

Bibliography:

- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Arlington, VA: American Psychiatric Publishing.
- American Psychological Association (2010). Retrieved March 1, 2016 from http://www.apapracticecentral.org/outreach/anxiety-disorders.pdf?_ga=1.80861399.1131732271.1457810915
- Antony M.M., Ledley, D.R., & Heimberg R.G. (2005). *Improving outcome and preventing relapse in cognitive behavioral therapy*. Guilford Press: New York.
- Ballenger, JC; Davidson, JR; Lecrubier, Y; Nutt, DJ; Borkovec, TD; Rickels, K; Stein, DJ; Wittchen, HU (2001). "Consensus statement on generalized anxiety disorder from the International Consensus Group on Depression and Anxiety". *The Journal of Clinical Psychiatry*. 62 Suppl 11: 53–8.
- Bandelow, B., Boerner R., Kasper, S., Linden, M., Wittchen H.U., Moller, H.J. (2013). The diagnosis and treatment of generalized anxiety disorder. *Deutsches Arzteblatt* 2013, 1110, 300-310. DOI: 10.3238/arztebl.2013.0300
- Bandelow, Borwin; Sher, Leo; Bunevicius, Robertas; Hollander, Eric; Kasper, Siegfried; Zohar, Joseph; Möller, Hans-Jürgen (2012). "Guidelines for the pharmacological treatment of anxiety disorders, obsessive–compulsive disorder and posttraumatic stress disorder in primary care" (PDF). *International Journal of Psychiatry in Clinical Practice* 16 (2): 77–84. doi:10.3109/13651501.2012.667114. PMID 22540422. Retrieved 24 November 2015.
- Behar, E., Dimarco, I., Hekler, E.B.; Mohlman, J. & Staples, A.M. (2009). "Current theoretical models of generalized anxiety disorder (GAD): Conceptual review and treatment implications". *Journal of Anxiety Disorders* 23 (8): 1011–23.
- Barlow, David H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic*, 2nd ed. New York: Guilford Press.
- Beck Institute for Cognitive Behavioral Therapy (2013). (<http://www.beckinstitute.org>).
- Beck, Aaron T.; Rush, A. John; Shaw, Brian F.; Emery, Gary. (1979). *Cognitive Therapy of Depression*. New York: The Guilford Press. pp. 11.
- Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. New York: International Universities Press.
- Beck, A. T. and Freeman, A. (1990). *Cognitive therapy of personality disorders*. New York: Guilford.
- Beck, Judith S. (2005). *Cognitive therapy for challenging problems: What to do when basics don't work*. New York: Guilford Press.
- Blackburn IM, Bishop S, Glen AI, Whalley LJ, Christie JE. The efficacy of cognitive therapy in depression. *Br J Psychiatry*. 1981;139:181–9.
- Bruce M. S., Lader M.; Lader (2009). Caffeine abstinence in the management of anxiety disorders. *Psychological Medicine* 19 (1): 211–4.
- Clark, D.A., Beck, A.T., & Alford, B.A. (1999). *Scientific foundations of cognitive therapy and therapy of depression*. New York: Wiley.
- Covin, R., Ouimet, A. J., Seeds, P. M., & Dozois, D. J. (2008). A meta-analysis of CBT for pathological worry among clients with GAD. *Journal of Anxiety Disorders*, 22, 108–116.
- DeRueis, R.J., Gelfrand L.A, Tang, T.Z., & Simons, A.D. (1999). Medication versus cognitive behavioral therapy for severely depressed outpatients: Mega-analysis of four randomized comparisons. *American Journal of Psychiatry*, 156, 1007-1013.
- Dobson, K.S. (1989). A meta-analysis of the efficacy of cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 57(3), 414-419.
- Epictetus (1983). *The Handbook of Epictetus*. N. White trans. Indianapolis, IN: Hackett.

