disorder, panic disorder with and without agoraphobia, and social phobia. *Journal of Personality Disorders*, 15, 60–71.

66. El-Khayat, R., & Baldwin, D.S. (1998). Antipsychotic drugs for non-psychotic patients: Assessment of the benefit/risk ratio in generalized anxiety disorder. *Journal of Psychopharmacology*, *12*, 323–329.
67. Finlay-Jones, R., & Brown, G.W. (1981). *Types of stressful life events and the onset of anxiety and depressive disorders*. *Psychological Medicine*, *11*, 803–815.
68. First, M.B., Spitzer, R.L., Gibbon, M., & Williams, J.B. (1996). *Structured Clinical Interview for DSM-IV Axis I Disorders, Clinical Version (SCID-CV)*. Washington, DC: American Psychiatric Press.
69. First, M.B., Spitzer, R.L., Gibbon, M., & Williams, J.B. (1997). *Structured Clinical Interview for DSM-IV Personality Disorder (SCID-II)*. Washington, DC: American Psychiatric Press.
70. Fisher, P.L., & Durham, R.C. (1999). Recovery rates in generalized anxiety disorder following psychological therapy: An analysis of clinically significant change in the STAI-T across outcome studies since 1990. *Psychological Medicine*, *29*, 1425–1434.
71. Foa, E.B., & Kozak, M.J. (1986). Emotional processing of fear: Exposure to corrective information. *Psychological Bulletin*, *99*, 20–35.
72. Follette, V.M. (1994). Survivors of child sexual abuse: Treatment using a contextual analysis. In S.C. Hayes, N.S. Jacobson, V.M. Follette, & M.J. Dougher (Eds.), *Acceptance and change: Content and context in psychotherapy* (pp. 255–268). Reno, NV: Context Press.
73. Freeston, M.H., Rheaume, J., Letarte, H., Dugas, M.J., & Ladouceur, R. (1994). Why do people worry? *Personality and Individual Differences*, *17*, 791–802.
74. Gershuny, B.S., & Sher, K.J. (1998). The relation between personality and anxiety: Findings from a 3-year prospective study. *Journal of Abnormal Psychology*, *107*, 252–262.
75. Goisman, R.M., Rogers, M.P., Steketee, G.S., Warshaw, M.G., Cuneo, P., & Keller, M.B. (1993). Utilization of behavioral methods in a multi-center anxiety disorders study. *Journal of Clinical Psychiatry*, *54*, 213–218.
76. Goisman, R.M., Warshaw, M.G., & Keller, M.B. (1999). Psychosocial treatment prescriptions for generalized anxiety disorder, panic disorder, and social phobia, 1991–1996. *American Journal of Psychiatry*, *156*, 1819–1821.
77. Goldfried, M.R. (1971). Systematic desensitization as training in self-control. *Journal of Consulting and Clinical Psychology*, *37*, 228–234.
78. Gould, R.A., Otto, M.W., Pollack, M.H., & Yap, L. (1997). Cognitive behavioral and pharmacological treatment of generalized anxiety disorder: A preliminary meta-analysis. *Behavior Therapy*, *28*, 285–305.
79. Greenberg, L.S., & Safran, J.D. (1987). *Emotion in psychotherapy*. New York: Guilford Press.

80. Greenberg, P.E., Sisitsky, T., Kessler, R.C., Finkelstein, S.N., Berndt, E.R., Davidson, J.R.T., et al. (1999). The economic burden of the anxiety disorders in the 1990s. *Journal of Clinical Psychiatry*, 60, 427–435.
81. Harvey, A.G., & Rapee, R.M. (1995). Cognitive-behavior therapy for generalized anxiety disorder. *Psychiatric Clinics of North America*, 18, 859–870.
82. Hayes, S.C., Strosahl, K.D., & Wilson, K.G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.  
(Хейс, С., Стросал, К.Д., Уилсон, К.Г. *Терапия принятия и ответственности. Процессы и практика осознанных изменений*. — ООО “Диалектика”, 2021 г. — 544 с.)
83. Hettema, J.M., Prescott, C.A., & Kendler, K.S. (2001). A population-based twin study of generalized anxiety disorder in men and women. *Journal of Nervous and Mental Disease*, 189, 413–420.
84. Hudson, J.L., & Rapee, R.M. (2004). From anxious temperament to disorder: An etiological model of generalized anxiety disorder. In R.G. Heimberg, C.L. Turk, & D.S. Mennin (Eds.), *Generalized anxiety disorder: Advances in research and practice* (pp. 51–74). New York: Guilford Press.
