

## LITERATUR

### 12.1 TERMINOLOGIE

- APA – American Psychiatric Association (1980). Diagnostic and Statistical Manual of Mental Disorders. 3<sup>rd</sup> ed. Washington, DC: American Psychiatric Press.
- APA – American Psychiatric Association (1987). Diagnostic and Statistical Manual of Mental Disorders. 3<sup>rd</sup> ed., revised. Washington, DC: American Psychiatric Press.
- APA – American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders. 4<sup>th</sup> ed. Washington, DC: American Psychiatric Press.
- APA – American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> edition DSM-5™. Washington, DC: APA.
- APA – American Psychiatric Association (2015). Diagnostisches und Statistisches Manual Psychischer Störungen DSM-5. Deutsche Ausgabe hrsg. von P. Falkai und H-U Wittchen. Göttingen, Bern, Wien: Hogrefe.
- Freud S (1895). Über die Berechtigung, von der Neurasthenie einen bestimmten Symptomencomplex als „Angstneurose“ abzutrennen. *Neurol Centralbl* 12: 50–66.
- Koch L (Hrsg.) (2013) Angst. Ein interdisziplinäres Handbuch. Stuttgart: Metzler.
- Saß H, Wittchen H-U, Zaudig M (1996). Diagnostisches und Statistisches Manual Psychischer Störungen DSM-IV. Übersetzt nach der 4. Aufl. des Diagnostic and Statistical Manual of Mental Disorders der American Psychiatric Association. Göttingen: Hogrefe.
- Schmidt-Degenhard M (1986). Zur Begriffsgeschichte von Angst und Depression in der Psychiatrie. In: Helmchen H, Linden M (Hrsg.). Die Differenzierung von Angst und Depression. Berlin, Heidelberg, New York: Springer, S. 33–43.
- WHO – World Health Organization (1991). Internationale Klassifikation psychischer Störungen, ICD-10, Kapitel V (F): Klinisch diagnostische Leitlinien. Bern, Göttingen, Toronto: Huber.

### 12.2 EPIDEMIOLOGIE UND VERLAUF

- Baxter AJ, Scott KM, Vos T, Whiteford HA (2013). Global prevalence of anxiety disorders: a systematic review and meta-regression. *Psychol Med* 43: 897–910.
- Baxter AJ, Vos T, Scott KM, Ferrari AJ, Whiteford HA (2014). The global burden of anxiety disorders in 2010. *Psychol Med* 44: 2363–2374.
- Jacobi F, Wittchen HU, Holting C, et al. (2004). Prevalence, comorbidity and correlates of mental disorders in the general population: results from the German Health Interview and Examination Survey (GHS). *Psychol Med* 34: 597–611.
- Jacobi F, Vossen A, Wittchen HU (2009). Komorbiditätsstrukturen bei Angststörungen – Häufigkeit und mögliche Implikationen. In: Margraf J (Hrsg.). Lehrbuch der Verhaltenstherapie. Bd. 1. Heidelberg: Springer, 433–447.
- Jacobi F, Höfler M, Strehle J, et al. (2014). Psychische Störungen in der Allgemeinbevölkerung. *Nervenarzt* 85: 77–87.
- Kessler RC, McGonagle KA, Zhao S, et al. (1994). Lifetime and 12-months prevalence of DSM-III-R psychiatric disorders in the United States: results from the National Comorbidity Survey. *Arch Gen Psychiatry* 51: 8–19.
- Kessler RC (2000). The epidemiology of pure and comorbid generalized anxiety disorder: a review and evaluation of recent research. *Acta Psychiatr Scand* 102: 7–13.
- Kessler RC, Berglund P, Demler O, et al. (2005a). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry* 62: 593–602.
- Kessler RC, Chiu WT, Demler O, et al. (2005b). Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry* 62: 617–627.
- Meier SM, Petersen L, Mattheisen M, et al. (2015). Secondary depression in severe anxiety disorders: a population-based cohort study in Denmark. *Lancet Psychiatry* 2: 515–523.

Moreno-Peral P, Conejo-Cerón S, Mootrico E, et al. (2014). Risk factors for the onset of panic and generalized anxiety disorders in the general adult population: a systematic review of cohort studies. *J Affect Disord* 168: 337–348.

