



Universiteit
Leiden
The Netherlands

Perseverative cognition : the impact of worry on health

Verkuil, B.

Citation

Verkuil, B. (2010, January 27). *Perseverative cognition : the impact of worry on health*. Retrieved from <https://hdl.handle.net/1887/14618>

Version: Not Applicable (or Unknown)

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/14618>

Note: To cite this publication please use the final published version (if applicable).

REFERENCES

- Abbott, M. J., & Rapee, R. M. (2004). Post-event rumination and negative self-appraisal in social phobia before and after treatment. *Journal of Abnormal Psychology, 113*, 136-144.
- Aiken, L. S., & West, S. G. (1991). *Multiple regression: Testing and interpreting interactions*, Sage, Newbury Park, 32 pp.
- Algom, D., Chajut, E., & Lev, S. (2004). A Rational Look at the Emotional Stroop Phenomenon: A Generic Slowdown, Not a Stroop Effect. *Journal of Experimental Psychology: General, 133*, 323-338.
- Amat, J., Baratta, M. V., Paul, E., Bland, S. T., Watkins, L. R., & Maier, S. F. (2005). Medial prefrontal cortex determines how stressor controllability affects behavior and dorsal raphe nucleus. *Nat Neurosci, 8*, 365-371.
- American Psychiatric Association (1994). *Diagnostic and statistical manual of mental disorders (4th ed.)*. Washington, DC: American Psychiatric Association.
- Anderson, J. C., Linden, W., & Habra, M. E. (2005). The importance of examining blood pressure reactivity and recovery in anger provocation research. *International Journal of Psychophysiology, 57*, 159-163.
- Ayduk, O., & Kross, E. (2008). Enhancing the pace of recovery: self-distanced analysis of negative experiences reduces blood pressure reactivity. *Psychological Science, 19*, 229.
- Bailey, C. H., & Chen, M. (1991). Morphological aspects of synaptic plasticity in Aplysia. An anatomical substrate for long-term memory. *Annals of the New York Academy of Sciences, 627*, 181-196.
- Baker, F. C., Maloney, S., & Driver, H. S. (1999). A comparison of subjective estimates of sleep with objective polysomnographic data in healthy men and women. *Journal of Psychosomatic Research, 47*, 335-341.
- Bargh, J. A., & Chartrand, T. L. (1999). The unbearable automaticity of being. *American Psychologist, 54*, 462-479.
- Bargh, J. A., & Ferguson, M. J. (2000). Beyond behaviorism: On the automaticity of higher mental processes. *Psychological Bulletin, 126*, 925-945.
- Baron, R. M., & Kenny, D. A. (1986). The Moderator mediator variable distinction in social psychological-research - Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology, 51*, 1173-1182.
- Behar, E., Alcaine, O., Zuellig, A. R., & Borkovec, T. D. (2003). Screening for generalized anxiety disorder using the Penn State Worry Questionnaire: a receiver operating characteristic analysis. *Journal of Behavior Therapy and Experimental Psychiatry, 34*, 25-43.
- Belanger, L., Morin, C. A., Langlois, F., & Ladouceur, R. (2004). Insomnia and generalized anxiety disorder: Effects of cognitive behavior therapy for gad on insomnia symptoms. *Journal of Anxiety Disorders, 18*, 561-571.
- Bieling, P. J., Antony, M. M., & Swinson, R. P. (1998). The State-Trait Anxiety Inventory, Trait version: structure and content re-examined. *Behaviour Research and Therapy, 36*, 777-788.
- Black, P. H. & Garbutt, L. D. (2002). Stress, inflammation and cardiovascular disease. *Journal of Psychosomatic Research, 52*, 1-23.
- Boldero, J., & Francis, J. (2002). Goals, standards, and the self: Reference values serving different functions. *Personality and social psychology review, 6*, 232.
- Borghi, C., Costa, F. V., Boschi, S., Mussi, A., & Ambrosioni, E. (1986). Predictors of stable hypertension in young borderline subjects - 5-year follow-up-study. *Journal of Cardiovascular Pharmacology, 8*, S138-S141.
- Borkovec, T. (1982). Insomnia. *Journal of Consulting and Clinical Psychology, 50*, 880-896.
- Borkovec, T. D. & Costello, E. (1993). Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized

- anxiety disorder. *Journal of Consulting & Clinical Psychology*, 61, 611-619.
- Borkovec, T. D. & Roemer, L. (1995). Perceived functions of worry among generalized anxiety disorder subjects: distraction from more emotionally distressing topics? *Journal of Behavior Therapy and Experimental Psychiatry*, 26, 25-30.
- Borkovec, T. D., & Hu, S. (1990). The effect of worry on cardiovascular response to phobic imagery. *Behaviour Research and Therapy*, 28, 69-73.
- Borkovec, T. D., & Roemer, L. (1995). Perceived functions of worry among generalized anxiety disorder subjects: distraction from more emotionally distressing topics? *Journal of Behavior Therapy and Experimental Psychiatry*, 26, 25-30.
- Borkovec, T. D., Lyonfields, J. D., Wiser, S. L., & Deihl, L. (1993). The role of worrisome thinking in the suppression of cardiovascular response to phobic imagery. *Behaviour Research and Therapy*, 31, 321-324.
- 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.
- Borkovec, T. D., Ray, W. J., & Stöber, J. (1998). Worry: A cognitive phenomenon intimately linked to affective, physiological, and interpersonal behavioral processes. *Cognitive Therapy and Research*, 22, 561-576.
- Borkovec, T. D., Robinson, E., Pruzinsky, T., & DePree, J. A. (1983). Preliminary exploration of worry: Some characteristics and processes. *Behaviour Research and Therapy*, 21, 9-16.
- 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.
- Bouin, M., Meunier, P., Riberdy-Poitras, M., & Poitras, P. (2001). Pain hypersensitivity in patients with functional gastrointestinal disorders: A gastrointestinal-specific defect or a general systemic condition? *Digestive Diseases and Sciences*, 46, 2542-2548.
- Bowman, D., Scogin, F., Floyd, M., Patton, E., & Gist, L. (1997). Efficacy of self-examination therapy in the treatment of generalized anxiety disorder. *Journal of Counseling Psychology*, 44, 267-273.
- Broadbent, E., Petrie, K. J., Alley, P. G., & Booth, R. J. (2003). Psychological stress impairs early wound repair following surgery. *Psychosomatic Medicine*, 65, 865-869.
- Brod, J., Fencl, V., Heijl, Z., and Jirka, J. (1959). Circulatory changes underlying blood pressure elevation during acute emotional stress in normotensive and hypertensive subjects. *Clinical Science*, 18, 269-279.
- Brosschot, J. F. & Van Der Doef, M. (2006). Daily worrying and somatic health complaints: Testing the effectiveness of a simple worry reduction intervention. *Psychology & Health*, 21, 19-31.
- Brosschot, J. F. (2002). Cognitive-emotional sensitization and somatic health complaints. *Scandinavian Journal of Psychology*, 43, 113-121.
- Brosschot, J. F., & Van Der Doef, M. (2006). Daily worrying and somatic health complaints: Testing the effectiveness of a simple worry reduction intervention. *Psychology & Health*, 21, 19-31.
- Brosschot, J. F., Benschop, R. J., Godaert, G. L., de Smet, M. B., Olff, M., Heijnen, C. J. et al. (1992). Effects of experimental psychological stress on distribution and function of peripheral blood cells. *Psychosomatic Medicine*, 54, 394-406.
- Brosschot, J. F., Benschop, R. J., Godaert, G. L., Olff, M., De Smet, M., Heijnen, C. J. et al. (1994). Influence of life stress on immunological reactivity to mild psychological stress. *Psychosomatic Medicine*, 56, 216-224.
- Brosschot, J. F., Gerin, W., & Thayer, J. F. (2006). The perseverative cognition hypothesis: a review of worry, prolonged stress-related physiological activation, and health. *Journal of Psychosomatic Research*, 60, 113-124.

