

AGORAPHOBIE

L'agoraphobie est une peur ou une angoisse de se trouver dans des situations sans échappatoire facile.

Ces situations ou lieux conduisent souvent à un comportement d'évitement ou sont la source de beaucoup de souffrance.

Elle peut également conduire à une crise d'angoisse en cas de crise d'angoisse aiguë.



- Prendre les transports en commun
- Se trouver dans un espace ouvert, par exemple un parking ou un marché
- Être seul hors de chez soi
- Se trouver dans un espace clos, par exemple un magasin ou un théâtre
- Faire la queue ou être dans une foule

EPIDEMIOLOGIE

Environ 2 % des femmes et 1 % des hommes sont atteints d'agoraphobie au cours d'une période de 12 mois.

TRAITEMENT

- Thérapie d'exposition
- Thérapie comportementale et cognitive
- Parfois, des antidépresseurs
- Psychothérapie

Vaincre Et Comprendre Lagoraphobie

**Jeffrey S. Nevid, Spencer
Rathus, Beverly Greene**



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