85. Jacobson, E. (1929). *Progressive relaxation*. Chicago, IL: University of Chicago Press.
86. Kabat-Zinn, J. (1990). *Full catastrophic living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delacorte Press.
87. Kendler, K.S., Neale, M.C., Kessler, R.C., Heath, A.C., & Eaves, L.J. (1992). Major depression and generalized anxiety disorder: Same genes, (partly) different environments? *Archives of General Psychiatry*, 49, 716–722.
88. Kendler, K.S., Walters, E.E., Neale, M.C., Kessler, R.C., Heath, A.C., & Eaves, L.J. (1995). The structure of the genetic environmental risk factors for six major psychiatric disorders in women: Phobia, generalized anxiety disorder, panic disorder, bulimia, major depression, and alcoholism. *Archives of General Psychiatry*, 52, 374–383.
89. Kennedy, B.L., & Schwab, J.J. (1997). Utilization of medical specialists by anxiety disorder patients. *Psychosomatics*, 38, 109–1112.
90. Kessler, R.C. (2000). Gender differences in major depression: Epidemiological findings. In E. Frank (Ed.), *Gender and its effects on psychopathology* (pp. 61–84). Washington, DC: American Psychiatric Press.
91. Kessler, R.C., DuPont, R.L., Berglund, P., & Wittchen, H.-U. (1999). Impairment in pure and comorbid generalized anxiety disorder at 12 months in two national surveys. *American Journal of Psychiatry*, 156, 1663–1678.

92. Kessler, R.C., McGonagle, K.A., Zhao, S., Nelson, C.B., Hughes, M., Eshleman, S., et al. (1994). Lifetime and 12-month prevalence of DSM-III-R psychiatric disorders in the United States: Results from the National Comorbidity Survey. *Archives of General Psychiatry*, 51, 8–19.
93. Klosko, J.S., & Sanderson, W.C. (1999). *Cognitive-behavioral treatment of depression*. Northvale, NJ: Jason Aronson.
94. Ladouceur, R., Blais, F., Freeston, M.H., & Dugas, M.J. (1998). Problem solving and problem orientation in generalized anxiety disorder. *Journal of Anxiety Disorders*, 12, 139–152.
95. Ladouceur, R., Dugas, M.J., Freeston, M.H., Leger, E., Gagnon, F., & Thibodeau, N. (2000). Efficacy of a new cognitive-behavioral treatment for generalized anxiety disorder: Evaluation in a controlled clinical trial. *Journal of Consulting and Clinical Psychology*, 68, 957–964.
96. Ladouceur, R., Talbot, F., & Dugas, M.J. (1997). Behavioral expressions of intolerance of uncertainty in worry: Experimental findings. *Behavior Modification*, 21, 355–371.
97. Lang, P.J. (1978). Anxiety: Toward a psychophysiological definition. In H.S. Akiskal & W.L. Webb (Eds.), *Psychiatric diagnosis: Exploration of biological predictors* (pp. 365–389). New York: Spectrum.
98. Lang, P.J. (1979). A bio-informational theory of emotional imagery. *Psychophysiology*, 16, 495–512.
99. Lang, P.J. (1985). The cognitive psychophysiology of emotion: Fear and anxiety. In A.H. Tuma & J.D. Maser (Eds.), *Anxiety and the anxiety disorders* (pp. 131–170). Hillsdale, NJ: Erlbaum.
100. Lang, P.J. (1994). Varieties of emotional experience: A mediation on James-Lange theory. *Psychological Review*, 101, 211–221.
101. Lang, P.J., Cuthbert, B.N., & Bradley, M.M. (1998). Measuring emotion in therapy: Imagery, activation, and feeling. *Behavior Therapy*, 29, 655–674.
102. Lewinsohn, P.M. (1975). The behavioral study and treatment of depression. In M. Hersen & R.M. Eisler (Eds.), *Progress in behavior modification* (pp. 19–64). New York: Academic Press.
103. Lichtenstein, J., & Cassidy, J. (1991, April). *The Inventory of Adult Attachment (INVAA): Validation of a new measure*. Paper presented at the biennial meeting of the Society for Research in Child Development (SRCD), Seattle, WA.
104. Lindsay, W.R., Gamsu, C.V., McLaughlin, F., Hood, E., & Espie, C.A. (1987). A controlled trial of treatments for generalized anxiety. *British Journal of Clinical Psychology*, 26, 3–15.



105. Linehan, M.M. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.  
(Линехан, М. *Когнитивно-поведенческая терапия пограничного расстройства личности*. — ООО “Диалектика”, 2020 г. — 592 с.)