- Brosschot, J. F., Pieper, S., & Thayer, J. F. (2005). Expanding stress theory: prolonged activation and perseverative cognition. *Psychoneuroendocrinology, 30*, 1043-1049.
- Brosschot, J. F., Pieper, S., & Thayer, J. F. (2005). Expanding stress theory: prolonged activation and perseverative cognition. *Psychoneuroendocrinology, 30*, 1043-1049.
- Brosschot, J. F., van Dijk, E., & Thayer, J. F. (2007). Daily worry is related to low heart rate variability during waking and the subsequent nocturnal sleep period. *International Journal of Psychophysiology, 63*, 39-47.
- Brosschot, J., & Thayer, J. (1998). Anger inhibition, cardiovascular recovery, and vagal function: A model of the link between hostility and cardiovascular disease. *Annals of Behavioral Medicine, 20*, 326-332.
- Brosschot, J.F. and Thayer, J.F. (2003). Heart rate response is longer after negative emotions than after positive emotions. *International Journal of Psychophysiology, 50*, 181-187.
- Brown, R. J. (2004). Psychological mechanisms of medically unexplained symptoms: An integrative conceptual model. *Psychological Bulletin, 130*, 793-812.
- Brown, T. A. (2003). Confirmatory factor analysis of the Penn State Worry Questionnaire: Multiple factors or method effects? *Behaviour Research and Therapy, 41*, 1411-1426.
- 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.
- Buchgreitz, L., Lyngberg, A. C., Bendtsen, L., & Jensen, R. (2006). Frequency of headache is related to sensitization: A population study. *Pain, 123*, 19-27.
- Buchholz, K., Schachinger, H., Wagner, M., Schorr, U., Sharma, A. M., & Deter, H. C. (2001). Enhanced affective startle modulation in salt-sensitive subjects. *Hypertension, 38*, 1325-1329.
- Buchholz, K., Schachinger, H., Wagner, M., Sharma, A. M., & Deter, H. C. (2003). Reduced vagal activity in salt-sensitive subjects during mental challenge. *American Journal of Hypertension, 16*, 531-536.
- Carrillo-de-la-Pena, M. T., Vallet, M., Perez, M. I., & Gomez-Perretta, C. (2006). Intensity dependence of auditory-evoked cortical potentials in fibromyalgia patients: A test of the generalized hypervigilance hypothesis. *The Journal of Pain, 7*, 480-487.
- Carver, C. S., & Scheier, M. F. (1990). Origins and functions of positive and negative affect: A control-process view. *Psychological Review, 97*, 19-35.
- Casey, L. M., Oei, T. P. S., & Newcombe, P. A. (2004). An integrated cognitive model of panic disorder: The role of positive and negative cognitions. *Clinical Psychology Review, 24*, 529-555.
- Chambers, A. S., & Allen, J. J. B. (2007). Sex differences in cardiac vagal control in a depressed sample: Implications for differential cardiovascular mortality. *Biological Psychology, 75*, 32-36.
- Ciesla, J. A., & Roberts, J. E. (2002). Self-directed thought and response to treatment for depression: A preliminary investigation. *Journal of Cognitive Psychotherapy, 16*, 435-453.
- Cohen, J. D. (1988). *Statistical power analysis for the behavioral sciences*. (2nd ed.) Hillsdale, New Jersey: Lawrence Erlbaum Associates.
- Cohen, S., & Williamson, G. M. (1991). Stress and infectious disease in humans. *Psychological Bulletin, 109*, 5-24.
- Cohen, S., Doyle, W. J., Skoner, D. P., Fireman, P., Gwaltney, J., & Newsom, J. (1995). State and trait negative affect as predictors of objective and subjective symptoms of respiratory viral infections. *Journal of Personality and Social Psychology, 68*, 159-169.
- Cole, C.R. (2000). Heart rate recovery after submaximal exercise testing as a predictor of mortality in a cardiovascularly healthy cohort. *Annals of Internal Medicine, 132*, 552-555.

- Comer, J. S., Kendall, P. C., Franklin, M. E., Hudson, J. L., & Pimentel, S. S. (2004). Obsessing/worrying about the overlap between obsessive-compulsive disorder and generalized anxiety disorder in youth. *Clinical Psychology Review*, 24, 663-683.
- Crombez, G., Eccleston C., van den Broeck A., Van Houdenhove B., & Goubert L. (2002). The effects of catastrophic thinking about pain on attentional interference by pain: No mediation of negative affectivity in healthy volunteers and in patients with low back pain. *Pain Research & Management*, 7, 31-39.
- Crombez, G., Hermans, D., & Adriaensen, H. (2000). The emotional stroop task and chronic pain: what is threatening for chronic pain sufferers? *European Journal of Pain-London*, 4, 37-44.
- Dantzer, R. (2004). Cytokine-induced sickness behaviour: a neuroimmune response to activation of innate immunity. *European Journal of Pharmacology*, 500, 399-411.
- Dantzer, R. (2005). Somatization: A psychoneuroimmune perspective. *Psychoneuroendocrinology*, 30, 947-952.
- Davey, G. C. L. & Levy, S. (1998). Catastrophic worrying: Personal inadequacy and a perseverative iterative style as features of the catastrophizing process. *Journal of Abnormal Psychology*, 107, 576-586.
- Davey, G. C. L. (1993). A comparison of three worry questionnaires. *Behaviour Research and Therapy*, 31, 51-56.
- Davey, G. C. L. (1994). Worrying, social problem-solving abilities, and social problem-solving confidence. *Behaviour Research and Therapy*, 32, 327-330.
- Davey, G. C. L. (2006). A mood-as-input account of perseverative worrying. In G.C.L.Davey & A. Wells (Eds.), *Worry and its psychological disorders: Theory, assessment and treatment* (pp. 217-237). Chichester, England: John Wiley & Sons, Ltd.
- Davey, G. C. L., Hampton, J., Farrell, J., & Davidson, S. (1992). Some characteristics of worrying: Evidence for worrying and anxiety as separate constructs. *Personality and Individual Differences*, 13, 133-147.
- Davey, G.C.L. (1994). Pathological worrying as exacerbated problem-solving. In G.C.L.Davey and F. Tallis (Eds.), *Worrying: Perspectives on Theory, Assessment and Treatment*. (pp. 35-60). Chichester, England: John Wiley and Sons, Ltd.
- Davis, M., Montgomery, I., and Wilson, G. (2002). Worry and heart rate variables: autonomic rigidity under challenge. *Journal of Anxiety Disorders*, 16, 639-659.
- Derryberry, D. & Reed, M. A. (2002). Anxiety-Related Attentional Biases and Their Regulation by Attentional Control. *Journal of Abnormal Psychology*, 111, 225-236.
- Devoulyte, K. B. A., & Sullivan, M. J. L. P. (2003). Pain catastrophizing and symptom severity during upper respiratory tract illness. *Clinical Journal of Pain*, 19, 125-133.
- Diefenbach, G. J., McCarthy-Larzelere, M. E., Williamson, D. A., Mathews, A., Manguno-Mire, G. M., & Bentz, B. G. (2001). Anxiety, depression, and the content of worries. *Depression and Anxiety*, 14, 247-250.
- Dozois, D. J. A., Dobson, K. S., & Ahnberg, J. L. (1998). A psychometric evaluation of the Beck Depression Inventory-II. *Psychological Assessment*, 10, 83-89.
- 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.
- Dugas, M. J., Ladouceur, R., Leger, E., Freeston, M. H., Langlois, F., Provencher, M. D. et al. (2003). Group cognitive-behavioral therapy for generalized anxiety disorder: Treatment outcome and long-term follow-up. *Journal of Consulting and Clinical Psychology*, 71, 821-825.
- Dunlap, W.P., Cortina, J.M., Vaslow, J.B., and Burke, M.J. (1996). Meta-analysis of experiments with matched groups or repeated measures designs. *Psychological Methods*, 1, 170-177.

- 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.
- Eccleston, C., & Crombez, G. (1999). Pain demands attention: A cognitive-affective model of the interruptive function of pain. *Psychological Bulletin*, 125, 356-366.
- Eccleston, C., Crombez, G., Aldrich, S., & Stannard, C. (2001). Worry and chronic pain patients: A description and analysis of individual differences. *European Journal of Pain*, 5, 309-318.
- Edwards, R. R. (2005). Individual differences in endogenous pain modulation as a risk factor for chronic pain. *Neurology*, 65, 437-443.
- Eid, M. & Diener, E. (1999). Intraindividual variability in affect: Reliability, validity, and personality correlates. *Journal of Personality and Social Psychology*, 76, 662-676.
- Emmons, R. A., & King, L. A. (1988). Conflict among personal strivings: Immediate and long-term implications for psychological and physical well-being. *Journal of Personality and Social Psychology*, 54, 1040-1048.
- Eriksen, H. R., & Ihlebaek, C. (2002). Subjective health complaints. *Scandinavian Journal of Psychology*, 43, 101-103.
- Eriksen, H. R., & Ursin, H. (2004). Subjective health complaints, sensitization, and sustained cognitive activation (stress). *Journal of Psychosomatic Research*, 56, 445-448.
- Eriksen, H. R., Ihlebaek, C., & Ursin, H. (1999). A scoring system for subjective health complaints (SHC). *Scandinavian Journal of Public Health*, 27, 63-72.
- Eriksen, H. R., Ihlebaek, C., Mikkelsen, A., Grønningæter, H., Sandal, G. M., & Ursin, H. (2002). Improving subjective health at the worksite: a randomized controlled trial of stress management training, physical exercise and an integrated health programme. *Occupational Medicine*, 52, 383-391.
- Eriksen, H. R., Svendsrod, R., Ursin, G., & Ursin, H. (1998). Prevalence of subjective health complaints in the Nordic European countries in 1993. *European Journal of Public Health*, 8, 294-298.
- Feather, N. T. (1963). Mowrer's revised two-factor theory and the motive-expectancy-value model. *Psychological Review*, 70, 500.
- Fink, P., Ewald, H., Jensen, J., Sorensen, L., Engberg, M., Holm, M. et al. (1999). Screening for somatization and hypochondriasis in primary care and neurological in-patients: A seven-item scale for hypochondriasis and somatization. *Journal of Psychosomatic Research*, 46, 261-273.
- 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.
- Foa, E. B., & Kozak, M. J. (1986). Emotional processing of fear: Exposure to corrective information. *Psychological Bulletin*, 99, 20-35.
- Förster, J., Liberman, N., & Higgins, E. T. (2005). Accessibility from active and fulfilled goals. *Journal of Experimental Social Psychology*, 41, 220-239.
- Fortune, D. G., Richards, H. L., Corrin, A., Taylor, R. J., Griffiths, C. E. M., & Main, C. J. (2003). Attentional bias for psoriasis-specific and psychosocial threat in patients with psoriasis. *Journal of Behavioral Medicine*, 26, 211-224.
- Fortune, D. G., Richards, H. L., Kirby, B., McElhone, K., Markham, T., Rogers, S. et al. (2003). Psychological distress impairs clearance of psoriasis in patients treated with photochemotherapy. *Archives of Dermatology*, 139, 752-756.
- Fox, E., Russo, R., & Dutton, K. (2002). Attentional bias for threat: Evidence for delayed disengagement from emotional faces. *Cognition-and-Emotion*, 16, 355.
- Fox, E., Russo, R., Bowles, R., & Dutton, K. (2001). Do threatening stimuli draw or hold visual attention in subclinical anxiety? *Journal of Experimental Psychology: General*, 130, 681-700.
- Frazier, P. A., Tix, A. P., & Barron, K. E. (2004). Testing moderator and mediator effects in

