



John Vanin, James Helsley

Anxiety Disorders

A Pocket Guide For Primary Care

Series: Current Clinical Practice

- A pocket bedside medical reference
- Easy-to-follow, step-by-step approach
- Offers practical points based on both real patient-care experience and review of current medical literature

Anxiety Disorders: A Pocket Guide for Primary Care is designed to help the primary care practitioner recognize, diagnose, and manage anxiety disorders in a busy clinical practice. The first several chapters give an overview of anxiety and the anxiety disorders, and provide the practitioner with practical information and techniques regarding the psychiatric evaluation and mental status examination in a primary care practice. Extremely effective modalities are available for the management of common mental disorders, including the anxiety disorders. The goal of treatment is not simply improvement but remission of symptoms and restoration of function. The Pocket Guide includes helpful chapters on psychopharmacology, psychopharmacotherapy, and psychological treatment for the anxiety disorders.

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