tremors, and shuddering. In attempting to access the origin of fear, Freud (1936) theorized that fear may be linked to early childhood developmental issues. Freud identified three types of anxiety, all psychological in nature: (a) reality anxiety (which is sensible and adaptive), (b) neurotic and moral anxiety (known as the troublemakers), and (c) primary anxiety. Primary anxiety was thought to be first felt by newborns sensing the absence of a caring individual in their life. The sense of loss derived from the absence of a caring individual could create fear in the child, resulting in the establishment of a pattern early in life for all future anxieties.

Many clinical studies on anxiety were conducted utilizing animal studies in the 1940s and continuing into the 1950s with four major publications: May's (1977) *The Meaning of Anxiety;* Mowrer's (1950) *Learning Theory and Personality Dynamics, Anxiety;* and Dollard and Miller's (1950) *Personality and Psychotherapy.*

May (1977) defined anxiety as

the apprehension cued off by a threat to some value that the individual holds essential to his existence as a personality. The threat may be to physical life (the threat of death or to psychological existence, the loss of freedom, meaninglessness). Or the threat may be to some other value, which one identifies with one’s existence (patriotism, the love of another person, "success," etc.). (pp. 205-206)

May (1977) considered anxiety to be an integral component in the psychological growth of the human being. He reported:

our very survival is the result of steps taken long ago to confront anxiety. The form of anxiety has changed, but the experience remains relatively the same. The presence of anxiety indicates vitality. Like fever, it testifies that a struggle is going on within a personality. So long as this struggle continues, a constructive solution is possible. (p. 14)

Mowrer (1950) argued that fear was a learned response, based on signals that in the past have been followed by situations that have included injury or pain. He believed