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Altri autori (Persone)	WoodySheila R
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Nota di contenuto	Contents; 1 EVIDENCE-BASED PRACTICE; 2 THE NATURE OF ANXIETY; 3 SPECIFIC FEARS AND PHOBIAS; 4 SOCIAL PHOBIA; 5 PANIC DISORDER AND AGORAPHOBIA; 6 OBSESSIVE-COMPULSIVE DISORDER; 7 POSTTRAUMATIC STRESS DISORDER; 8 GENERALIZED ANXIETY DISORDER; 9 STANDARDS FOR QUALITY CARE; APPENDIX A: USEFUL MEASURES FOR ANXIETY DISORDERS; APPENDIX B: EDUCATIONAL RESOURCES FOR PROFESSIONALS; APPENDIX C: OUTCOMES MEASUREMENT SYSTEMS VENDORS; REFERENCES; INDEX
Sommario/riassunto	Recently developed psychosocial treatments for anxiety disorders reflect the systematic influence of scientifically generated knowledge, and these new treatments yield strong results. Research in such areas as information processing, cognition, behavioral avoidance, and the physiological components of anxious arousal has increased our knowledge of mediators that cause and maintain anxiety disorders. The development of these new clinical tools is timely, as epidemiological studies now show that up to 25% of people will experience at least one anxiety disorder in their lifetime. Meanwhile, menta