

The Second International Anxiety Congress

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Oral Presentation

Anxiety As a Global Problem

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Abstract

Several investigations demonstrated that anxiety is the most common mental health disorder worldwide; affected about one in 13 people. Anxiety disorders are more commonly reported in Western societies but it is also a main health problem in non-Western countries as stress and anxiety levels have drastically increased over the last two decades. Several wars in Middle Eastern countries in the last few years seem to increase the rate of anxiety dramatically in this area. Women, children, and adolescents are the most vulnerable groups. The aim of our congress is to reduce the enormous individual and social burdens imposed by anxiety disorders. Prevention of stress and anxiety as well as effective treatment of different forms of anxiety based on the latest scientific achievements improves the public health. Drawing a clear plan to prevent and combat anxiety will be necessary before we face anxiety epidemics in different societies.

Keywords: Mental Health Disorder, Anxiety Disorders, War, Epidemy.

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