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The road ahead: What research paths should be taken in order to improve future treatments?

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This chapter focuses on the research paths that should be taken in order to improve future treatments of worry and generalized anxiety disorder (GAD). An often-stated fact about GAD is that its diagnostic criteria overlap with other mental disorders, in particular major depression. Within the research domain criteria (RDoC) initiative, mental illnesses are conceptualized as brain disorders, specifically as the result of disorders of brain circuits. The system responsible for processing potential threat, according to the RDoC initiative, can be assessed using various methodologies, such as self-report, psychophysiological assessment, or neuroimaging. Although research on worry and GAD has progressed steadily, it can be argued that it lags behind other anxiety and mood disorders. Continued research on worry is important in its own right, as knowledge about it can teach us about other disorders, boundary conditions, and treatment per se.