

Behavioral Interventions for Anxiety Reduction in Urban Populations

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Abstract. This article examines the effectiveness of behavioral interventions in reducing anxiety levels among urban populations. Various techniques, including cognitive-behavioral therapy (CBT) and mindfulness-based approaches, are evaluated for their efficacy in managing anxiety symptoms. The study highlights successful strategies and suggests improvements for implementation in community mental health services.

Keywords: anxiety reduction, behavioral interventions, urban populations, cognitive-behavioral therapy, mindfulness

Introduction

Anxiety disorders are increasingly prevalent in urban settings, where stressors are abundant and mental health resources may be limited. This study focuses on the application of behavioral interventions, such as cognitive-behavioral therapy (CBT) and mindfulness practices, to alleviate anxiety symptoms in urban populations. By assessing the effectiveness and accessibility of these interventions, we aim to provide evidence-based recommendations for integrating them into community mental health services.

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