

“Theories of Anxiety”

from *Anxiety: A Very Short Introduction*

by Daniel Freeman and Jason Freeman

This reading has been excerpted from the following source:

Freeman, D., & Freeman, J. (2012). *Anxiety: A very short introduction* (14-33; 132-133).
Oxford: Oxford University Press.

Key Terms

It is important to learn the meaning of these terms in order to fully understand the reading. Some of these terms may be explained in the reading itself but others are not. If you are unsure about what these terms mean, you should look them up. A good source is the online Oxford Dictionary: <http://www.oxforddictionaries.com>. If the definition you find there does not seem adequate or if you would like a fuller explanation of a term, another good source to consult is Credo: <http://search.credoreference.com/>. Particularly helpful are Credo’s “Definition” and “Person” functions under “Tools.”

- instinctual
- phobia
- repression (psychological)
- association (psychological)
- neuroscience

Reading Questions

These questions will help you to identify the main ideas and arguments in the reading. It’s a good idea to review these questions before you begin reading, to keep them in mind while you read, and to answer them after you finish reading. If you aren’t sure how to answer one or more questions, you should re-read the relevant part(s) of the article.

1. How does Sigmund Freud distinguish between *realistic* and *neurotic* anxiety, and why does he believe that neurotic anxiety is caused by instinctive desires?
2. Why did Little Albert become afraid of anything that resembled a white rat?
3. Why do behaviourists think that anxiety can be the result of conditioning?
4. According to the cognitive behaviourists, how does our mind “appraise” situations, and why does it often exaggerate the risk of danger?
5. Neuroscientist Joseph LeDoux claims that the amygdala is the part of the brain responsible for immediate fear and anxiety. How do the frontal lobes evaluate threatening situations differently?