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Poster Presentation

Anxiety Disorder

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Abstract

All humans experience anxiety in your life and it is natural that people get anxious when facing stressful situations threatening, but severe and chronic anxiety in the absence of clear cause, is uncommon. Studies show that anxiety in men and a young person are less privileged economic classes and in women, low-income people and the elderly and children and teenagers are more common. When locating of the new situation as many children face new people, feel anxious. One of the most common anxiety disorders in children and adolescents is social phobia (Social Phobia). This phobia of late childhood or early adolescence begins. They feel ashamed in the face of others, they are worried that their voice Nlrzd and not red. Generally speaking and eating in public, assertiveness off, criticize; comment and mistakes are Trsnd.dr a new study to reduce your anxiety aware of the mechanisms used. Such as efforts to control anxiety, self-conscious way of dealing with anxiety, personal plans are changing philosophies of life, the application of physical and mental exercises and instructions on the basis of defense mechanisms based psychiatrists.

Keywords: Anxiety, Social phobia, Children

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