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Recent modules and podcasts

Health anxiety: Part 1 – concept, prevalence and management

Many psychiatrists are unaware of the nature of health anxiety and its significance to the morbidity and behaviour of people who suffer from it, as most patients are convinced that the answers to their problems lie in the hands of general doctors. This first module shows how health anxiety is often hidden in practice, how it develops and is maintained, and how it can be detected.

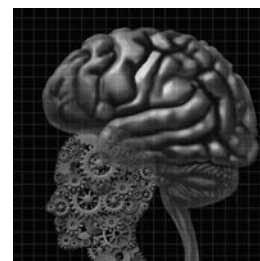
CPD credits: 1



Health anxiety: Part 2 – cognitive-behavioural therapy

Health anxiety is generally badly managed in ordinary practice as practitioners tend to be more concerned with excluding disease than with identifying abnormal concerns and intervening appropriately. However, treatments are now available that all doctors can give, particularly cognitive-behavioural therapy (CBT) adapted for health anxiety. This second module explains how practitioners with little previous knowledge of CBT can successfully give this intervention and maintain its value in the long term.

CPD credits: 1



Podcast Can heating the body relieve depression?

A 2016 study led by Dr Charles Raison found that raising the body temperature of depressed volunteers through whole-body hyperthermia treatment improved their symptoms of major depression for up to 6 weeks. In this podcast, Dr Raison talks to Raj Persaud about how the treatment works, the effect it has on the brain, and how these findings could be built on in future research.

CPD credits: 0.5

