**Art and Anxiety**

Mahmoud Pakniat¹, Mahvash Sabr Kon¹, Katayoon Riahi², Amir Askari¹, Hossein Fadaei Hossein¹, Davoud Kianian², Saeed Soltani¹, Rahim Norouzi³, Manouchehr Akbarlou⁴, Iraj Rad⁴, Kaveh Moghaddam⁶*

¹Cinema House, Tehran, Iran.
²Kish Mehr Katayoun(Komak) Center, Kish, Iran.
³Clinical Psychology Department, Social Welfare and Rehabilitation Sciences University, Tehran, Iran.
⁴Theater House, Tehran, Iran.
⁵Theater House, Teacher Training Centers, Tehran, Iran.
⁶Exceptional Children Psychology Department, Faculty of Art and Humanities, University of Sciences & Researches, Tehran, Iran.

**Abstract**

The objective of this session is to identify that how films, movies and TV series can affect on anxiety level of the audiences. In this session, actors, directors, and psychologists are going to discuss about the role of TV series, films and their contents on decreasing or increasing of anxiety and the importance of “identification” between audiences and actors or actresses.

**Keywords:** Art, TV, Anxiety, Psychotherapy, Psychoanalysis.

*Corresponding Author: Kaveh Moghaddam
  
  Email: kaveh_m_2000@yahoo.com