

1. Record Nr.	UNINA9910810899003321
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Titolo	Panic disorder [[electronic resource] /] / Stanley Rachman, Padmal de Silva
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2010
ISBN	1-383-04672-7 1-283-57928-6 9786613891730 0-19-157598-4
Edizione	[3rd ed.]
Descrizione fisica	1 online resource (123 p.)
Collana	The facts series
Altri autori (Persone)	De SilvaPadmal
Disciplina	616.85/223
Soggetti	Panic disorders Anxiety disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Introduction; 1 Panic and panic disorder; 2 The experience of panic; 3 Facts about panic; 4 The consequences of panic; 5 Theories of panic disorder; 6 Treatment of panic disorder; 7 Further aspects of treatment; 8 Assessment and evaluation; 9 Obstacles and complications; 10 Some practical advice; 11 Common questions; Appendix 1 The mobility inventory; Appendix 2 The cognitions questionnaire; Appendix 3 Learning to relax: a simple guide; Appendix 4 Useful organizations; Appendix 5 Further reading; Index; A; B; C; D; E; F; G; H; I; K; L; M; N; O; P; Q; R; S; T; U; V; W; X
Sommario/riassunto	Panic disorder is a remarkably common psychological condition, characterized by sudden attacks of intense fear and panic. Approximately 3% of the population will experience some aspects of panic disorder during their lifetime. Incredibly distressing, it can have an adverse effect on most aspects of the person's life, especially if chronic. This new edition of Panic Disorder: The Facts includes valuable new information on treatment and discusses the relationship between panic disorder and other anxiety conditions. It also assesses the evidence for the available treatments, drawing from the late