- counseling psychology research. *Journal of Counseling Psychology, 51*, 115-134.
- Freeston, M. H., Dugas, M. J., Letarte, H., Rheaume, J., Blais, F., & Ladouceur, R. (1996). Physical symptoms associated with worry in a nonclinical population. *Journal of Anxiety Disorders, 10*, 365-377.
- Friedman, B. H., Thayer, J. F., & Borkovec, T. D. (2000). Explicit memory bias for threat words in generalized anxiety disorder. *Behavior Therapy, 31*, 745-756.
- Gaillard, R., Del Cul, A., Naccache, L., Vinckier, F., Cohen, L., & Dehaene, S. (2006). Nonconscious semantic processing of emotional words modulates conscious access. *Proceedings of the National Academy of Sciences, 103*, 7524-7529.
- Gamelin, F. X., Berthoin, S. E., & Bosquet, L. A. (2006). Validity of the polar S810 heart rate monitor to measure R-R intervals at rest. *Medicine & Science in Sports & Exercise, 38*, 887-893.
- Gebhardt, W. A., Van Der Doef, M., Massey, E. K., Verhoeven, C., & Verkuil, B. (in press). Goal commitment to finding a partner and satisfaction with life among female singles: the mediating role of rumination. *Journal of Health Psychology*.
- Georgiou, G. A., Bleakley, C., Hayward, J., Russo, R., Dutton, K., Eltiti, S. et al. (2005). Focusing on fear: attentional disengagement from emotional faces. *Visual Cognition, 12*, 145-158.
- Gerin, W., Davidson, K. W., Christenfeld, N. J. S., Goyal, T., & Schwartz, J. E. (2006). The role of angry rumination and distraction in blood pressure recovery from emotional arousal. *Psychosomatic Medicine, 68*, 64-72.
- Geurts, S. A., & Sonnentag, S. (2006). Recovery as an explanatory mechanism in the relation between acute stress reactions and chronic health impairment. *Scandinavian Journal of Work, Environment & Health, 32*, 482-492.
- Gilboa, E. & Revelle, W. (1994). Personality and the structure of affective responses. In *Essays on Emotion Theory* (pp. 135-159). Hillsdale: Lawrence Erlbaum Associates.
- Gillespie, N. A., Zhu, G., Heath, A. C., Hickie, I. B., & Martin, N. G. (2000). The genetic aetiology of somatic distress. *Psychological Medicine, 30*, 1051-1061.
- Glynn, L. M., Christenfeld, N., & Gerin, W. (2002). The role of rumination in recovery from reactivity: Cardiovascular consequences of emotional states. *Psychosomatic Medicine, 64*, 714-726.
- Godin, I., & Kittel, F. (2004). Differential economic stability and psychosocial stress at work: associations with psychosomatic complaints and absenteeism. *Social Science & Medicine, 58*, 1543-1553.
- Goeleven, E., De Raedt, R., Baert, S., & Koster, E. H. W. (2006). Deficient inhibition of emotional information in depression. *Journal of Affective Disorders, 93*, 149-157.
- Goschke, T., & Kuhl, J. (1993). Representation of intentions: Persisting activation in memory. *Journal of Experimental Psychology: Learning, Memory, & Cognition, 19*, 1211-1226.
- Gramling, S. E., Clawson, E. P., & McDonald, M. K. (1996). Perceptual and cognitive abnormality model of hypochondriasis: amplification and physiological reactivity in women. *Psychosomatic Medicine, 58*, 423-431.
- Greene, J.D., Nystrom, L.E., Engell, A.D., Darley, J.M., and Cohen, J.D. (2004). The neural bases of cognitive conflict and control in moral judgment. *Neuron, 44*, 389-400.
- Greene, J.D., Sommerville, R.B., Nystrom, L.E., Darley, J.M., and Cohen, J.D. (2001). An fMRI investigation of emotional engagement in moral judgment. *Science, 293*, 2105-2108.
- Hall, M., Vasko, R., Buysse, D., Ombao, H., Chen, Q. X., Cashmere, J. D. et al. (2004). Acute stress affects heart rate variability during sleep. *Psychosomatic Medicine, 66*, 56-62.
- Hammen, C. (2005). Stress and depression. *Annual review of clinical psychology, 1*, 293.
- Hammond, E. C. (1964). Some preliminary findings on physical complaints from a prospective-study of 1,064,004 men and

- women. *American Journal of Public Health and the Nations Health*, 54, 11-23.
- Hansen, A. L., Johnsen, B. H., Sollers, J. J., Stenvik, K., & Thayer, J. F. (2004). Heart rate variability and its relation to prefrontal cognitive function: the effects of training and detraining. *European Journal of Applied Physiology*, 93, 263-272.
- Harvey, A. G., Tang, N. K. Y., & Browning, L. (2005). Cognitive approaches to insomnia. *Clinical Psychology Review*, 25, 593-611.
- Harvey, A. G., Watkins, E., Mansell, W., & Shafran, R. (2004). *Cognitive behavioural processes across psychological disorders: a transdiagnostic approach to research and treatment*. Oxford: University Press.
- Haugland, S., Wold, B., Stevenson, J., Aaroe, L. E., & Woynarowska, B. (2001). Subjective health complaints in adolescence - A cross-national comparison of prevalence and dimensionality. *European Journal of Public Health*, 11, 4-10.
- Hay, J. L., Buckley, T. R., & Ostroff, J. S. (2005). The role of cancer worry in cancer screening: A theoretical and empirical review of the literature. *Psycho-Oncology*, 14, 517-534.
- Hazen, R. A., Vasey, M. W., & Schmidt, N. B. (2009). Attentional retraining: A randomized clinical trial for pathological worry. *Journal of Psychiatric Research*, 43, 627-633.
- Hazlett-Stevens, H. & Borkovec, T. D. (2004). Interpretive cues and ambiguity in generalized anxiety disorder. *Behaviour Research and Therapy*, 42, 881-892.
- Heponiemi, T. (2007). Cardiac autonomic reactivity and recovery in predicting carotid atherosclerosis: the cardiovascular risk in young Finns study. *Health Psychology*, 26, 13-21.
- Hermans, D., & De Houwer, J. (1994). Affective and subjective familiarity ratings of 740 Dutch words. *Psychologica Belgica*, 34, 115-139.
- Hodes, R. L., Rowland, E. W., Lightfoot, N., & Cleeland, C. S. (1990). The effects of distraction on responses to cold pressor pain. *Pain*, 41, 109-114.
- Hoehn-Saric, R., Schlund, M. W., & Wong, S. H. Y. (2004). Effects of citalopram on worry and brain activation in patients with generalized anxiety disorder. *Psychiatry Research: Neuroimaging*, 131, 11-21.
- Hofmann, S.G., Moscovitch, D.A., Pizzagalli, D.A., Litz, B.T., Kim, H.J., and Davis, L.L. (2005). The worried mind: Autonomic and prefrontal activation during worrying. *Emotion*, 5, 464-475.
- Holeva, V., Tarrier, N., & Wells, A. (2001). Prevalence and predictors of acute stress disorder and PTSD following road traffic accidents: Thought control strategies and social support. *Behavior Therapy*, 32, 65-83.
- Holman, E. A., Silver, R. C., Poulin, M., Andersen, J., Gil-Rivas, V., & McIntosh, D. N. (2008). Terrorism, acute stress, and cardiovascular health: a 3-year national study following the September 11th attacks. *Archives of General Psychiatry*, 65, 73.
- Holmes, E. A., Brewin, C. R., & Hennessy, R. G. (2004). Trauma films, information processing, and intrusive memory development. *Journal of Experimental Psychology: General*, 133, 3-22.
- Hong, R. Y. (2007). Worry and rumination: Differential associations with anxious and depressive symptoms and coping behavior. *Behaviour Research and Therapy*, 45, 277-290.
- Houtveen, J. H., & Oei, N. Y. L. (2007). Recall bias in reporting medically unexplained symptoms comes from semantic memory. *Journal of Psychosomatic Research*, 62, 277.
- Houtveen, J. H., & van Doornen, L. J. P. (2007). Medically unexplained symptoms and between-group differences in 24-h ambulatory recording of stress physiology. *Biological Psychology*, 76, 239-249.
- Hybels, C. F., Pieper, C. F., & Blazer, D. G. (2002). Sex differences in the relationship between subthreshold depression and mortality in a community sample of older adults. *American Journal of Geriatric Psychiatry*, 10, 283-291.
- Idler, E. L., & Benyamin, Y. (1997). Self-rated health and mortality: A review of twenty-

