

# Contents

## Part I Introduction

<b>1</b>	<b>Magnitude of Mental Health Problems in Adolescence. . . . .</b>	<b>3</b>
	Usha Naik	
<b>2</b>	<b>Cognitive Behaviour Therapy with Adolescents. . . . .</b>	<b>21</b>
	Paulomi Matam Sudhir	
<b>3</b>	<b>Community-Based Mental Health Interventions in Adolescents . . . .</b>	<b>43</b>
	M. Manjula	

## Part II Building Skills

<b>4</b>	<b>Study Skills . . . . .</b>	<b>57</b>
	Garima Srivastava Malhotra and Manju Mehta	
<b>5</b>	<b>Interpersonal Skills . . . . .</b>	<b>91</b>
	Deepika Gupta, Manju Mehta and Rajesh Sagar	
<b>6</b>	<b>Anger Management. . . . .</b>	<b>109</b>
	Vidhi M. Pilania, Manju Mehta and Rajesh Sagar	
<b>7</b>	<b>Management of Sleep Problems. . . . .</b>	<b>131</b>
	Angela Ann Joseph, Manju Mehta and Garima Shukla	
<b>8</b>	<b>Stress Management . . . . .</b>	<b>149</b>
	Manju Mehta and Vandita Sharma	
<b>9</b>	<b>Pain Management . . . . .</b>	<b>179</b>
	Anubha Dhal, Manju Mehta and Rajesh Sagar	

### **Part III Interventions**

<b>10 Anxiety Management</b> . . . . .	193
Swati Kedia Gupta and Manju Mehta	
<b>11 Depression</b> . . . . .	215
Paakhi Srivastava, Manju Mehta, Atul Ambekar and Rajesh Sagar	
<b>12 Obsessive-Compulsive Disorder.</b> . . . .	245
Sneh Kapoor, Manju Mehta and Rajesh Sagar	
<b>13 Somatoform Disorders</b> . . . . .	263
Suparna Kailash, Manju Mehta and Rajesh Sagar	
<b>14 Headache—A Transdiagnostic Approach</b> . . . . .	285
Pragya Sharma, Manju Mehta and Rajesh Sagar	
<b>15 Attention-Deficit/Hyperactivity Disorder</b> . . . . .	311
Monica Mongia, Manju Mehta and Rajesh Sagar	
<b>16 Treatment of Substance-Abusing Adolescents</b> . . . . .	331
Renu Sharma, Manju Mehta and Anju Dhawan	
<b>17 Intervention for Internet Use: Current Understanding and Perspective</b> . . . . .	363
Manoj Kumar Sharma and P. Thamil Selvan	
<b>18 Obesity</b> . . . . .	375
Tanu Gupta, Vandana Jain and A.C. Ammini	
<b>19 Effectiveness of Cognitive Behavioural Therapy in Adolescents</b> . . . .	395
Rajesh Sagar, Manju Mehta and Anamika Sahu	
<b>Appendix</b> . . . . .	415

A Practical Approach to Cognitive Behaviour Therapy for  
Adolescents

Mehta, M.; Sagar, R. (Eds.)

2015, XIV, 429 p. 70 illus., 22 illus. in color., Hardcover

ISBN: 978-81-322-2240-8