



Stress e disturbi da somatizzazione: Evidence-Based Practice in psicologia clinica (Italian Edition)

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Un numero sempre crescente di studi misura, in Europa e negli Stati Uniti, l'incidenza negativa dello stress e dei disturbi a esso correlati in termini di patologie letali, giornate di lavoro perse, elevata spesa farmacologica e sanitaria. L'impatto economico e sociale di questo fenomeno ha quindi indotto a considerare lo stress come la malattia del nuovo secolo.

Questo volume affronta il fenomeno dello stress e dei disturbi psicosomatici con un approccio complesso e multifattoriale: le conseguenze derivanti dalla somatizzazione possono infatti colpire l'organismo sotto molte forme, come patologie connesse al comportamento alimentare, gastrointestinali, cardiocircolatorie, cutanee ed endocrine. Le categorie diagnostiche chiamate in causa sono quindi molto diverse fra loro, ed è per questa ragione che l'opera si è caratterizzata per una gamma di tematiche particolarmente ampia e per il gran numero di esperti che sono stati coinvolti.

Oltre a studiare aspetti del problema talvolta meno considerati, come le specificità di genere e il tema dello "stress positivo", il volume propone un'adeguata integrazione fra psicoterapia, terapia farmacologica e interventi riabilitativi, costituendo una guida esaustiva rivolta non solo a clinici e psicologi, ma anche a studenti di Psicologia e Medicina.

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