

1. Record Nr.

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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

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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

Subitle: "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.