Olesen J, Gustavsson A, Svensson M, et al. (2012). The economic cost of brain disorders in Europe. *Eur J Neurol* 19: 155–162.

Steel Z, Marnane C, Iranpour C, et al. (2014). The global prevalence of common mental disorders: a systematic review and meta-analysis 1980–2013. *Int J Epidemiol* 43: 476–493.

Welander-Vatn A, Ystrom E, Tambs K, et al. (2015). The relationship between anxiety disorders and dimensional representations of DSM-IV personality disorders: a co-twin control study. *J Affect Disord* 190: 349–356.

WHO – World Health Organization (2018). [www.who.int/healthinfo/global\\_burden\\_disease/letzter Zugriff: 4.5.2018](http://www.who.int/healthinfo/global_burden_disease/letzter_Zugriff: 4.5.2018).

Wittchen HU, Jacobi F, Rehm J, et al. (2011). The size and burden of mental disorders and other disorders of the brain in Europe 2010. *Eur Neuropsychopharmacol* 21: 655–679.

### 12.3 SYMPTOMATIK UND TYPISIERUNG

APA – American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders. 4<sup>th</sup> ed. Washington, DC: American Psychiatric Press.

Lang PJ (1973). Die Anwendung psychophysiologischer Methoden in Psychotherapie und Verhaltensmodifikation. In: Birbaumer N (Hrsg.). *Neuropsychologie der Angst*. München, Wien, Baltimore: Urban & Schwarzenberg, S. 11–79.

Silove D, Alonso J, Bromet E, et al. (2015). Pediatric-onset and adult-onset separation anxiety disorders across countries in the world health survey. *Am J Psychiatry* 172: 647–656.

WHO – World Health Organization (1991). Internationale Klassifikation psychischer Störungen, ICD-10, Kapitel V (F): Klinisch diagnostische Leitlinien. Bern, Göttingen, Toronto: Huber.

### 12.4 ÄTIOLOGIE UND PATHOGENESE

Bandelow B, Baldwin D, Abelli M, et al. (2016). Biological markers for anxiety disorders, OCD and PTSD – a consensus statement. Part I: Neuroimaging and genetics. *World J Biol Psychiatry* 17(5): 321–365.

Bandelow B, Baldwin D, Abelli M, et al. (2017). Biological markers for anxiety disorders, OCD and PTSD: a consensus statement. Part II: Neurochemistry, neurophysiology and neurocognition. *World J Biol Psychiatry* 18(3): 162–214.

Cisler JM, Olantunji BO, Feldner MT, Forsyth JP (2010). Emotion regulation and the anxiety disorders: an integrative review. *J Psychopathol Behav Assess* 32: 68–82.

Craske M, Kircanski K, Zelikowsky M, et al. (2008). Optimizing inhibitory learning during exposure therapy. *Behav Res Ther* 46: 5–27.

Craske M, Treanor M, Conway C, et al. (2014). Maximizing exposure therapy: an inhibitory learning approach. *Behav Res Ther* 58: 10–23.

Domschke K, Tidow N, Küithan H, et al. (2012). Monoamine oxidase A gene DNA hypomethylation – a risk factor for panic disorder? *Int J Neuropsychopharmacol* 15: 1217–1228.

Ehlers A, Margraf J (1989). Etiological models of panic – medical and biological aspects. In: Baker R (ed.). *Panic Disorder: Research and Therapy*. London: Wiley, pp. 205–231.

Etkin A, Wager T (2007). Functional neuroimaging in anxiety: a meta-analysis of emotional processing in PTSD, social anxiety disorder, and specific phobia. *Am J Psychiatry* 164: 1476–1488.

Freud S (1895). Über die Berechtigung von der Neurasthenie einen bestimmten Symptomenkomplex als „Angstneurose“ abzutrennen. In: Freud S (1982). Studienausgabe. Bd. VI, Frankfurt: Fischer, S. 25–49.

Gottschalk MG, Domschke K (2016). Novel developments in genetic and epigenetic mechanisms of anxiety. *Curr Opin Psychiatry* 29(1): 32–38.

Grove G, Coplan JD, Hollander E (1997). The neuroanatomy of 5-HAT dysregulation and panic disorder. *J Neuropsychiatry Neurosci* 9: 198–207.

