

Rumination in Generalized Anxiety and Social Phobia: A Qualitative Systematic Review

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Abstract

Rumination has often been investigated in relation to the etiology and maintenance of major depression. Evidence now suggests that rumination is also associated with anxiety disorders. However, there are relatively few studies that examine ruminative response in clinical samples such as generalized anxiety disorder (GAD) or social phobia (SP). The goal of this article is to provide a comprehensive review of the studies analyzing the relations between rumination, generalized anxiety disorder and social phobia. A comprehensive search of the literature identified 37 studies that were included in this review. We searched the PsycArticles, PubMed, Scencedirect and Web of Science databases, beginning with January 2000. We conclude that investigating the potential role of rumination in social phobia and generalized anxiety has implications for current cognitive models as well as in clinical practice.

Keywords

rumination, generalized anxiety disorder, social phobia, systematic review