Expands and refines the psychosomatic approach in clinical practice

The Psychosomatic Assessment
Strategies to Improve Clinical Practice

Editors
G.A. Fava
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Psychosomatic medicine has developed methods to increase diagnostic accuracy and improve targeted therapeutic approaches in all fields of medicine. In this context, clinimetrics, the science of clinical measurements, provides unprecedented opportunities for psychosomatic assessment.

This volume illustrates how this approach can be translated into everyday practice complementing and improving the medical interview. The most sensitive and reliable clinical methods are presented for evaluating specific psychosocial aspects of disease, i.e. childhood adversities, life events and chronic stress, lifestyle, sexual function, subclinical and affective disturbances, personality, illness behavior, well-being and family dynamics. Each chapter provides practical illustrations as to how crucial information can be obtained with specific methods individualized according to the patients’ needs. A hyperlink is provided to a website that contains many of the instruments assessed in the volume.

This book enables the reader to understand the value of the psychosomatic approach in clinical practice. It is intended to expand and refine the skills of clinicians who work in general and specialized medicine and psychiatry, whether physicians, psychologists or other health professionals.

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Advances in Psychosomatic Medicine

The importance of psychosomatic research has been greatly reinforced by evidence demonstrating that psychological phenomena may have distinct effects on human health. Recognizing the complexity of interactions between personality and physical illness, this series employs an interdisciplinary strategy to explore areas where knowledge from psychosomatic medicine may aid in the prevention of specific diseases or help meet the emotional demands of hospitalized patients. In each work, the editor has managed to bring together distinguished contributors, creating a series of coherent and comprehensive reviews on a variety of novel topics.

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