- seven community studies. *Journal of Health and Social Behavior*, 38, 21-37.
- Ihlebaek, C., Eriksen, H. R., & Ursin, H. (2002). Prevalence of subjective health complaints (SHC) in Norway. *Scandinavian Journal of Public Health*, 30, 20-29.
- Institute for Dutch Lexicology. (1996). The Integrated Language Database of Dutch [database on the internet]. Available from <http://www.inl.nl/>.
- Jacob, R.G., Thayer, J.F., Manuck, S.B., Muldoon, M.F., Tamres, L.K., Williams, D.M., Ding, Y., and Gatsonis, C. (1999). Ambulatory blood pressure responses and the circumplex model of mood: A 4-day study. *Psychosomatic Medicine*, 61, 319-333.
- Jacobson, N. S., & Truax, P. (1991). Clinical significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12-19.
- Jae, S. Y., Carnethon, M. R., Heffernan, K. S., Choi, Y. H., Lee, M. K., Park, W. H. et al. (2008). Slow heart rate recovery after exercise is associated with carotid atherosclerosis. *Atherosclerosis*, 196, 256-261.
- Jain, S., Shapiro, S. L., Swanick, S., Roesch, S. C., Mills, P. J., Bell, I. et al. (2007). A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction. *Annals of Behavioral Medicine*, 33, 11-21.
- Jellesma, F. C., Verkuil, B., & Brosschot, J. F. (2009). Postponing worrisome thoughts in children: The effects of a postponement intervention on perseverative thoughts, emotions and somatic complaints. *Social Science & Medicine*, 69, 278-284.
- Jessop, D. C., Rutter, D. R., Sharma, D., & Albery, I. P. (2004). Emotion and adherence to treatment in people with asthma: An application of the emotional Stroop paradigm. *British Journal of Psychology*, 95, 127-147.
- Johansson, G. (1976). Subjective wellbeing and temporal patterns of sympathetic-adrenal medullary activity. *Biological Psychology*, 4, 157-172.
- Johnson, R. E., Chang, C. H., & Lord, R. G. (2006). Moving from cognition to behavior: What the research says. *Psychological Bulletin*, 132, 381-415.
- Joksimovic, L., Starke, D., Knesebeck, O. v., & Siegrist, J. (2002). Perceived work stress, overcommitment, and self-reported musculoskeletal pain: A cross-sectional investigation. *International Journal of Behavioral Medicine*, 9, 122.
- Jones, N. P., Papadakis, A. A., Hogan, C. M., & Strauman, T. J. (2009). Over and over again: Rumination, reflection, and promotion goal failure and their interactive effects on depressive symptoms. *Behaviour Research and Therapy*, 47, 254-259.
- Jorm, A. F., & Griffiths, K. M. (2006). Population promotion of informal self-help strategies for early intervention against depression and anxiety. *Psychological Medicine*, 36, 3-6.
- Kanner, A. D., Coyne, J. C., Schaefer, C., & Lazarus, R. S. (1981). Comparison of two modes of stress measurement: Daily hassles and uplifts versus major life events. *Journal of Behavioral Medicine*, 4, 1-39.
- Kaptein, A. A., Helder, D. I., Kleijn, W. C., Rief, W., Moss-Morris, R., & Petrie, K. J. (2005). Modern health worries in medical students. *Journal of Psychosomatic Research*, 58, 453-457.
- Kasch, H., Qerama, E., Bach, F. W., & Jensen, T. S. (2005). Reduced cold pressor pain tolerance in non-recovered whiplash patients: a 1-year prospective study. *European Journal of Pain*, 9, 561-569.
- Kawachi, I., Sparrow, D., Vokonas, P. S., & Weiss, S. T. (1994). Symptoms of anxiety and risk of coronary heart-disease - the Normative Aging Study. *Circulation*, 90, 2225-2229.
- Keogh, E., Ellery, D., Hunt, C., & Hannent, I. (2001). Selective attentional bias for pain-related stimuli amongst pain fearful individuals. *Pain*, 91, 91-100.
- Key, B., Campbell, T., Bacon, S., & Gerin, W. (2008). The influence of trait and state

- rumination on cardiovascular recovery from a negative emotional stressor. *Journal of Behavioral Medicine*, 31, 237-248.
- Khan, A. A., Khan, A., Harezlak, J., Tu, W., & Kroenke, K. (2003). Somatic Symptoms in Primary Care: Etiology and Outcome. *Psychosomatics*, 44, 471-478.
- Kivimaki, M., Leino-Arjas, P., Kaila-Kangas, L., Luukkonen, R., Vahtera, J., Elovainio, M. et al. (2006). Is incomplete recovery from work a risk marker of cardiovascular death? Prospective evidence from industrial employees. *Psychosomatic Medicine*, 68, 402-407.
- Klinger, E. (1975). Consequences of commitment to and disengagement from incentives. *Psychological Review*, 82, 1-25.
- Koole, S. L., Smeets, K., van Knippenberg, A., & Dijksterhuis, A. (1999). The cessation of rumination through self-affirmation. *Journal of Personality and Social Psychology*, 77, 111-125.
- Korrelboom, K., Van der Gaag, M., Hendriks, V. M., Huijbrechts, I., & Beretty, E. (2008). Treating obsessions with Competitive Memory Training. *The Behavior Therapist*, 31, 29-35.
- Koster, E. H. W., Crombez, G., Verschueren, B., & De Houwer, J. (2004). Selective attention to threat in the dot probe paradigm: differentiating vigilance and difficulty to disengage. *Behaviour Research and Therapy*, 42, 1183-1192.
- Koster, E. H. W., Crombez, G., Verschueren, B., Van Damme, S., & Wiersema, J. R. (2006). Components of attentional bias to threat in high trait anxiety: Facilitated engagement, impaired disengagement, and attentional avoidance. *Behaviour Research and Therapy*, 44, 1757-1771.
- Koster, E. H. W., De Raedt, R., Goeleven, E., Franck, E., & Crombez, G. (2005). Mood-congruent attentional bias in dysphoria: maintained attention to and impaired disengagement from negative information. *Emotion*, 5, 446-455.
- Krantz, D. S., & McCeney, M. K. (2002). Effects of psychological and social factors on organic disease: A critical assessment of research on coronary heart disease. *Annual Review of Psychology*, 53, 341-369.
- Kroenke, K., & Mangelsdorff, A. D. (1989). Common symptoms in ambulatory care - incidence, evaluation, therapy, and outcome. *American Journal of Medicine*, 86, 262-266.
- Kubzansky, L. D., Kawachi, I., Spiro, A., III, Weiss, S. T., Vokonas, P. S., & Sparrow, D. (1997). Is worrying bad for your heart?: A prospective study of worry and coronary heart disease in the normative aging study. *Circulation*, 95, 818-824.
- Lang, P. J. (1995). The emotion probe: Studies of motivation and attention. *American Psychologist*, 50, 372-385.
- Langlois, F., Freeston, M. H., & Ladouceur, R. (2000a). Differences and similarities between obsessive intrusive thoughts and worry in a non-clinical population: study 1. *Behaviour Research and Therapy*, 38, 157-173.
- Langlois, F., Freeston, M. H., & Ladouceur, R. (2000b). Differences and similarities between obsessive intrusive thoughts and worry in a non-clinical population: study 2. *Behaviour Research and Therapy*, 38, 175-189.
- Lautenbacher, S., Rollman, G. B., & McCain, G. A. (1994). Multimethod assessment of experimental and clinical pain in patients with fibromyalgia. *Pain*, 59, 45-53.
- Lavy, E., & Van den Hout, M. (1994). Cognitive avoidance and attentional bias: Causal relationships. *Cognitive Therapy and Research*, 18, 179-191.
- Lawler, K.A., Kline, K.A., Adlin, R.F., Wilcox, Z.C., Craig, F.W., Krishnamoorthy, J.S. et al. (2001). Psychophysiological correlates of individual differences in patterns of hemodynamic reactivity. *International Journal of Psychophysiology*, 40, 93-107.
- Lazarus, R. S. (1991). Progress on a Cognitive-Motivational-Relational Theory of Emotion. *American Psychologist*, 46, 819-834.
- LeDoux, J. E. (2000). Emotion circuits in the brain. *Annual Review of Neuroscience*, 23, 155-184.

