



# Recognition and Treatment of Psychiatric Disorders: A Psychopharmacology Handbook for Primary Care

*Charles B. Nemeroff, Alan F. Schatzberg*

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Mental health is an important public health issue. National survey data indicate that 48% of the U.S. adult population have reported a psychiatric disorder at some point in their lives and 30% have reported one in the past 12 months. With the changing healthcare environment, 60% of these patients are identified and receive treatment in the primary care setting. *Recognition and Treatment of Psychiatric Disorders: A Psychopharmacology Handbook for Primary Care* -developed to provide the busy primary care physician with practical and timely strategies for screening and treating patients who have psychiatric disorders. It covers -The continually growing number of drugs available for treatment of mental disorders. -An overview of the epidemiology, pathophysiology, presentation, diagnostic criteria, and screening tests for common psychiatric disorders including anxiety disorders, mood disorders, insomnia, somatization disorder, substance use disorder, eating disorders, dementia, and schizophrenia -Treatment algorithms and other step-by-step approaches to direct the physician who is treating patients with mental disorders including drug dosages, schedules, and routes of administration -Basic pharmacology, pharmacokinetics, drug interaction and safety concerns, and practical dosing issues for all classes of drugs used to treat mental disorders - Guidelines for primary care physicians on when to refer patients to psychiatrist colleagues This handbook is the quintessential resource for primary care physicians needing to screen and treat patients with mental disorders. Brief, but informative, this resource includes a glossary, a listing of printed and electronic mental health resources, a bibliography, and an appendix containing selected diagnostic rating scales.

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