



# **Shy Children, Phobic Adults: Nature and Treatment of Social Anxiety Disorder, Second Edition**

*Deborah C. Beidel, Samuel M. Turner*

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## **Shy Children, Phobic Adults: Nature and Treatment of Social Anxiety Disorder, Second Edition**

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This book describes the clinical presentation of social anxiety disorder, presents theoretical perspectives on its etiology, and examines the latest empirical data with respect to both pharmacological and behavioral interventions. Social anxiety disorder occurs in children, adolescents, and adults, but its manifestation and treatment differ depending on developmental factors. Drawing from a broad literature base as well as their extensive clinical experience, the authors illustrate the impact of developmental stage on all aspects of the disorder. They also provide practical implementation guidelines, enhanced by case examples, tips on patient management, lists of assessment instruments, and sample forms to use with clients.

Since publication of the first edition in 1997, knowledge about social anxiety disorder has advanced on several fronts. The new edition includes information from new studies differentiating patterns of distress characteristic of social anxiety disorder vs. social phobia. It draws on more substantive data bases to support firmer conclusions about the presentation of social anxiety disorder among children and adolescents as well as across various ethnocultural groups. New assessment strategies reviewed in this book include neuroassessments using magnetic resonance imaging, and well-validated self-report instruments and clinician rating scales. Authors review greatly expanded literature addressing pharmacological treatment and psychosocial treatments. New case descriptions and clinical materials are also included. This highly informative and comprehensive volume will be illuminating reading for practitioners, researchers, and students.

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