

# Anxiety The Lancet

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*Anxiety Disorders: Causes, Symptoms, Treatment & Types*

**Anxiety | Psychology Today**

**Anxiety: Symptoms, types, causes, prevention, and treatment**

**What is Anxiety Disorder? | SAMHSA**

**Reduce Anxiety Now: How to Calm Down Quickly - Psych Central**  
[Anxiety - Harvard Health](#)

**Anxiety disorders - Symptoms and causes - Mayo Clinic**

**Anxiety Disorders - National Institute of Mental Health (NIMH)**

**Anxiety » What Is Anxiety? Signs, Causes, Symptoms**

## Anxiety The Lancet

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