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Anxiety in older adults: prevalence and low-threshold psychological interventions

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The background is a watercolor painting of a landscape. At the top, there are dark, jagged mountain peaks in shades of purple, blue, and brown. Below the mountains is a wide, light-colored valley or plain. The foreground is dominated by large, irregular shapes in various shades of blue, teal, and green, suggesting a field or a body of water with rocks. The overall style is soft and artistic.

ANXIETY IN OLDER ADULTS

Prevalence and low-threshold
psychological interventions

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