Anxiety Disorders in Adults: An Evidence-Based Approach to Psychological Treatment


The authors review the several classifications of anxiety disorders using the latest DSM-IV categories, covering specific phobias, social phobia, panic disorder and agoraphobia, obsessive-compulsive disorder, and post-traumatic stress disorder, among others. The chapters assess the efficacy of various treatments, and the authors conclude with a discussion of how treatment standards can be implemented in clinical training and practice.

Publication Year: 2001
Edition: 1st
Author/Editor: McLean, Peter D.; Woody, Sheila R.
Publisher: Oxford University Press (OUP)
ISBN: 978-0-195-11625-0
Doody’s Star Rating®: ★★★★★ Score: 90
Platform: Ovid
Product Type: Book
Speciality: Clinical Psychology, Psychiatry
Language: English
Pages: 0
Illustrations: 0