## 481.e2 12 Angststörungen

- Hettema JM, Neale MC, Kendler KS (2001). A review and meta-analysis of the genetic epidemiology of anxiety disorders. *Am J Psychiatry* 158: 1568–1578.
- Hoffmann SO, Bassler M (1992). Psychodynamik und Psychotherapie von Angsterkrankungen. *Nervenheilkunde* 11: 8–11.
- Kircher T, Arrolt V, Jansen A, et al. (2013). Effect of cognitive-behavioral therapy on neural correlates of fear conditioning in panic disorder. *Biol Psychiatry* 73: 93–101.
- Klein DF (1993). False suffocation alarms, spontaneous panics, and related conditions. *Arch Gen Psychiatry* 50: 306–317.
- Johnson PC, Truitt W, Fitz SD, et al. (2010). A key role of orexin in panic anxiety. *Nature Medicine* 16(1): 11–115.
- Milad MR, Rosenbaum, BL, Simon NM (2014). Neuroscience of fear extinction: implications for assessment and treatment of fear-based and anxiety disorders. *Behav Res Ther* 62: 17–23.
- Mowrer OH (1947). On the dual nature of learning – a reinterpretation of "conditioning" and "problem solving". *Harv Educat Rev* 17: 102–148.
- Pape HC, Jüngling K, Seidenbecher T, et al. (2010). Neuropeptide S: a transmitter system in the brain regulating fear and anxiety. *Neuropharmacology* 58: 29–34.
- Schiele MA, Domschke K (2018). Epigenetics at the crossroads between genes, environment and resilience in anxiety disorders. *Genes Brain Behav* 17(3): e12423.
- Seligman MEP (1971). Phobias and preparedness. *Behav Ther* 2: 307–320.
- Shear MK, Cooper AM, Klerman GL, et al. (1993). Psychodynamic model of panic disorder. *Am J Psychiatry* 150: 859–866.
- Tress W, Scheibe G, Reister G (1995). Psychoanalytic Modellvorstellungen zur Ätiologie von Angsterkrankungen. In: Kasper S, Möller HJ (Hrsg.). *Angst- und Panikerkrankungen*. Jena, Stuttgart: Fischer, S. 366–382.
- Ziegler C, Richter J, Mahr M, et al. (2016). MAOA gene hypomethylation in panic disorder – reversibility of an epigenetic risk pattern by psychotherapy. *Transl Psychiatry* 6: e773.

### 12.5 DIFFERENZIALDIAGNOSTISCHER PROZESS

- Angenendt J, Stieglitz R-D, Freyberger HJ (2002). Diagnostik von Angst-, Zwangs- und posttraumatischen Belastungsstörungen. In: Stieglitz R-D, Baumann U, Freyberger HJ (Hrsg.). *Psychodiagnostik in klinischer Psychologie, Psychiatrie, Psychotherapie*. Stuttgart: Thieme, S. 430–440.
- Hoyer J, Margraf J (2003). *Angstdiagnostik – Grundlagen und Testverfahren*. Berlin: Springer.

### 12.6 THERAPIE DER ANGSTSTÖRUNGEN

- Acarturk C, Cuijpers P, van Straeten A, et al. (2009). Psychological treatments of social anxiety disorder: a meta-analysis. *Psychol Med* 39: 241–254.
- Allgulander C, Florea I, Huuson AK (2006). Prevention of relapse in generalized anxiety disorder by escitalopram treatment. *Int J Neuropsychopharmacol* 9: 495–505.
- Bandelow B, Seidler-Brandler U, Becker A, et al. (2007). Meta-analysis of randomized controlled comparisons of psychopharmacological and psychological treatments of anxiety disorders. *World J Biol Psychiatry* 8: 175–182.
- Bandelow B, Reitt M, Röver C, et al. (2015). Efficacy of treatments for anxiety disorders: a meta-analysis. *Int Clin Psychopharmacol* 30: 183–192.
- Bakker A, van Balkom AJ, Spinhoven P, et al. (1998). Follow-up on the treatment of panic disorder with or without agoraphobia: a quantitative review. *J Nerv Ment Dis* 186: 414–419.
- Barlow DH, Gorman JM, Shear MK, Woods SW (2000). Cognitive-behavioral therapy, imipramine, or their combination for panic disorder. A randomized controlled trial. *JAMA* 283(19): 2529–2536.
- Becker E, Hoyer J (2005). *Generalisierte Angst*. Göttingen: Hogrefe.
- Becker E, Margraf J (2002). *Generalisierte Angststörung*. Ein Therapieprogramm. Weinheim: Beltz.
- Buoli M, Grassi S, Serati M, Altamura AC (2017). Agomelatine for the treatment of generalized anxiety disorder. *Expert Opin Pharmacother* 18(13): 1373–1379.