- Lee, H. J., Lee, S. H., Kim, H. S., Kwon, S. M., & Telch, M. J. (2005). A comparison of autogenous/reactive obsessions and worry in a nonclinical population: a test of the continuum hypothesis. *Behaviour Research and Therapy*, 43, 999-1010.
- Lee, O. Y., Mayer, E. A., Schmulson, M., Chang, L., & Naliboff, B. (2001). Gender-related differences in IBS symptoms. *The American Journal of Gastroenterology*, 96, 2184-2193.
- Lepore, S. J., Miles, H. J., & Levy, J. S. (1997). Relation of chronic and episodic stressors to psychological distress, reactivity, and health problems. *International journal of behavioral medicine*, 4, 39.
- Levi, L. (2000). *Guidance on work-related stress - Spice of life or kiss of death?* Luxembourg: European Commission.
- Levy, B.R., Hausdorff, J.M., Hencke, R., and Wei, J.Y. (2000). Reducing cardiovascular stress with positive self-stereotypes of aging. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 55, 205-213.
- Lim, S. L., & Kim, J. H. (2005). Cognitive processing of emotional information in depression, panic, and somatoform disorder. *Journal of Abnormal Psychology*, 114, 50-61.
- Linden, W., Earle, T. L., Gerin, W., & Christenfeld, N. (1997). Physiological stress reactivity and recovery: Conceptual siblings separated at birth? *Journal of Psychosomatic Research*, 42, 117-135.
- Looper, K. J., & Kirmayer, L. J. (2001). Hypochondriacal concerns in a community population. *Psychological Medicine*, 31, 577-584.
- Looper, K. J., & Kirmayer, L. J. (2002). Behavioral medicine approaches to somatoform disorders. *Journal of Consulting & Clinical Psychology*, 70, 810-827.
- Lyonfields, J. D., Borkovec, T. D., & Thayer, J. F. (1995). Vagal tone in generalized anxiety disorder and the effects of aversive imagery and worrisome thinking. *Behavior Therapy*, 26, 457-466.
- MacLeod, C. M., Dodd, M. D., Sheard, E. D., Wilson, D. E., & Bibi, U. (2003). In opposition to inhibition. In B.H.Ross (Ed.), *The psychology of learning and motivation: advances in research and theory* (pp. 163-215). Elsevier Science & Technology.
- MacLeod, C., Rutherford, E., Campbell, L., Ebsworthy, G., & Holker, L. (2002). Selective attention and emotional vulnerability: Assessing the causal basis of their association through the experimental manipulation of attentional bias. *Journal of Abnormal Psychology*, 111, 107-123.
- Magee, P. L., MacLeod, A. K., Tata, P., & Regan, L. (2003). Psychological distress in recurrent miscarriage: the role of prospective thinking and role and goal investment. *Journal of Reproductive and Infant Psychology*, 21, 35-47.
- Marques, A. P., Ferreira, E. A. G., Matsutani, L. A., Pereira, C. A. B., & Assumpção, A. (2005). Quantifying pain threshold and quality of life of fibromyalgia patients. *Clinical Rheumatology*, 24, 266-271.
- Marsh, R. L., Hicks, J. L., & Bink, M. L. (1998). Activation of completed, uncompleted, and partially completed intentions. *Journal of experimental psychology: Learning, memory, and cognition*, 24, 350-361.
- Martin, A. P., & Jacobi, F. P. (2006). Features of hypochondriasis and illness worry in the general population in germany. *Psychosomatic Medicine*, 68, 770-777.
- Martin, L. L. & Tesser, A. (1996). Some ruminative thoughts. In R.S.Wyer (Ed.), *Ruminative Thoughts: Advances in Social Cognition, Volume IX* (pp. 1-47). Lawrence Erlbaum Associates.
- Masedo, A. I., & Esteve, M. R. (2007). Effects of suppression, acceptance and spontaneous coping on pain tolerance, pain intensity and distress. *Behaviour Research and Therapy*, 45, 199-209.
- Masi, C. M., Hawley, L. C., Rickett, E. M., & Cacioppo, J. T. (2007). Respiratory sinus arrhythmia and diseases of aging: Obesity, diabetes mellitus, and hypertension. *Biological Psychology*, 74, 212-223.

- Masi, C.M., Hawkley, L.C., Rickett, E.M., and Cacioppo, J.T. (2007). Respiratory sinus arrhythmia and diseases of aging: Obesity, diabetes mellitus, and hypertension. *Biological Psychology*, 74, 212-223.
- Mathews, A., & MacLeod, C. (1985). Selective processing of threat cues in anxiety-states. *Behaviour Research and Therapy*, 23, 563-569.
- Mathews, A., & MacLeod, C. (1994). Cognitive approaches to emotion and emotional disorders. *Annual Review of Psychology*, 45, 25.
- Mathews, A., Mogg, K., Kentish, J., & Eysenck, M. (1995). Effect of psychological treatment on cognitive bias in generalized anxiety disorder. *Behaviour Research and Therapy*, 33, 293-303.
- Matre, D., Casey, K. L., & Knardahl, S. (2006). Placebo-induced changes in spinal cord pain processing. *Journal of Neuroscience*, 26, 559-563.
- Mayou, R., Kirmayer, L. J., Simon, G., Kroenke, K., & Sharpe, M. (2005). Somatoform disorders: Time for a new approach in DSM-V. *American Journal of Psychiatry*, 162, 847-855.
- McCullough, M.E., Orsulak, P., Brandon, A., and Akers, L. (2007). Rumination, fear, and cortisol: An in vivo study of interpersonal transgressions. *Health Psychology*, 26, 126-132.
- McDermid, A. J., Rollman, G. B., & McCain, G. A. (1996). Generalized hypervigilance in fibromyalgia: evidence of perceptual amplification. *Pain*, 66, 133-144.
- McEwen, B. S. (1998). Protective and damaging effects of stress mediators. *New England Journal of Medicine*, 338, 171-179.
- McEwen, B. S. (2003). Mood disorders and allostatic load. *Biological Psychiatry*, 54, 200-207.
- McEwen, B.S. (1998). Protective and damaging effects of stress mediators. *New England Journal of Medicine*, 338, 171-179.
- McIntosh, W. D., Harlow, T. F., & Martin, L. L. (1995). Linkers and nonlinkers - Goal beliefs as a moderator of the effects of everyday hassles on rumination, depression, and physical complaints. *Journal of Applied Social Psychology*, 25, 1231-1244.
- McLaughlin, K. A., Borkovec, T. D., & Sibrava, N. J. (2007). The effects of worry and rumination on affect states and cognitive activity. *Behavior Therapy*, 38, 23-38.
- Mellings, T. M. B. & Alden, L. E. (2000). Cognitive processes in social anxiety: the effects of self-focus, rumination and anticipatory processing. *Behaviour Research and Therapy*, 38, 243-257.
- Meyer, T.J., Miller, M.L., Metzger, R.L., and Borkovec, T.D. (1990). Development and validation of the Penn State Worry Questionnaire. *Behaviour Research and Therapy*, 28, 487-495.
- Michie, S., & Williams, S. (2003). Reducing work related psychological ill health and sickness absence: a systematic literature review. *Occupational and Environmental Medicine*, 60, 3-9.
- Milstein, D. M., & Dorris, M. C. (2007). The influence of expected value on saccadic preparation. *Journal of Neuroscience*, 27, 4810-4818.
- Mineka, S. (1992). Cognitive biases and the emotional disorders. *Psychological Science*, 3, 65.
- Mitte, K. (2008). Memory bias for threatening information in anxiety and anxiety disorders: A meta-analytic review. *Psychological Bulletin*, 134, 886-911.
- Mogg, K., Bradley, B. P., Baldwin, D. S., & Brodrick, P. (2004). Effect of short-term SSRI treatment on cognitive bias in generalised anxiety disorder. *Psychopharmacology*, 176, 466-470.
- Mogg, K., Bradley, B. P., Millar, N., & White, J. (1995). A follow-up-study of cognitive bias in generalized anxiety disorder. *Behaviour Research and Therapy*, 33, 927-935.
- Mogg, K., Mathews, A., & Weinman, J. (1989). Selective processing of threat cues in anxiety-states - A Replication. *Behaviour Research and Therapy*, 27, 317-323.
- Monsterboard. (2008). Werknemer ligt zondag wakker van naderende werkweek. Retrieved

- from:
http://about.monsterboard.nl/16348_nl_p1.asp
- Montero, I. and León, O.G. (2007). A guide for naming research studies in Psychology. *International Journal of Clinical and Health Psychology*, 7, 847-862.
- Montoya, P., Pauli, P., Batra, A., & Wiedemann, G. (2005). Altered processing of pain-related information in patients with fibromyalgia. *European Journal of Pain*, 9, 293-303.
- Morris, J. S., Öhman, A., & Dolan, R. J. (1999). A subcortical pathway to the right amygdala mediating "unseen" fear. *Proceedings of the National Academy of Sciences of the United States of America*, 96, 1680-1685.
- Mroczek, D. K. & Almeida, D. M. (2004). The effect of daily stress, personality, and age on daily negative affect. *Journal of Personality*, 72, 355-378.
- Nelson, J. & Harvey, A. G. (2003). An exploration of pre-sleep cognitive activity in insomnia: Imagery and verbal thought. *British Journal of Clinical Psychology*, 42, 271-288.
- Nimnuan, C., Hotopf, M., & Wessely, S. (2001). Medically unexplained symptoms: An epidemiological study in seven specialities. *Journal of Psychosomatic Research*, 51, 361-367.
- Nishime, E. O., Cole, C. R., Blackstone, E. H., Pashkow, F. J., & Lauer, M. S. (2000). Heart rate recovery and treadmill exercise score as predictors of mortality in patients referred for exercise ECG. *JAMA*, 284, 1392-1398.
- Niskanen, J. P., Tarvainen, M. P., Ranta-Aho, P. O., & Karjalainen, P. A. (2004). Software for advanced HRV analysis. *Computer methods and programs in biomedicine*, 76, 73-81.
- Nitschke, J. B., Sarinopoulos, I., Oathes, D. J., Johnstone, T., Whalen, P. J., Davidson, R. J. et al. (2009). Anticipatory activation in the amygdala and anterior cingulate in generalized anxiety disorder and prediction of treatment response. *American Journal of Psychiatry*.
- Nolen-Hoeksema, S. (1991). Responses to depression and their effects on the duration of depressive episodes. *Journal of Abnormal Psychology*, 100, 569-582.
- Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders and mixed anxiety/depressive symptoms. *Journal of Abnormal Psychology*, 109, 504-511.
- Oathes, D. J., Bruce, J. M., & Nitschke, J. B. (2008). Worry facilitates corticospinal motor response to transcranial magnetic stimulation. *Depression & Anxiety* (1091-4269), 25, 969-976.
- O'Connor, D. B., O'Connor, R. C., & Marshal, R. (2007). Perfectionism and psychological distress: evidence of the mediating effects of rumination. *European Journal of Personality*, 21, 429-452.
- Öhman, A., & Mineka, S. (2001). Fears, phobias, and preparedness: toward an evolved module of fear and fear learning. *Psychological Review*, 108, 483-522.
- Olatunji, B. O., Deacon, B. J., & Abramowitz, J. S. (2009). Is hypochondriasis an anxiety disorder? *The British Journal of Psychiatry*, 194, 481-482.
- Ortner, C., Kilner, S., & Zelazo, P. (2007). Mindfulness meditation and reduced emotional interference on a cognitive task. *Motivation and Emotion*, 31, 271-283.
- Papageorgiou, C., & Wells, A. (2001). Positive beliefs about depressive rumination: Development and preliminary validation of a self-report scale. *Behavior Therapy*, 32, 13-26.
- Pauli, P., & Alpers, G. W. (2002). Memory bias in patients with hypochondriasis and somatoform pain disorder. *Journal of Psychosomatic Research*, 52, 45-53.
- Pauli, P., Schwenzer, M., Brody, S., Rau, H., & Birbaumer, N. (1993). Hypochondriacal attitudes, pain sensitivity, and attentional bias. *Journal of Psychosomatic Research*, 37, 745-752.
- Petrie, K. J., Broadbent, E. A., Kley, N., Psych, D., Moss-Morris, R., Horne, R. et al. (2005). Worries about modernity predict symptom

