




Attention and Avoidance: Strategies in Coping with Aversiveness

Heinz W Krohne

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363 Seiten

Kurzbeschreibung

This volume aims to develop a framework showing how concepts and empirical data concerning vigilance and cognitive avoidance fit together with research on stress and coping. A central purpose of the book is to elaborate a more integrated approach to the study of these two central coping strategies. Special attention is given to the following topics: theoretical approaches to vigilance and avoidance; research and measurement strategies; the role of attentional processes in the self-regulation of behaviour; uncertainty and emotional arousal as determinants of vigilance and avoidance; flexibility and individual consistency in coping; gender, age and coping; vigilant/avoidant coping and health status. The book brings together authors distinguished by their substantial theoretical contributions and empirical investigations in the area of cognitive coping research. Synopsis

This volume aims to develop a framework showing how concepts and empirical data concerning vigilance and cognitive avoidance fit together with research on stress and coping. A central purpose of the book is to elaborate a more integrated approach to the study of these two central coping strategies. Special attention is given to the following topics: theoretical approaches to vigilance and avoidance; research and measurement strategies; the role of attentional processes in the self-regulation of behaviour; uncertainty and emotional arousal as determinants of vigilance and avoidance; flexibility and individual consistency in coping; gender, age and coping; vigilant/avoidant coping and health status. The book brings together authors distinguished by their substantial theoretical contributions and empirical investigations in the area of cognitive coping research.

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