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| 1. Record Nr. | UNINA9910796653903321 |
| Titolo | Anxiety disorders sourcebook : 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 medications, psychotherapy, and complementary and alternative medications, financial assistance, tips for caregivers, a glossary of related terms, and a directory of resources for more information |
| Pubbl/distr/stampa | Detroit, Michigan : , : Omnigraphics, , [2018] 2018 |
| ISBN | 1-78684-640-3 0-7808-1588-2 |
| Edizione | [First edition.] |
| Descrizione fisica | 1 online resource (xv, 484 pages) : illustrations |
| Collana | Health Reference Series |
| Disciplina | 616.8522 |
| Soggetti | Anxiety disorders |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Subitite: "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 medications, psychotherapy, and complementary and alternative medications, financial assistance, tips for caregivers, a glossary of related terms, and a directory of resources for more information" |
| Nota di bibliografia | Includes bibliographical references at the end of each chapters and index. |
| Nota di contenuto | Part I. Introduction to mental health disorders and anxiety -- Part II. Types of anxiety disorders -- Part III. Causes, risk factors, and treatment for anxiety disorders -- Part IV. Anxiety and other chronic illnesses -- Part V. Managing stress and everyday anxiety -- Part VI. |

Looking ahead -- Part VII. Additional help and information.

Sommario/riassunto

"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"-- \$c Provided by publisher.