



# Child Anxiety Disorders: A Guide to Research and Treatment

*Deborah C. Beidel, Sam Turner*

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Fears in young children are a part of normal development, as is evidenced by numerous studies that demonstrate that approximately 90% of American children have at least one fearful reaction between the ages of 2 and 14. Anxiety disorders are among the second most common psychiatric disorders among children and adolescents, affecting approximately 10% of all youngsters under the age of 18. *Childhood Anxiety Disorders* presents information on childhood fears, anxiety and anxiety disorders for mental health professionals. Although firmly rooted in the current scientific research, theory, and discussion, the book is written in a style that is free from technical jargon, making it highly readable. Using the latest research data, this book examines childhood anxiety disorders, including their etiology, psychopathology, and treatment (both pharmacological and psychological). Chapters are devoted to each of the anxiety disorders listed in the DSM-IV-TR Manual, and other chapters cover the fears associated with medical procedures, chronic medical illnesses, and somatic conditions that may develop or are maintained by stress and anxiety, as these are commonly occurring conditions in children and adolescents.

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