

# Mood and Anxiety Disorders in Children and Adolescents

Clare Short



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This book reviews the most effective psychopharmacological treatment of mood and anxiety disorders in children and adolescents. In a rapidly evolving field, it has become clear that a 'psychopharmcological way of thinking' provides a useful model for explaining the nature of disorders to children and their families, why they need to take medication and how the drugs work. For the clinician, a similar understanding makes the process of knowing why, when, what and how to proscribe more logical. This concise book covers all the recent advances, our current state of understanding of the neurobiological processes underlying these conditions and the various treatment options. Understanding the psychopharmacology and neurochemistry involved makes the choice of drug or therapy for each child less daunting: treatment can be tailored to specific symptoms and disease profile, with side effects anticipated and explained. This book provides the information required to if clinicians are to make informed choices in this complex field.

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