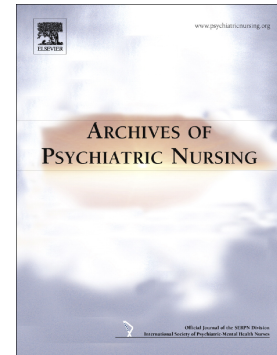


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Effects of Relaxation Therapy on Anxiety Disorders: A Systematic Review and Meta-analysis

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Anxiety disorders and their correlated symptoms are common in community settings and health care settings (Baldwin et al., 2014). Most people with anxiety disorders suffer from its chronicity and lifetime comorbidity with other disorders (Hofmeijer-Sevink et al., 2012). The global prevalence of anxiety disorders is up to 28.3%, although the prevalence varies by region and culture (Baxter et al., 2013). Moreover, prevalence rates have increased over time (Kessler et

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