- complaints after environmental pesticide spraying. *Psychosomatic Medicine*, 67, 778-782.
- Petrie, K. J., Moss-Morris, R., Grey, C., & Shaw, M. (2004). The relationship of negative affect and perceived sensitivity to symptom reporting following vaccination. *British Journal of Health Psychology*, 9, 101-111.
- Picavet, H. S. J., & Schouten, J. S. A. G. (2003). Musculoskeletal pain in the Netherlands: prevalences, consequences and risk groups, the DMC3-study. *Pain*, 102, 167-178.
- Pickering, T. G. (2001). Mental stress as a causal factor in the development of hypertension and cardiovascular disease. *Current Hypertension Reports*, 3, 249-254.
- Pieper, S. (2008). *Prolonged cardiac activation, stressful events and worry in daily life*. Clinical and Health Psychology, Faculty of Social and Behavioural Sciences, Leiden University.
- Pieper, S., & Brosschot, J. F. (2005). Prolonged stress-related cardiovascular activation: Is there any? *Annals of Behavioral Medicine*, 30, 91-103.
- Pieper, S., Brosschot, J. F., van der Leeden, R., & Thayer, J. F. (2007). Cardiac effects of momentary assessed worry episodes and stressful events. *Psychosomatic Medicine*, 69, 901-909.
- Pierce G. R., Ptacek J. T., Taylor B., Yee P. L., Henderson C. A., Lauventi H. J., et al. (1998). The role of dispositional and situational factors in cognitive interference. *Journal of Personality and Social Psychology*, 75, 1016-31.
- Pincus, T., & Morley, S. (2001). Cognitive-processing bias in chronic pain: A review and integration. *Psychological Bulletin*, 127, 599-617.
- Pitsavos, C.H. (2004). Exercise capacity and heart rate recovery as predictors of coronary heart disease events, in patients with heterozygous familial hypercholesterolemia. *Atherosclerosis*, 173, 347-352.
- Posner, M. I. & Cohen, Y. (1984). Components of visual orienting. In H. Bouma & D. Bouwhuis (Eds.), *Attention and performance* (pp. 531-556). Hove, England: Erlbaum.
- Posner, M. I. & Petersen, S. E. (1990). The Attention System of the Human Brain. *Annual Review of Neuroscience*, 13, 25-42.
- Posner, M. I. (1980). Orienting of Attention. *Quarterly Journal of Experimental Psychology*, 32, 3-25.
- Posner, M. I., & Petersen, S. E. (1990). The attention system of the human brain. *Annual Review of Neuroscience*, 13, 25-42.
- Raes, F., Hermans, D., & Eelen, P. (2003). De Nederlandstalige versie van de Ruminative Response Scale (RRS-NL) en de Rumination on Sadness Scale (RSS-NL) [The Dutch version of the Ruminative Response Scale (RRS-NL) and the Rumination on Sadness Scale (RSS-NL)]. *Gedragstherapie*, 36, 97-104.
- Ramos-Alvarez, M.M., Moreno-Fernández, M.M., Valdés-Conroy, B., and Catena, A. (2008). Criteria of the peer-review process for publication of experimental and quasi-experimental research in Psychology: A guide for creating research papers. *International Journal of Clinical and Health Psychology*, 8, 751-764.
- Rief, W., & Broadbent, E. (2007). Explaining medically unexplained symptoms-models and mechanisms. *Clinical Psychology Review*, 27, 821-841.
- Robichaud, M., & Dugas, M. J. (2005). Negative problem orientation (Part II): construct validity and specificity to worry. *Behaviour Research and Therapy*, 43, 403-412.
- Robichaud, M., Dugas, M. J., & Conway, M. (2003). Gender differences in worry and associated cognitive-behavioral variables. *Journal of Anxiety Disorders*, 17, 501-516.
- Rodrigues, A. C., Nicholas Verne, G., Schmidt, S., & Mauderli, A. P. (2005). Hypersensitivity to cutaneous thermal nociceptive stimuli in irritable bowel syndrome. *Pain*, 115, 5-11.
- Roelofs, J., Papageorgiou, C., Gerber, R. D., Huibers, M., Peeters, F., & Arntz, A. (2007). On the links between self-discrepancies, rumination, metacognitions, and symptoms of depression in undergraduates. *Behaviour Research and Therapy*, 45, 1295-1305.

- Roelofs, J., Peters, M. L., Zeegers, M. P. A., & Vlaeyen, J. W. S. (2002). The modified Stroop paradigm as a measure of selective attention towards pain-related stimuli among chronic pain patients: a meta-analysis. *European Journal of Pain, 6*, 273-281.
- Roemer, L., Borkovec, M., Posa, S., & Borkovec, T. D. (1995). A self-report diagnostic measure of generalized anxiety disorder. *Journal of Behavior Therapy and Experimental Psychiatry, 26*, 345-350.
- Roger, D., & Jamieson, J. (1988). Individual-differences in delayed heart-rate recovery following stress - the role of extraversion, neuroticism and emotional control. *Personality and Individual Differences, 9*, 721-726.
- Rose, A. J., Carlson, W., & Waller, E. M. (2007). Prospective associations of co-rumination with friendship and emotional adjustment: Considering the socioemotional trade-offs of co-rumination. *Developmental Psychology, 43*, 1019-1031.
- Rosen, J. B., & Schulkin, J. (1998). From normal fear to pathological anxiety. *Psychological Review, 105*, 325-350.
- Rosengren, A., Hawken, S., Ounpuu, S., Sliwa, K., Zubaid, M., Almahmeed, W.A. et al. (2004). Association of psychosocial risk factors with risk of acute myocardial infarction in 11119 cases and 13648 controls from 52 countries (the INTERHEART study): case-control study. *Lancet, 364*, 953-962.
- Rothermund, K. (2003). Automatic vigilance for task-related information: Perseverance after failure and inhibition after success. *Memory & Cognition, 31*, 343-352.
- Rozanski, A., Blumenthal, J.A., and Kaplan, J. (1999). Impact of psychological factors on the pathogenesis of cardiovascular disease and implications for therapy. *Circulation, 99*, 2192-2217.
- Ruiz-Padial, E., & Vila, J. (2007). Fearful and sexual pictures not consciously seen modulate the startle reflex in human beings. *Biological Psychiatry, 61*, 996-1001.
- Ruscio, A. M. (2002). Delimiting the boundaries of generalized anxiety disorder: differentiating high worriers with and without GAD. *Journal of Anxiety Disorders, 16*, 377-400.
- Ruscio, A. M., Borkovec, T. D., & Ruscio, J. (2001). A taxometric investigation of the latent structure of worry. *Journal of Abnormal Psychology, 110*, 413-422.
- Russo, R., Whittuck, D., Roberson, D., Dutton, K., Georgiou, G., & Fox, E. (2006). Mood-congruent free recall bias in anxious individuals is not a consequence of response bias. *Memory, 14*, 393-399.
- Samuel, A. G. & Kat, D. (2003). Inhibition of return: A graphical meta-analysis of its time course and an empirical test of its temporal and spatial properties. *Psychonomic Bulletin & Review, 10*, 897-906.
- Sarason, I. G. (1978). The test anxiety scale: Concept and research. In: Spielberger, C. D. & Sarason, I. G. (Eds.), *Stress and anxiety*, Vol. 5, Hemisphere, Washington, D.C., pp. 193-216.
- Sassaroli, S., Bertelli, S., Decoppi, M., Crosina, M., Milos, G., & Ruggiero, G. M. (2005). Worry and eating disorders: A psychopathological association. *Eating Behaviors, 6*, 301-307.
- Saul, J. P. (1990). Beat-to-beat variations of heart rate reflect modulation of cardiac autonomic outflow. *News in Physiological Sciences, 5*, 32-37.
- Schlotz, W. M., Hellhammer, J. M., Schulz, P., & Stone, A. A. P. (2004). Perceived work overload and chronic worrying predict weekend-weekday differences in the cortisol awakening response. *Psychosomatic Medicine, 66*, 207-214.
- Schooler, J. W., & Engstler-School (1990). Verbal overshadowing of visual memories: Some things are better left unsaid. *Cognitive Psychology, 22*, 36-71.
- Schulz, R. (2004). Long-term care placement of dementia patients and caregiver health and well-being. *JAMA, 292*, 961.
- Schwartz, A. R., Gerin, W., Davidson, K. W., Pickering, T. G., Brosschot, J. F., Thayer, J. F. et al. (2003). Toward a causal model of

