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A comparative study of psychological and medical and compact models

By Kamarzarin, Hamid

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Of treatments of Iranian students with panic symptoms | Panic disorder is a severe and persistent mental disorder, associated with a high degree of subjective distress, occupational and social disability. A panic attack (PA) is the core syndrome of panic disorder and is defined as a discrete period of intense fear or discomfort accompanied by somatic and psychic symptoms, which may or may not be precipitated by exposure to a phobic stimulus. The following thirteen symptoms are identified by DSM-IV as panic symptoms. 1-palpitations, pounding heart, or accelerated heart rate 2-sweating 3-trembling or shaking 4-sensations of shortness of breath or smothering 5-feeling of choking 6-chest pain or discomfort 7-nausea or abdominal distress 8-feeling dizzy, unsteady, lightheaded, or faint 9-derealization (feelings of unreality) or depersonalization (being detached from oneself) 10-fear of losing control or going crazy 11-fear of dying 12-paresthesias (numbness or tingling sensations) 13-chills or hot flushes. Some of the most important used for panic disorder are pharmacotherapy, Cognitive Behavior Therapy (CBT) and a combination of both pharmacotherapy and CBT. | Format: Paperback | Language/Sprache: english | 136 pp.



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