



Psychologie der Angst: Ein Lehrbuch (German Edition)

Heinz Walter Krohne

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Dieses Buch führt den Leser in die Grundlagen und unterschiedlichen theoretischen Ansätze der Psychologie der Angst ein. Darüber hinaus informiert es über die neuesten Fortschritte in ausgewählten Bereichen der Angstforschung, speziell der Angstmessung, der Angstbewältigung sowie der biologischen Grundlagen der aktuellen Emotion Angst und des Persönlichkeitsmerkmals Ängstlichkeit. Dem Autor gelingt es, die vielfältigen definitorischen, klassifizierenden und messmethodischen Ansätze nach einem einheitlichen Gesichtspunkt zu ordnen und hinsichtlich ihrer Qualität zu beurteilen. Anhand exemplarisch ausgewählter empirischer Befunde stellt er neuere Forschungsergebnisse zu den Entwicklungsbedingungen, Auslösern und Konsequenzen der Angst dar. Besonders eingegangen wird auf die neuesten Forschungen zu den neurobiologischen Grundlagen und Korrelaten der Angst.

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