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Titolo	Treating health anxiety : a cognitive-behavioral approach / / Steven Taylor, Gordon J.G. Asmundson ; foreword by Adrian Wells
Pubbl/distr/stampa	New York, : Guilford Press, c2004
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Descrizione fisica	1 online resource (318 p.)
Altri autori (Persone)	AsmundsonGordon J. G
Disciplina	616.85/25
Soggetti	Hypochondria
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Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 267-290) and index.
Nota di contenuto	What is health anxiety? -- Body and mind: biological and cognitive factors -- Behavioral factors and their consequences -- Learning experiences and the development of health anxiety -- Treatments: a review of the research -- Assessment and case formulation -- Cognitive-behavior therapy: an overview -- Treatment engagement strategies -- Cognitive interventions -- Behavioral methods -- Stress management.
Sommario/riassunto	Grounded in current theory and treatment research, this highly practical book presents a comprehensive framework for assessing and treating health anxiety, including full-blown and milder (subclinical) forms of hypochondriasis. The current state of knowledge about these prevalent and costly problems is reviewed, and assessment methods and empirically supported treatments described. Clear, step-by-step recommendations are provided for engaging patients or clients, implementing carefully planned cognitive and behavioral interventions, and troubleshooting potential pitfalls. Important advanc