- Caspar F, Berger T, Lotz-Rambaldi et al. (2013). Internetbasierte Psychotherapie und E-Mental Health. *Verhaltenstherapie* 23: 137–139.
- Clark D, Wells A (1995). A cognitive model of social phobia. In: Heimberg R, Liebowitz M, Hope D, Schneier F (eds.). *Social Phobia: Diagnosis, Assessment, and Treatment*. New York: Guilford, pp. 69–93.
- Craske MG (2015). Optimizing exposure therapy for anxiety disorders: an inhibitory learning and inhibitory regulation approach. *Verhaltenstherapie* 25: 134–143.
- Craske MG, Stein MB (2016). Anxiety. *Lancet* 388: 3048–3059.
- Christensen H, Batterham P, Callear A (2014). Online interventions for anxiety disorders. *Curr Opin Psychiatry* 27: 7–13.
- Cuijpers P, Sijbrandij M, Koole S, et al. (2014). Psychological treatment of generalized anxiety disorder: a meta-analysis. *Clin Psychol Rev* 34: 130–140.
- Fehm L, Wittchen H-U (2004). Wenn Schüchternheit krank macht. Ein Selbsthilfeprogramm zur Bewältigung Sozialer Phobie. Göttingen: Hogrefe.
- Freud S (1919). Wege der psychoanalytischen Therapie. In: Freud S. *Gesammelte Werke*, Bd. XII, 3. Aufl. 1966. Frankfurt: Fischer, S. 181–194.
- Gale C, Oakley-Browne MO (2002). Generalized anxiety disorder. In: *Clinical Evidence. Mental Health. The International Source of the Best Available Evidence for Mental Health Care*. London: BMJ Publishing Group, pp. 77–87.
- Gould RA, Otto MW, Pollack MH (1995). A meta-analysis of treatment outcome for panic disorder. *Clin Psychol Rev* 15: 819–844.
- Gould RA, Otto MW, Pollack MH, Yap L (1997). Cognitive behavioral and pharmacological treatment of generalized anxiety disorder: a preliminary meta-analysis. *Behav Ther* 28: 285–305.
- Gloster AT, Hauke C, Höfler M, et al. (2013). Long-term stability of cognitive behavioral therapy effects for panic disorder with agoraphobia: a two-year follow-up study. *Behav Res Ther* 51: 830–839.
- Hamm A (2006). *Spezifische Phobien*. Göttingen: Hogrefe.
- Heinrichs N, Alpers G, Gerlach A (2007). *Evidenzbasierte Leitlinie zur Psychotherapie der Panikstörung und Agoraphobie*. Göttingen: Hogrefe.
- Hidalgo RB, Barnett SD, Davidson JR (2001). Social anxiety disorder in review: two decades of progress. *Int J Neuropsychopharmacol* 4: 279–298.
- Hoffmann SO (2008). *Psychodynamische Therapie von Angststörungen. Einführung und Manual für die kurz- und mittelfristige Therapie*. Stuttgart: Schattauer.
- Kaczkurkin AN, Foa EB (2015). Cognitive-behavioral therapy for anxiety disorders: an update of the empirical evidence. *Dialogues Clin Neurosci* 17: 337–346.
- Kasper S, Volz HP, Dienel A, Schläfke S (2016). Efficacy of silexan in mixed anxiety-depression-A randomized, placebo-controlled trial. *Eur Neuropsychopharmacol* 26: 331–340.
- Kumar S, Oakley-Browne MO (2002). Panic disorder. In: *Clinical Evidence. Mental Health. The international source of the best available evidence for mental health care*. London: BMJ Publishing Group, pp. 97–102.
- Lang T, Helbig-Lang S, Westphal D, et al. (2012). *Expositionsbasierte Therapie der Panikstörung mit Agoraphobie. Ein Behandlungsmanual*. Göttingen: Hogrefe.
- Leichsenring F, Salzer S, Beutel M, et al. (2013). Psychodynamic therapy and cognitive-behavioral therapy in social anxiety disorder: a multicenter randomized controlled trial. *Am J Psychiatry* 170(7): 759–767.
- Loerinc AG, Meuret AE, Twohig MP, et al. (2015). Response rates for CBT for anxiety disorders: need for standardized criteria. *Clin Psychol Rev* 42: 72–82.
- Maneeton N, Maneeton B, Woottiluk P, et al. (2016). Quetiapine monotherapy in acute treatment of generalized anxiety disorder: a systematic review and meta-analysis of randomized controlled trials. *Drug Des Devel Ther* 10: 259–276.
- Margraf J, Schneider S (2017). *Agoraphobie und Panikstörung*. Göttingen: Hogrefe.
- Markway B, Markway GP (2003). *Frei von Angst und Schüchternheit. Soziale Ängste besiegen – ein Selbsthilfeprogramm*. Weinheim: Beltz.
- Mathews AM, Gelder M, Johnston D (2004). *Platzangst. Ein Übungsprogramm für Betroffene und Angehörige* [dtsch. Bearb.: Hand I, Fisser-Wilke C]. Basel: Karger.

