Provides an overview of arthritis that is grounded in the realities of living with a long-term condition often characterised by pain, fatigue, physical limitations, anxiety or depression.

Arthritis is one of the most common, long-term conditions affecting millions of people worldwide. This book draws not only on the growing body of literature in psychosocial rheumatology, but also on the author’s own research. In addition, a substantial section devoted to interventions with a psychological basis.