

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

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Vaincre Et Comprendre Lagoraphobie:

Unveiling the Magic of Words: A Review of "**Vaincre Et Comprendre Lagoraphobie**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Vaincre Et Comprendre Lagoraphobie**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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