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Oral Presentation

Anxiety Psychopathology - Epidemiology and Burden of Disease: Problems and Solutions

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Abstract

The goal of this talk will be to familiarize the audience with the nature and prevalence of anxiety disorders and document their impact on society. Anxiety is the most common form of psychopathology affecting an estimated one in four people at some point during their lifetimes. In comparison to all types of diseases and injuries, a 2013 JAMA report indicated that anxiety disorders were the fifth leading cause of years lived with a disability. Moreover, the impact of anxiety psychopathology on society has remained steady since 1990. These various anxiety manifestations, along with associated conditions such as depression and substance use issues will be described. Finally, an overview of state-of-the-art and first line, empirically supported prevention and treatment efforts focused on ameliorating anxiety will be provided.

Keywords: Psychopathology, Epidemiology, Anxiety Disorders.

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