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Workshop Presentation

Children and Anxiety

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Abstract

It is estimated that 8-22% of children and adolescents experience anxiety during their childhood. Different forms of anxiety, such as social anxiety, separation anxiety, etc. may affect the normal life of children and influence their mental health through their life. Some anxious children will grow out of their problems, but others will keep having trouble with anxiety unless they get professional help. Recognizing anxiety in these children and accurate treatment has an important impact on their life in the future. In addition, prevention of anxiety in children is a crucial factor for maintenance of public health. In this session, the latest scientific findings on prevention, diagnosis, and treatment of anxiety in children and adolescents will be discussed.

Keywords: Social Anxiety, Children, Public Health, Prevention.

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