- cardiovascular responses to stress and the development of cardiovascular disease. *Psychosomatic Medicine*, 65, 22-35.
- Segerstrom, S.C., Schipper, L.J., Greenberg, R.N. (2008) Caregiving, repetitive thought, and immune response to vaccination in older adults. *Brain, Behavior, and Immunity*, 22, 744-752
- Segerstrom, S. C., Stanton, A. L., Alden, L. E., & Shortridge, B. E. (2003). A multidimensional structure for repetitive thought: What's on your mind, and how, and how much? *Journal of Personality and Social Psychology*, 85, 909-921.
- Selye, H. (1950). Stress and the general adaptation syndrome. *British Medical Journal*, 1, 1383-1392.
- Selye, H. (1951). The General adaptation syndrome. *Annual Review of Medicine*, 2, 327-342.
- Sha, M. C., Callahan, C. M., Counsell, S. R., Westmoreland, G. R., Stump, T. E., & Kroenke, K. (2005). Physical symptoms as a predictor of health care use and mortality among older adults. *The American Journal of Medicine*, 118, 301-306.
- Shah, J., & Higgins, E. T. (1997). Expectancy x Value effects: Regulatory focus as determinant of magnitude and direction. *Journal of Personality & Social Psychology*, 73, 447-458.
- Shook, N. J., Peña, P., Fazio, R. H., Soller III, J. J., & Thayer, J. F. (2007). Friend or foe: Heart rate variability and the negativity bias in learning about novel objects. *Psychophysiology*, 44, S39.
- Siegle, G. J., Ingram, R. E., & Matt, G. E. (2002). Affective interference: An explanation for negative attention biases in dysphoria? *Cognitive Therapy and Research*, 26, 73-87.
- Singer, J. D. & Willett, J. B. (2003). *Applied Longitudinal Data Analysis: Modeling Change and Event Occurrence*. Oxford University Press.
- Singer, J.D., & Willett, J.B. (2003). *Applied longitudinal data analysis: Modeling change and event occurrence*, Oxford University Press, New York, 3-299 pp.
- Skaggs, W. E., & McNaughton, B. L. (1996). Replay of neuronal firing sequences in rat hippocampus during sleep following spatial experience. *Science*, 271, 1870-1873.
- Smith, T. W., Ruiz, J. M., & Uchino, B. N. (2000). Vigilance, active coping, and cardiovascular reactivity during social interaction in young men. *Health Psychology*, 19, 382-392.
- Snider, B. S. M., Asmundson, G. J. G. P., & Wiese, K. C. P. (2000). Automatic and strategic processing of threat cues in patients with chronic pain: A modified stroop evaluation. *Clinical Journal of Pain*, 16, 144-154.
- Sonnemans, J., & Frijda, N. H. (1994). The structure of subjective emotional intensity. *Cognition & Emotion*, 8, 329-350.
- Sonnentag, S., Binnewies, C., & Mojza, E. J. (2008). "Did you have a nice evening?" A day-level study on recovery experiences, sleep, and affect. *Journal of Applied Psychology*, 93, 674-684.
- Spalek, T. M., & Hammad, S. (2005). The left-to-right bias in inhibition of return is due to the direction of reading. *Psychological Science*, 16, 15-18.
- Startup, H. M. & Davey, G. C. L. (2003). Inflated responsibility and the use of stop rules for catastrophic worrying. *Behaviour Research and Therapy*, 41, 495-503.
- Startup, H. M. & Erickson, Th. M. (2006). The Penn State Worry Questionnaire (PSWQ). In G.C.L.Davey & A. Wells (Eds.), *Worry and its psychological disorders: Theory, assessment and treatment* (pp. 101-120). Chichester, England: John Wiley & Sons, Ltd.
- Startup, H. M., & Davey, G. C. L. (2001). Mood as input and catastrophic worrying. *Journal of Abnormal Psychology*, 110, 83-96.
- Staud, R., Robinson, M. E., Vierck, C. J., & Price, D. D. (2003). Diffuse noxious inhibitory controls (DNIC) attenuate temporal summation of second pain in normal males but not in normal females or fibromyalgia patients. *Pain*, 101, 167-174.

- Stevens, A., Batra, A., Kotter, I., Bartels, M., & Schwarz, J. (2000). Both pain and EEG response to cold pressor stimulation occurs faster in fibromyalgia patients than in control subjects. *Psychiatry Research*, 97, 237-247.
- Stewart, J.C., & France, C.R. (2001). Cardiovascular recovery from stress predicts longitudinal changes in blood pressure. *Biological Psychology*, 58, 105-120.
- Stickgold, R., Malia, A., Maguire, D., Roddenberry, D., & O'Connor, M. (2000). Replaying the game: Hypnagogic images in normals and amnesics. *Science*, 290, 350-353.
- Stöber, J. & Joormann, J. (2001). A short form of the worry domains questionnaire: construction and factorial validation. *Personality and Individual Differences*, 31, 591-598.
- Stöber, J. (1998). Reliability and validity of two widely-used worry questionnaires: self-report and self-peer convergence. *Personality and Individual Differences*, 24, 887-890.
- Szábo, M. & Lovibond, P. F. (2002). The cognitive content of naturally occurring worry episodes. *Cognitive Therapy and Research*, 26, 167-177.
- Tabachnick, B. G. & Fidell, L. S. (2001). *Using Multivariate Statistics*, 4th ed. Boston: Allyn & Bacon.
- Taghavi, M. R., Dalgleish, T., Moradi, A. R., Neshat-Doost, H. T., & Yule, W. (2003). Selective processing of negative emotional information in children and adolescents with Generalized Anxiety Disorder. *British Journal of Clinical Psychology*, 42, 221-230.
- Tallis, F., Davey, G. C. L., & Capuzzo, N. (1994). *The phenomenology of non-pathological worry: A preliminary investigation*. Oxford, England: John Wiley and Sons.
- Tallis, F., Eysenck, M. W., & Mathews, A. (1992). A questionnaire for the measurement of nonpathological worry. *Personality and Individual Differences*, 13, 161-168.
- Tallis, F., Eysenck, M., & Mathews, A. (1991). Elevated evidence requirements and worry. *Personality and Individual Differences*, 12, 21-27.
- Tang, J. & Gibson, S. J. (2005). A psychophysical evaluation of the relationship between trait anxiety, pain perception, and induced state anxiety. *The Journal of Pain*, 6, 612-619.
- Task Force of the European Society of Cardiology the North American Society of Pacing (1996). Heart Rate Variability: Standards of measurement, physiological interpretation, and clinical use. *Circulation* 93, 1043-1065.
- Taylor, S. E., Klein, L. C., Lewis, B. P., Gruenewald, T. L., Gurung, R. A. R., & Updegraff, J. A. (2000). Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight. *Psychological Review*, 107, 411-429.
- Thayer, J. F., & Brosschot, J. F. (2005). Psychosomatics and psychopathology: looking up and down from the brain. *Psychoneuroendocrinology*, 30, 1050-1058.
- Thayer, J. F., & Lane, R. D. (2000). A model of neurovisceral integration in emotion regulation and dysregulation. *Journal of Affective Disorders*, 61, 201-216.
- Thayer, J. F., & Lane, R. D. (2007). The role of vagal function in the risk for cardiovascular disease and mortality. *Biological Psychology*, 74, 224-242.
- Thayer, J. F., & Sternberg, E. S. T. (2006). Beyond heart rate variability. Vagal regulation of allostatic systems. *Annals of the New York Academy of Sciences*, 1088, 361-372.
- Thayer, J. F., Friedman, B. H., & Borkovec, T. D. (1996). Autonomic characteristics of generalized anxiety disorder and worry. *Biological Psychiatry*, 39, 255-266.
- Thayer, J. F., Friedman, B. H., Borkovec, T. D., Johnsen, B. H., & Molina, S. (2000). Phasic heart period reactions to cued threat and nonthreat stimuli in generalized anxiety disorder. *Psychophysiology*, 37, 361.
- Thayer, J. F., Smith, M., Rossy, L. A., Sollers, J. J., & Friedman, B.H. (1998). Heart period