- Meuret A, Wolitzky-Taylor K, Twohig M, et al. (2012). Coping skills and exposure therapy in panic disorder and agoraphobia: latest advances and future directions. *Behav Ther* 43: 271–284.
- Milrod B, Busch F (1996). Long-term outcome of panic disorder treatment: a review of the literature. *J Nerv Ment Dis* 184: 723–730.
- Mitte K (2005a). A meta-analysis of the efficacy of psycho- and pharmacotherapy in panic disorder with and without agoraphobia. *J Affect Disord* 88: 27–45.
- Mitte K (2005b). Meta-analysis of cognitive-behavioral treatments for generalized anxiety disorder: a comparison with pharmacotherapy. *Psychol Bull* 131: 785–95.
- Montgomery SA, Sheehan DV, Meoni P, et al. (2002). Characterization of the longitudinal course of improvement in generalized anxiety disorder during long-term treatment with venlafaxin XR. *J Psychiatr Res* 26: 209–217.
- Norton P, Price E (2007). A meta-analytic review of adult cognitive-behavioral treatment outcome across the anxiety disorders. *J Nerv Ment Dis* 195: 521–531.
- Otto MW, Kredlow MA, Smits JA, et al. (2016). Enhancement of psychosocial treatment with d-cycloserine: models, moderators, and future directions. *Biol Psychiatry* 80: 274–283.
- Parrish C, Radomsky A, Dugas M (2008). Anxiety control strategies: Is there room for neutralization in successful exposure treatment? *Clin Psychol Rev* 28: 1400–1412.
- Ravindran CR, Stein MB (2010). The pharmacologic treatment of anxiety disorders: a review of progress. *J Clin Psychiatry* 71: 839–854.
- Rufer M, Alsleben H, Weiss A, Karwen B (2003). Psychoedukation bei Angst- und Panikstörungen. Manual zur Leitung von Patienten- und Angehörigengruppen. München: Elsevier Urban & Fischer.
- Sánchez-Meca J, Rosa-Alcázar A, Marín-Martínez F, et al. (2010). Psychological treatment of panic disorder with or without agoraphobia: a meta-analysis. *Clin Psychol Rev* 30: 37–50.
- Soyka M (2017). Treatment of benzodiazepine dependence. *N Engl J Med* 376(12): 1147–1157.
- Schmidt-Traub S (2013). Angst bewältigen. Selbsthilfe für Panik und Agoraphobie. Den Rückfall vermeiden – Fallbeispiele und konkrete Tipps. Heidelberg: Springer.
- Stangier U, Clark DM, Gunzburg D, Ehlers A (2016). Soziale Angststörung. Göttingen: Hogrefe.
- Stavynsky A, Greenberg D (1998). The treatment of social phobia. A critical assessment. *Acta Psychiatr Scand* 98: 171–181.
- van Balkom AJ, Nauta MC, Bakker A (1995). Meta-analysis on the treatment of panic disorder with agoraphobia: review and re-examination. *Clin Psychol Psychother* 2: 1–14.
- Weisman J, Rodebaugh T (2018). Exposure therapy augmentation: a review and extension of techniques informed by an inhibitory learning approach. *Clin Psychol Rev* 59: 41–51.
- White KS, Payne LA, Gorman JM, et al. (2013). Does maintenance CBT contribute to long-term treatment response of panic-disorder with or without agoraphobia? A randomized clinical trial. *J Consul Clin Psychol* 81: 47–57.
- LEITLINIEN (SYSTEMATISCH, EVIDENZBASIERT)**
