



The American Psychiatric Publishing Textbook of Anxiety Disorders

Dan J. Stein, Eric Hollander

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Anxiety disorders are at once among the most disabling and the most prevalent of the psychiatric disorders. More common than either mood or substance use disorders. Often misdiagnosed and undertreated. Perhaps because it is often difficult for patients to seek help and for caregivers to appreciate the morbidity of anxiety disorders. These disorders account for a staggering one-third of all costs related to psychiatric disorders. This one-stop resource for both clinicians and researchers details not only the rigorous diagnostic schemas, underlying sophisticated psychobiological models, and effective pharmacotherapy and psychotherapy interventions developed during the past few decades but also the latest advances in this diverse field. Presenting the work of an unprecedented 77 U.S. and international experts, this 10-part textbook begins with an in depth discussion of the history, classification, preclinical models, concepts (evolutionary, cognitive, and psychodynamic), and combined treatment of anxiety disorders. -For clinicians, this exceptional reference then covers the phenomenology, etiology, psychotherapy, and pharmacotherapy of every major anxiety disorder: generalized anxiety disorder, mixed anxiety-depressive disorder, obsessive-compulsive and related disorders, panic disorder, social phobia, specific phobia, posttraumatic stress disorder (PTSD), and acute stress disorder. Also included are the latest theoretical and clinical issues that cut across all anxiety disorders. -For researchers, this densely packed volume shows that the study of anxiety disorders is indisputably one of the most interesting and rewarding areas of contemporary medical research, requiring the integration of data from disparate fields (such as neuroanatomy, neurochemistry, cognitive dysfunctions, and genetic and environmental studies) into powerful and sophisticated models. Models that move us toward better understanding and more effective treatment of these complex disorders. For example, animal models of fear conditioning provide fascinating parallels with clinical phenomena such as posttraumatic stress disorder. Similarly, functional brain imaging demonstrates that pharmacotherapy and psychotherapy for obsessive-compulsive disorder produce similar changes in the brain. The authors conclude by discussing anxiety disorders in relation to special populations, such as children, adolescents, and seniors; different medical settings; substance abuse; and culture and society, including economic costs and consumer considerations. This remarkable compendium of studies at the cutting edge of anxiety disorder research and clinical practice will be welcomed by psychiatric and medical clinicians, researchers, and educators as a uniquely valuable reference, and by other mental health care professionals who are interested in the latest developments in understanding and treating these important disorders.

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