

ANXIETY DISORDERS: Current Controversies, Future Directions

Edited by:

Professor David Castle, University of Melbourne

Dr Sean Hood, University of Western Australia

Professor Michael Kyrios, Swinburne University

In **Anxiety Disorders: Current Controversies, Future Directions**, contributors reflect on a number of fundamental aspects of anxiety disorders. Anxiety disorders are a diverse and heterogeneous group of disorders. This can make labelling and grouping disorders the subject of much contention and debate. The book initially explores what constitutes anxiety disorders and how they can be grouped, and goes on to consider the area between symptoms and diagnosis. Anxiety disorders often coexist with other mental health disorders and issues and these are outlined.

A number of chapters examine the close and complex relationship anxiety disorders share with depression, psychosis and substance-use disorders as well as looking at the ripple effect it often has on families. Finally, the book takes a look at new approaches to anxiety disorder related treatments and interventions.

This publication will provide a blueprint for greater awareness and action in what is a complex, often misunderstood yet crucially important area of mental health and underlines the importance of translation of theory to practice.

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Michael Kyrios

Foreword by: beyondblue

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