



## The Sydney Handbook of Anxiety Disorders: A Guide to the Symptoms, Causes and Treatments of Anxiety Disorders (Hardback)

By -

University of Sydney, 2015. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anxiety disorders are common psychiatric conditions with a devastating effect on quality of life that is often underestimated. Unfortunately, anxiety is as misunderstood among patients and health practitioners as it is common. While more than 14 percent of Australians exhibit symptoms of anxiety disorders, only half seek treatment. Of great concern is the fact that 40 percent of those who do seek treatment receive misguided advice. Despite this alarming news, there is hope. The Australian mental health community, particularly the faculty of the University of Sydney, is rallying around anxiety research and clinical treatment. The Sydney Handbook of Anxiety Disorders presents the latest and most comprehensive information on the diagnosis and treatment of anxiety. This guide clearly lays out a biopsychosocial model for understanding anxiety that involves biological activity of the brain, psychological theories on attachment, conditioning, cognition and recognition of social triggers. New and traditional psychological and pharmacological treatment options are meticulously analysed in simple language, while case studies give real-life examples of diagnosis and treatment plans. The Sydney Handbook of Anxiety Disorders shares the experience and expertise of the best medical...



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