- Faraone, S and Kunwar, A. (2007). ADHD in children with comorbid conditions: ADHD and anxiety, retrieved from: MDhttp://www.medscape.org/viewarticle/555748_5.
- Gurman, A.S. & Messer, S.B. (2003). *Essential Psychotherapies*. Guilford Press: New York.
- Jarrett RB, Eaves GG, Granneman BD, et al (1991). Clinical, cognitive, and demographic predictors of response to cognitive therapy for depression: a preliminary report. *Psychiatry Res.* 1991;37 (3):245–260.
- Keller MB, McCullough JP, Klein DN, Arnow B, Dunner DL, Gelenberg AJ, et al. (2001). A comparison of nefazodone, the cognitive behavioral-analysis system of psychotherapy, and their combination for the treatment of chronic depression [published correction appears in *N Engl J Med* 2001;345:232]. *N Engl J Med.* 2000;342:1462–70.
- Ladouceur, R., et al (2000). Efficacy of a cognitive-behavioral treatment for generalized anxiety disorder: Evaluation in a controlled clinical trial. *Journal of Consulting and Clinical Psychology*, Vol 68:6, 957-964.
- Leahy, R.L. (2003). *Cognitive therapy techniques: A practitioners guide*. New York: Guilford Press.
- Leahy, R.L. (1996). *Cognitive Therapy: Basic principles and applications*. Northvale, CA: Aronson.
- Locke, A. (2015). Diagnosis and Management of Generalized Anxiety Disorder and Panic Disorder in Adults. *American Family Physician*. May 1;91(9):617-624.
- Mitchell, C. (2006). *Resistant clients: We've all had them, here's how to help them*. Psychotherapy.net/article/resistant-clients
- Morissette, Sandra Baker; Tull, Matthew T.; Gulliver, Suzy Bird; Kamholz, Barbara Wolfsdorf; Zimering, Rose T. (2007). Anxiety, anxiety disorders, tobacco use, and nicotine: A critical review of interrelationships". *Psychological Bulletin* 133 (2): 245–72.
- National Institute of Mental Health (2016). Retrieved from <http://www.nimh.nih.gov/health/topics/generalized-anxiety-disorder-gad/index.shtml>
- Nutter, D and Pataki, C. (2015). Pediatric Generalized Anxiety Disorder. *MedScape news and perspective*. Retrieved on March 3rd, 2016 from: <http://emedicine.medscape.com/article/916933-overview#showall>
- Olatunji, B.O., Cisler, J.M., Deacon, B.J.. Efficacy of cognitive behavioral therapy for anxiety disorders: a review of meta-analytic findings. *Psychiatric Clinics of North America* 2010, 33, 557-577. doi:10.1016/j.psc.2010.04.002
- Persons, J.B. (1989). *Cognitive therapy in practice: A case formulation approach*. W.W. Norton: New York.
- Persons, J.J., Burn, B.D., and Perloff A.M., (1988). Predictors of dropout and outcome in cognitive therapy for depression in a private practice setting. *Cognitive Therapy and Research*, 12, 557-575.
- Prochaska, J.O. & Norcross, J.C. (2003). *Systems of psychotherapy: A transtheoretical analysis, 5th ed*. Thomson Brooks Cole: Pacific Grove, CA.
- Provencher, M., Dugas, M. and Ladouceur, R. (2004). Efficacy of problem-solving training and cognitive exposure in the treatment of generalized anxiety disorder: A case replication series. *Cognitive and Behavioral Practice*, 11: 404-414.
- Rygh, J. and Sanderson, W. (2004). *Treating generalized anxiety disorder; Evidence based strategies, tools and techniques*. New York: Guilford Press.
- Safran, J.D, & Segal, Z.V. (1990). *Interpersonal process in cognitive therapy*. New York: Basic Books.
- Simon, N.M. (2009). Generalized anxiety disorder and psychiatric comorbidities such as depression, bipolar disorder, and substance abuse. *Journal of Clinical Psychiatry*, 70 Suppl 2: 10-14. doi: 10.4088/JCP.s.7002.02

- Starcevic, Vladan (2005). *Anxiety disorders in adults: A clinical guide*. New York: Oxford University Press.
- Tambs K, Czajkowsky N, Røysamb E, Neale MC, Reichborn-Kjennerud T, Aggen SH. Structure of genetic and environmental risk factors for dimensional representations of DSM-IV anxiety disorders. *Br J Psychiatry*. 2009 Oct. 195(4):301-7.
- Vittengl JR, Clark LA, Dunn TW, et al (2007). Reducing relapse and recurrence in unipolar depression, a comparative meta-analysis of cognitive-behavioral therapy's effects. *J Consult Clinical Psychol*. 2007;75(3):475-488.
- Weissman M, Wickramaratne P, Nomura Y, et al (2006). Offspring of depressed parents: 20 years later. *Am J Psychiatry*. 2006, 163: 1001-1008.
- Wells, A. (1994) Attention and the control of worry. In Starcevic (2005) *Anxiety disorders in adults: A clinical guide*. New York: Oxford University Press.