This quick reference serves as an authoritative clinical guide to diagnostic
treatment and monitoring recommendations for patients with mental disorders in
the primary care setting. It offers fast and efficient access to evidence-based
diagnostic and therapeutic guidelines for managing psychiatric and mental health
conditions. The book guides family and adult advanced practice nurses in making
clinical decisions that are supported by the best available evidence, reflecting
current research and expert consensus. Additionally, researchers may use this
book to identify important clinical questions where more research could be
conducted to improve treatment decision making.

This comprehensive text is organized by major diagnostic categories, such as
anxiety disorders, with specific diagnoses organized alphabetically within each
category. It supports informed practice, which increases confidence in differential
diagnosis, safe and effective treatment decision making, reliable treatment
monitoring and, ultimately, improved patient outcomes. Additionally, DSM-IV-TR
diagnostic standard summaries and ICD-9 codes are incorporated for use in the
clinical setting. It is an essential resource in everyday practice for all health care
providers.