

Table of Contents

About the Authors	v
Table of Contents	vii
Preface	ix
Acknowledgments	xii

Part 1

What Do We Know About Health Anxiety?

1 The Clinical Picture: Health Anxiety in Their Own Words	3
2 The Nature of Health Anxiety	13
3 Causes of Health Anxiety: Nature, Notion, and Nurture	41
4 The Persistence of Health Anxiety	67
5 Treating Health Anxiety: Overview and Evidence	85

Part 2

Effective Assessment and Treatment of Health Anxiety

6 Initial Assessment and Diagnosis	103
7 Enhancing Motivation and Communication	123
8 Functional Assessment	145
9 Case Formulation and Treatment Planning	167
10 Psychoeducation	181
11 Cognitive Therapy	203
12 Exposure Therapy and Response Prevention	233
13 Overcoming Common Obstacles and Maintaining Treatment Gains	257
References	275
Appendix	289
Index	317