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Psychology : Clinical Psychology

Stewart, Sherry H., Conrod, Patricia (Eds.)

Anxiety and Substance Use Disorders

The Vicious Cycle of Comorbidity

- Addresses the concept of co-morbidity, an idea that has recently become a very popular topic at the forefront of psychology
- Focuses on two very common disorders and the special treatment that must be used when they coexist, as opposed to the standard approach utilized when a patient has either an anxiety disorder or a substance disorder alone
- In-depth study of various types of anxiety disorders (i.e. PTSD, social anxiety) in which different treatments are required

"It takes my worries away...it helps me unwind when I'm tense..." Those with an anxiety disorder are at two to five times greater risk of having an alcohol or drug use disorder than those without an anxiety disorder. And although anxiety disorders are among the most common co-occurring conditions affecting people with substance issues, mainstream methods often fail to treat both halves of the picture. *Anxiety and Substance Use Disorders: The Vicious Cycle of Comorbidity* addresses this gap with dispatches from the frontlines of research and treatment. Thirty-four international experts offer findings, theories, and intervention strategies for this common form of dual disorder both across types of substances (alcohol, tobacco, street and prescription drugs) and the range of anxiety disorders (PTSD, social phobia, panic disorder, OCD) to give the reader comprehensive knowledge in a practical format. Informed by the reciprocal relationship between the two types of disorders (such as the contributions of substance abuse to anxiety-related symptoms), the book: Brings together neurobiological, psychosocial, and cognitive perspectives on its subject; Outlines theoretical models of co-occurring anxiety and substance abuse, its epidemiology, and etiology; Offers up-to-date research findings on the nature, origins, and treatment of specific combinations of substance use and anxiety disorders; Presents detailed reviews of emerging targeted treatment methods—including cognitive-behavioral, personality-based, and medical interventions—with latest data on their efficacy; Pinpoints future directions in understanding and treating the dually diagnosed.

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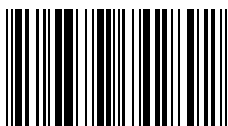
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