106. Linehan, M.M. (1993b). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.  
(Линехан, М. *Руководство по тренингу навыков при терапии пограничного расстройства личности*. — ООО “Диалектика”, 2020 г. — 336 с.)
107. Mahe, V., & Balogh, A. (2000). Long-term pharmacological treatment of generalized anxiety disorder. *International Clinical Psychopharmacology*, 15, 99–105.
108. Mancuso, D.M., Townsend, M.H., & Mercante, D.E. (1993). Long-term follow-up of generalized anxiety disorder. *Comprehensive Psychiatry*, 34, 441–446.
109. Martinsen, E.W., Sandvik, L., & Kolbjørnsrud, O.-B. (1989). Aerobic exercise in the treatment of nonpsychotic mental disorders: An explanatory study. *Nordisk Psykiatrisk Tidsskrift*, 43, 521–529.
110. Mavissakalian, M.R., Hamann, M.S., Haidaar, S.A., & De Groot, C.M. (1995). Correlates of DSM-III personality disorder in generalized anxiety disorder. *Journal of Anxiety Disorders*, 9, 103–115.
111. Mennin, D.S., Heimberg, R.G., Turk, C.L., & Fresco, D. M. (2002). Applying an emotion regulation framework to integrative approaches to generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 9, 85–90.
112. Meoni, P., Salinas, E., Brault, Y., & Hackett, D. (2001). Pattern of symptom improvement following treatment with venlafaxine XR in patients with generalized anxiety disorder. *Journal of Clinical Psychiatry*, 62, 888–893.
113. Meyer, T.J., Miller, M.L., Metzger, R.L., & Borkovec, T.D. (1990). Development and validation of the Penn State Worry Questionnaire. *Behaviour Research and Therapy*, 28, 487–495.
114. Molina, S., & Borkovec, T.D. (1994). The Penn State Worry Questionnaire: Psychometric properties and associated characteristics. In G.C. Davey & F. Tallis (Eds.), *Worrying: Perspectives on theory, assessment, and treatment* (pp. 265–283). Chichester, England: Wiley.
115. Mowrer, O.H. (1947). On the dual nature of learning: A re-interpretation of “conditioning” and “problem solving.” *Harvard Educational Review*, 17, 102–148.
116. Newman, M.G. (2000). Recommendations for a cost offset model of psychotherapy allocation using generalized anxiety disorder as an example. *Journal of Consulting and Clinical Psychology*, 68, 549–555.

117. Newman, M.G., Castonguay, L.G., Borkovec, T.D., & Molnar, C. (2004). Integrative psychotherapy. In R.G. Heimberg, C.L. Turk, & D.S. Mennin (Eds.), *Generalized anxiety disorder: Advances in research and practice* (pp. 320–350). New York: Guilford Press.
118. Newman, M.G., Zuellig, A.R., Kachin, K.E., Constantino, M.J., Przeworski, A., Erikson, T., et al. (2002). Preliminary reliability and validity of the Generalized Anxiety Disorder Questionnaire — IV: A revised self-report diagnostic measure of generalized anxiety disorder. *Behavior Therapy*, 33, 215–233.
119. Noyes, R., Woodman, C., Garvey, M.J., Cook, B.L., Suelzer, M., Chancy, J., et al. (1992). Generalized anxiety disorder vs. panic disorder: Distinguishing characteristics and patterns of comorbidity. *Journal of Nervous and Mental Disease*, 180, 369–379.
120. Ormel, J., Von Korff, M., Ustun, B., Pini, S., Korten, A., & Oldehinkel, T. (1994). Common mental disorders and disabilities across cultures: Results from the WHO collaborative study on psychological problems in general health care. *Journal of the American Medical Association*, 272, 1741–1748.
121. Orsillo, S.M., Roemer, L., & Barlow, D.H. (2003). Integrating acceptance and mindfulness into existing cognitive-behavioral treatment for GAD: A case study. *Cognitive and Behavioral Practice*, 10, 223–230.
122. Öst, L.-G. (1987). Applied relaxation: Description of a coping technique and review of controlled studies. *Behaviour Research and Therapy*, 25, 397–409.
123. Öst, L.-G., & Breitholtz, E. (2000). Applied relaxation vs. cognitive therapy in the treatment of generalized anxiety disorder. *Behaviour Research and Therapy*, 38, 777–790.
124. Rapee, R.M. (1991). Generalized anxiety disorder: A review of clinical features and theoretical concepts. *Clinical Psychology Review*, 11, 419–440.
