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.

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