

Anxiety and depression in children and adolescents: assessment, intervention, and prevention

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Abstrak

Anxiety and depression in children and adolescents offers a developmental psychology perspective for understanding and treating these complex disorders as they manifest in young people. Adding the school environment to well-known developmental contexts such as biology, genetics, social structures, and family, this significant volume provides a rich foundation for study and practice by analyzing the progression of pathology and the critical role of emotion regulation in anxiety disorders, depressive disorders, and in combination. Accurate diagnostic techniques, appropriate intervention methods, and empirically sound prevention strategies are given accessible, clinically relevant coverage. Illustrative case examples and an appendix of forms and checklists help make the book especially useful. Featured in the text: Developmental psychopathology of anxiety, anxiety disorders, depression, and mood disorders. Differential diagnosis of the anxiety and depressive disorders. Assessment measures for specific conditions. Age-appropriate interventions for anxiety and depression, including CBT and pharmacotherapy. Multitier school-based intervention and community programs. Building resilience through prevention.