- variability and depressive symptoms: gender differences. *Biological Psychiatry*, 44, 304-306.
- Thayer, J.F., & Lane, R. D. (2009). Claude Bernard and the heart-brain connection: Further elaboration of a model of neurovisceral integration. *Neuroscience and Biobehavioral Reviews*, 33, 81-88.
- Thompson, T., Webber, K., & Montgomery, I. (2002). Performance and persistence of worriers and non-worriers following success and failure feedback. *Personality and Individual Differences*, 33, 837-848.
- Thomsen, D. K., Hokland, M., Zachariae, R., Viidik, A., Mehlsøn, M. Y., Olesen, F. et al. (2004). Is there an association between rumination and self-reported physical health? A one-year follow-up in a young and an elderly sample. *Journal of Behavioral Medicine*, 27, 215-231.
- Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. *Cognitive Therapy and Research*, 27, 247-259.
- Turner, J. A., Mancl, L., & Aaron, L. A. (2004). Pain-related catastrophizing: a daily process study. *Pain*, 110, 103-111.
- Tveito, T. H., & Eriksen, H. R. (2009). Integrated health programme: a workplace randomized controlled trial. *Journal of Advanced Nursing*, 65, 110-119.
- Ursin, H. (2005). Press stop to start: the role of inhibition for choice and health. *Psychoneuroendocrinology*, 30, 1059-1065.
- Ursin, H., & Eriksen, H. R. (2001). Sensitization, subjective health complaints, and sustained arousal. *Annals of the New York Academy of Sciences*, 933, 119-129.
- Ursin, H., & Eriksen, H. R. (2004). The cognitive activation theory of stress. *Psychoneuroendocrinology*, 29, 567-592.
- van Amelsvoort, L. G. P. M., Kant, I. J., Bultmann, U., & Swaen, G. M. H. (2003). Need for recovery after work and the subsequent risk of cardiovascular disease in a working population. *Occupational and Environmental Medicine*, 60, 83-87.
- van Amelsvoort, L. G. P. M., Kant, I. J., Bultmann, U., & Swaen, G. M. H. (2003). Need for recovery after work and the subsequent risk of cardiovascular disease in a working population. *Occupational and Environmental Medicine*, 60, i83-i87.
- van Der Doef, M., & Maes, S. (1999). The Job Demand-Control (-Support) Model and psychological well-being: a review of 20 years of empirical research. *Work and Stress*, 13, 87.
- van der Does, A. J. W. (2002). *Manual of the Dutch Version of the Beck Depression Inventory (BDI-II-NL)*. Amsterdam: Harcourt Publishers.
- van der Klink, J. J. L., & van Dijk, F. J. H. (2003). Dutch practice guidelines for managing adjustment disorders in occupational and primary health care. *Scandinavian Journal of Work Environment & Health*, 29, 478-487.
- van der Klink, J. J. L., Blonk, R. W. B., Schene, A. H., & Van Dijk, F. J. H. (2001). The benefits of interventions for work-related stress. *American Journal of Public Health*, 91, 270-276.
- van der Ploeg, P. B., Defares, H. M., & Spielberger, C. D. (1980). *Handleiding bij de Zelf-Beoordelings Vragenlijst, ZBV: Een Nederlandstalige bewerking van de Spielberger State-Trait Anxiety Inventory*. Lisse: Swets & Zeitlinger.
- van Ginkel, J. R., & van der Ark, L. A. (2005). SPSS syntax for missing value imputation in test and questionnaire data. *Applied psychological measurement*, 29, 152.
- van Rijsoort, S., Emmelkamp, P., & Vervaeke, G. (1999). The Penn State Worry Questionnaire and the Worry Domains Questionnaire: Structure, reliability and validity. *Clinical Psychology and Psychotherapy*, 6, 297-307.
- Verkuil, B., Brosschot, J. F., & Thayer, J. F. (2007). Capturing worry in daily life: Are trait questionnaires sufficient? *Behaviour Research and Therapy*, 45, 1835-1844.
- Verkuil, B., Brosschot, J. F., & Thayer, J. F. (2007). A sensitive body or a sensitive mind? Associations among somatic sensitization, cognitive sensitization, health worry, and

- subjective health complaints. *Journal of Psychosomatic Research*, 63, 673-681.
- Verkuil, B., Brosschot, J. F., Borkovec, T. D., & Thayer, J. F. (2009). Acute autonomic effects of experimental worry and cognitive problem solving: why worry about worry? *International Journal of Clinical and Health Psychology*, 9(3), 439-453.
- Vervoort, T., Goubert, L., Eccleston, C., Bijttebier, P., & Crombez, G. (2005). Catastrophic thinking about pain is independently associated with pain severity, disability, and somatic complaints in school children and children with chronic pain. *Journal of Pediatric Psychology*, 31, 674-683.
- Vingerhoets, A. J. J. M., Jeninga, A. J., & Menges, L. J. (1989). Het meten van chronische en alledaagse stressoren: Eerste onderzoekservaringen met de Alledaagse Problemen Lijst (APL) II. (The measurement of chronic and daily stressors: First research experience with the Daily Problem Checklist (DPC) II). *Gedrag & Gezondheid*, 17, 124-130.
- Vitaliano, P. P. (2003). Is caregiving hazardous to one's physical health? A meta-analysis. *Psychological Bulletin*, 129, 946.
- von Baeyer, C. L., Piira, T., Chambers, C. T., Trapanotto, M., & Zeltzer, L. K. (2005). Guidelines for the cold pressor task as an experimental pain stimulus for use with children. *Journal of Pain*, 6, 218-227.
- Vrana, S. R., Cuthbert, B. N., & Lang, P. J. (1986). Fear imagery and text processing. *Psychophysiology*, 23, 247-253.
- Walker, M. P., & Stickgold, R. (2004). Sleep-dependent learning and memory consolidation. *Neuron*, 44, 121.
- Waters, A. J., Sayette, M. A., Franken, I. H. A., & Schwartz, J. E. (2005). Generalizability of carry-over effects in the emotional Stroop task. *Behaviour Research and Therapy*, 43, 715-732.
- Waters, A. M., Nitz, A. B., Craske, M. G., & Johnson, C. (2007). The effects of anxiety upon attention allocation to affective stimuli. *Behaviour Research and Therapy*, 45, 763-774.
- Watkins, E. R. (2008). Constructive and unconstructive repetitive thought. *Psychological Bulletin*, 134, 163-206.
- Watkins, E. R., & Moberly, N. J. (2009). Concreteness training reduces dysphoria: A pilot proof-of-principle study. *Behaviour Research and Therapy*, 47, 48-53.
- Watkins, E., & Baracaia, S. (2002). Rumination and social problem-solving in depression. *Behaviour Research and Therapy*, 40, 1179-1189.
- Watkins, E., Moulds, M., & Mackintosh, B. (2005). Comparisons between rumination and worry in a non-clinical population. *Behaviour Research and Therapy*, 43, 1577-1585.
- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54, 1063-1070.
- Weber, C. S., Thayer, J. F., Rudat, M., Sharma, A. M., Perschel, F. H., Buchholz, K. et al. (2008). Salt-sensitive men show reduced heart rate variability, lower norepinephrine and enhanced cortisol during mental stress. *Journal of Human Hypertension*, 22, 423-431.
- Weidner G., Friend R., Ficarrotto T. J., & Mendell N.R. (1989). Hostility and cardiovascular reactivity to stress in women and men. *Psychosomatic Medicine*, 51, 36-45.
- Wells, A. & Carter, K. (2001). Further tests of a cognitive model of generalized anxiety disorder: Metacognitions and worry in GAD, panic disorder, social phobia, depression, and nonpatients. *Behavior Therapy*, 32, 85-102.
- Wells, A., & Matthews, G. (1996). Modelling cognition in emotional disorder: The S-REF model. *Behaviour Research and Therapy*, 34, 881-888.
- Williams, J. M., Watts, F. N., MacLeod, C., & Mathews, A. (1997). *Cognitive psychology and emotional disorders*. New York: Wiley.
- Williams, L. M., Barton, M. J., Kemp, A. H., Liddell, B. J., Peduto, A., Gordon, E. et al. (2005). Distinct amygdala-autonomic arousal

profiles in response to fear signals in healthy males and females. *NeuroImage*, 28, 618-626.

Williams, P. G., Wasserman, M. S., & Lotto, A. J. (2003). Individual differences in self-assessed health: An information-processing investigation of health and illness cognition. *Health Psychology*, 22, 3-11.

Wilson, E. J., MacLeod, C., Mathews, A., & Rutherford, E. M. (2006). The causal role of interpretive bias in anxiety reactivity. *Journal of Abnormal Psychology*, 115, 103-111.

Wood, J. V. & Dodgson, P. G. (1996). When is self-focused attention an adaptive coping response? Rumination and overgeneralization versus compensation. In I.G.Sarason, G. R. Pierce, & B. R. Sarason (Eds.), *Cognitive interference: theories, methods, and findings* (pp. 231-259). Hillsdale, NJ: Erlbaum.

Woody, S., & Rachman, S. (1994). Generalized anxiety disorder (GAD) as an unsuccessful search for safety. *Clinical Psychology Review*, 14, 743-753.

Wulsin, L. R., Vaillant, G. E., Wells, V. E. (1999). A systematic review of the mortality of depression. *Psychosomatic Medicine*, 61, 6-17.

Wyller, V., Eriksen, H., & Malterud, K. (2009). Can sustained arousal explain the Chronic Fatigue Syndrome? *Behavioral and Brain Functions*, 5, 10.

Yiend, J. & Mathews, A. (2001). Anxiety and attention to threatening pictures. *Quarterly Journal of Experimental Psychology Section A-Human Experimental Psychology*, 54, 665-681.

Zadro, L., Boland, C., & Richardson, R. (2006). How long does it last? The persistence of the effects of ostracism in the socially anxious. *Journal of Experimental Social Psychology*, 42, 692-697.

Zeigarnik, B. (1927). Das Behalten erledigter und unerledigter Handlungen [The memory of completed and uncompleted actions]. *Psychologische Forschung*, 9, 1-85.

Zoccola, P. M., Dickerson, S. S., & Zaldivar, F. P. (2008). Rumination and cortisol responses to laboratory stressors. *Psychosomatic Medicine*, 70, 661-667.