125. Rickels, K., DeMartinis, N., Garcia-Espana, F., Greenblatt, D.J., Mandas, L.A., & Rynn, M. (2000). Imipramine and buspirone in treatment of patients with generalized anxiety disorder who are discontinuing long-term benzodiazepine therapy. *American Journal of Psychiatry*, 157, 1973–1979.
126. Rickels, K., Pollack, M.H., Sheehan, D.V., & Haskins, J.T. (2000). Efficacy of extended-release venlafaxine in nondepressed outpatients with generalized anxiety disorder. *American Journal of Psychiatry*, 157, 968–981.
127. Roemer, L., & Orsillo, S.M. (2002). Expanding our conceptualization of and treatment for generalized anxiety disorder: Integrating mindfulness/acceptance-based approaches with existing cognitive-behavioral models. *Clinical Psychology: Science and Practice*, 9, 54–68.

128. Sanderson, K., & Andrews, G. (2002). Prevalence and severity of mental-health-related disability and relationship to diagnosis. *Psychiatric Services*, 53, 80–86.
129. Sanderson, W.C. (1997). The importance of empirically supported psychological interventions in the new healthcare environment. In L. VandeCreek, S. Knapp, & T. Jackson (Eds.), *Innovations in clinical practice: A source book* (Vol. 15, pp. 387–399). Sarasota, FL: Professional Resource Press.
130. Sanderson, W.C., & Barlow, D.H. (1990). A description of patients diagnosed with DSM-III-R generalized anxiety disorder. *Journal of Nervous and Mental Disease*, 178, 588–591.
131. Sanderson, W.C., Beck, A.T., & McGinn, L.K. (1994). Cognitive therapy for generalized anxiety disorder: Significance of comorbid personality disorders. *Journal of Cognitive Psychotherapy: An International Quarterly*, 8, 13–18.
132. Sanderson, W.C., DiNardo, P.A., Rapee, R.M., & Barlow, D.H. (1990). Syndrome comorbidity in patients diagnosed with a DSM-III-Revised anxiety disorder. *Journal of Abnormal Psychology*, 99, 308–312.
133. Sanderson, W.C., & Wetzler, S. (1991). Chronic anxiety and generalized anxiety disorder: Issues in comorbidity. In R.M. Rapee & D.H. Barlow (Eds.), *Chronic anxiety: Generalized anxiety disorder and mixed anxiety–depression* (pp. 119–135). New York: Guilford Press.
134. Schatzberg, A.F., Cole, J.O., & DeBattista, C. (1997). *Manual of clinical psychopharmacology* (3rd ed). Washington, DC: American Psychiatric Press.
135. Schut, A.J., Castonguay, L.G., & Borkovec, T.D. (2001). Compulsive checking behaviors in generalized anxiety disorder. *Journal of Clinical Psychology*, 57, 705–715.
136. Schweizer, E., & Rickels, K. (1996). The long-term management of generalized anxiety disorder: Issues and dilemmas. *Journal of Clinical Psychiatry*, 57, 9–12.
137. Schweizer, E., & Rickels, K. (1997). Strategies for treatment of generalized anxiety in the primary care setting. *Journal of Clinical Psychiatry*, 58, 27–31.
138. Segal, Z.V., Williams, J.M.G., & Teasdale, J.D. (2002). *Mindfulness-based cognitive therapy for depression*. New York: Guilford Press.
139. Sime, W. (1996). Guidelines for clinical applications of exercise therapy for mental health. In J.L. Van Raalte & B.W. Brewer (Eds.), *Exploring sport and exercise psychology* (pp. 159–187). Washington, DC: American Psychological Association.
140. Stein, D.J. (2001). Comorbidity in generalized anxiety disorder: Impact and implications. *Journal of Clinical Psychiatry*, 62, 29–36.

141. Steer, R.A., Brown, G.K., Beck, A.T., & Sanderson, W.C. (1999). Mean Beck Depression Inventory-II scores by severity of major depressive episode. *Psychological Reports*, 88, 1075-1076.
142. Steer, R.A., Clark, D.A., Beck, A.T., & Ranieri, W.F. (1999). Common and specific dimensions of self-reported anxiety and depression: The BDI-II versus the BDI-IA. *Behaviour Research and Therapy*, 37, 183-190.
143. Stober, J. (1998). Worry, problem elaboration and suppression of imagery: The role of concreteness. *Behaviour Research and Therapy*, 36, 751-756.
