# Chapter 1 Stress, Definitions, Mechanisms, and Effects Outlined

# Lessons from Anxiety

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Table 1

Prototype of Self-Report Symptoms of Fear, Anxiety, and Depression

|  |  |  |  |
| --- | --- | --- | --- |
|  | Clustersa | | |
|  | Fear | Anxiety | Depression |
| *Response-systems* | | | |
| Verbal-subjective | Thoughts of imminent threat | Thoughts of future threat | Thoughts of loss, failureb |
| Somato-visceral | Sympathetic arousal | Muscle tension | Energy lossb |
| Overt motor | Escape | Avoidance | Withdrawalb |

a While represented as prototypes, fear and anxiety may be better represented as points along a continuum, with varying degrees of symptom overlap.b More specifically, these features represent lack of positive affect, as represented by the absence of thoughts of success, the absence of energy, and the absence of desire to be with other people.

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