

Anxiety disorders sourcebook: basic consumer health information about prevalence, risk factors, types, diagnosis, and treatment of anxiety disorders: along with facts about comorbidities of anxiety disorders, managing symptoms of anxiety, financial assistance and support, and resources for additional help and information /

Hayes, Kevin (Editor of health information), editor Omnigraphics, Incorporated

Resource Guide Popular works.

Monografía

"Provides consumer health information about the ways people encounter anxiety and its various types, including general anxiety disorder, obsessive-compulsive disorder, posttraumatic stress disorder (PTSD), and panic disorder. Includes glossary, index, and other resources"--

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symptoms of anxiety, financial assistance and support, and resources for additional help and information edited by Kevin Hayes, basic consumer health Information about mental-health disorders and associated myths and facts, types of anxiety disorders, including general anxiety disorder, obsessive-compulsive disorder, posttraumatic stress disorder, panic disorder, social anxiety disorder, specific phobia, separation anxiety, illness anxiety disorder, somatic symptom disorder, and more along with information about causes, risk factors, treatment options, including medication, psychotherapy, and complementary and alternative medications, financial assistance, tips for caregivers, a glossary of related terms, and a directory of resources for more information

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Contenido: Part 1. Introduction to mental-health and anxiety disorders -- part 2. Types of anxiety disorders -- part 3. General principles of diagnosis and treatment -- part 4. Psychiatric comorbidities in anxiety disorder -- part 5. Lifestyle modifications for mental health and well-being -- part 6. Looking ahead -- part 7. Research on anxiety disorders -- part 8. Additional help and information

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