144. Stober, J., & Borkovec, T.D. (2002). Reduced concreteness of worry in generalized anxiety disorder: Findings from a therapy study. *Cognitive Therapy and Research*, 26, 89-96.
145. Stober, J., & Joorman, J. (2001). Worry, procrastination, and perfectionism: Differentiating amount of worry, pathological worry, anxiety, and depression. *Cognitive Therapy and Research*, 25, 49-60.
146. Sussman, N., & Stein, D.J. (2001). Pharmacotherapy for generalized anxiety disorder. In D. Stein & E. Hollander (Eds.), *The American Psychiatric Publishing textbook of anxiety disorders* (pp. 135-140). Washington, DC: American Psychiatric Press.
147. Teasdale, J.D., Segal, Z.V., Williams, J.M.G., Ridgeway, V.A., Soulsby, J.M., & Lau, M.A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68, 615-623.
148. Tkachuk, G.A., & Martin, G. L. (1999). Exercise therapy for patients with psychiatric disorders: Research and clinical implications. *Professional Psychology: Research and Practice*, 30, 275-282.
149. Trull, T.J., & Sher, K.J. (1994). Relationship between the five-factor model of personality and Axis I disorders in a nonclinical sample. *Journal of Abnormal Psychology*, 103, 350-360.
150. Vasey, M.W., & Borkovec, T.D. (1992). A catastrophizing assessment of worrisome thoughts. *Cognitive Therapy and Research*, 16, 505-520.
151. Wegner, D., Schneider, D., Carter, S., & White, T. (1987). Paradoxical effects of thought suppression. *Journal of Personality and Social Psychology*, 53, 5-13.
152. Weissman, M.M., & Merikangas, K.R. (1986). The epidemiology of anxiety and panic disorders: An update. *Journal of Clinical Psychopharmacology*, 46, 11-17.
153. Weissman, M.M., & Sanderson, W.C. (2002). Problems and promises in modern psychotherapy: The need for increased training in evidence based treatments. In B. Hamburg (Ed.), *Modern psychiatry: Challenges in educating health professionals to meet new needs*. New York: Josiah Macy Foundation.

154. Wells, A. (1995). Meta-cognition and worry: A cognitive model of generalized anxiety disorder. *Behavioural and Cognitive Psychotherapy*, 23, 301–320.
155. Wells, A. (1999). A cognitive model of generalized anxiety disorder. *Behavior Modification*, 23, 526–555.
156. Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice*, 9, 179–192.
157. White, J. (1998). “Stress control” large group therapy for generalized anxiety disorder: Two year follow-up. *Behavioural and Cognitive Psychotherapy*, 26, 237–245.
158. White, J., Keenan, M., & Brooks, N. (1992). Stress control: A controlled comparative investigation of large group therapy for generalized anxiety disorder. *Behavioural and Cognitive Psychotherapy*, 20, 97–114.
159. Wittchen, H.-U., Carter, R.M., Pfister, H., Montgomery, S.A., & Kessler, R.C. (2000). Disabilities and quality of life in pure and comorbid generalized anxiety disorder and major depression in a national survey. *International Clinical Psychopharmacology*, 15, 319–328.
160. Wittchen, H.-U., Zhao, S., Kessler, R., & Eaton, W.W. (1994). DSM-II-R generalized anxiety disorder in the National Comorbidity Survey. *Archives of General Psychiatry*, 51, 355–364.
161. Wolpe, J. (1958). *Psychotherapy by reciprocal inhibition*. Stanford, CA: Stanford University Press.
162. Yonkers, K.A., Dyck, I.R., Warshaw, M., & Keller, M.B. (2000). Factors predicting the clinical course of generalized anxiety disorder. *British Journal of Psychiatry*, 176, 544–549.
163. Yonkers, K.A., Warshaw, M.G., Massion, A.O., & Keller, M.B. (1996). Phenomenology and course of generalized anxiety disorder. *British Journal of Psychiatry*, 168, 308–313.
164. Young, J.E., & Klosko, J.S. (1993). *Reinventing your life: How to break free from negative life patterns*. New York: Dutton.
165. Young, J.E., Klosko, J.S., & Weishaar, M.E. (2003). *Schema therapy: A practitioner’s guide*. New York: Guilford Press.  
(Янг, Д., Клоско, Д., Вайсхаар, М. *Схема-терапия. Практическое руководство*. — Диалектика, 2020 г. — 464 с.)
166. Zinbarg, R.E., Craske, M.G., & Barlow, D.H. (1993). *Mastery of your anxiety and worry: Therapist guide*. Albany, NY: Graywind.