The Cambridge Handbook of Anxiety and Related Disorders

This handbook surveys existing descriptive and experimental approaches to the study of anxiety and related disorders, emphasizing the provision of empirically guided suggestions for treatment. Based upon the findings from the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the chapters collected here highlight contemporary approaches to the classification, presentation, etiology, assessment, and treatment of anxiety and related disorders. The collection also considers a biologically informed framework for the understanding mental disorders proposed by the National Institute of Mental Health’s Research Domain Criteria (RDoC). The RDoC has begun to create a new kind of taxonomy for mental disorders by bringing the power of modern research approaches in genetics, neuroscience, and behavioral science to the problem of mental illness. The framework is a key focus for this book as an authoritative reference for researchers and clinicians.

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The Cambridge Handbook of Anxiety and Related Disorders

Edited by
Bunmi O. Olatunji
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To Eun Ha, Aiden, and Mitchell for all the inspiration that I will ever need
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