- APA – American Psychiatric Association (1998). Guideline for the Treatment of Patients with Panic Disorder. Washington, DC: American Psychiatric Press.
- AWMF (2014). S3-Leitlinie Behandlung von Angststörungen. Registrierungsnummer 051–028; [www.awmf.org/leitlinien/detail/ll/051-028.html](http://www.awmf.org/leitlinien/detail/ll/051-028.html) (letzter Zugriff: 5.5.2018).
- NICE – National Institute for Health and Clinical Excellence. Clinical Guidelines 22 (Anxiety); <http://guidance.nice.org.uk/cg22/niceguidance/pdf/English> (letzter Zugriff: 5.5.2018).
- SYSTEMATISCHE COCHRANE REVIEWS (WWW.COCHRANE.DE/DEUTSCH)**
- Chessick CA, Allen MH, Thase ME, et al. (2006). Azapirones for generalized anxiety disorder. *Cochrane Database Syst Rev* 3: CD006115.
- Deppe AM, Komossa K, Kissling W, Leucht S (2010). Second-generation antipsychotics for anxiety disorders. *Cochrane Database Syst Rev* 12: CD008120.
- Furukawa TA, Watanabe N, Churchill R (2007). Combined psychotherapy plus antidepressants for panic disorder with and without agoraphobia. *Cochrane Database Syst Rev* 1: CD004364.
- Guiana G, Barbui C, Cipriani A (2010). Hydroxyzine for generalised anxiety disorder. *Cochrane Database Syst Rev* 12: CD006815.
- Hunot V, Churchill R, Teixeira V, Silva de Lima M (2007). Psychological therapies for generalized anxiety disorder. *Cochrane Database Syst Rev* 1: CD001848.
- Imai H, Tajika A, Chen P, et al. (2016). Psychological therapies versus pharmacological interventions for panic disorder with or without agoraphobia in adults. *Cochrane Database Syst Rev* 10: CD011170.
- Mayo-Wilson E, Montgomery P (2013). Media-delivered cognitive behavioural therapy and behavioural therapy (self-help) for anxiety disorders in adults. *Cochrane Database Syst Rev* 9: CD005330.
- Olthuis JV, Watt MC, Bailey K, et al. (2015). Therapist-supported Internet cognitive behavioural therapy for anxiety disorders in adults. *Cochrane Database Syst Rev* 3: CD011565.
- Stein DJ, Ipser JC, van Balkom AJ (2000). Pharmacotherapy for social anxiety disorder. *Cochrane Database Syst Rev* 4: CD001206.
- PATIENTENRATGEBER**
- Heinrichs N (2007). Ratgeber Panikstörung und Agoraphobie. Information für Betroffene und Angehörige. Göttingen: Hogrefe.
- Hoyer J, Beesdo K, Becker E (2016). Ratgeber Generalisierte Angststörung. Information für Betroffene und Angehörige. Göttingen: Hogrefe.
- Markway B, Markway GP (2003). Frei von Angst und Schüchternheit. Soziale Ängste besiegen – ein Selbsthilfeprogramm. Weinheim: Beltz.
- Mathews AM, Gelder M, Johnston D (2004). Platzangst. Ein Übungsprogramm für Betroffene und Angehörige [dtsch. Bearb.]. Hand I, Fisser-Wilke C. Basel: Karger.
- Rufer M, Alsleben H, Weiss A (2011). Stärker als die Angst. Ein Ratgeber für Menschen mit Angst- und Panikstörungen und deren Angehörige. Bern: Huber.
- Schmidt-Traub S (2013). Angst bewältigen. Selbsthilfe für Panik und Agoraphobie. Den Rückfall vermeiden – Fallbeispiele und konkrete Tipps. Heidelberg: Springer.
- von Consbruch K, Stangier U (2010). Ratgeber Soziale Phobie. Information für Betroffene und Angehörige. Göttingen: Hogrefe.