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Examining Predictors of Help-Seeking Behaviours in Patients with Mood and Anxiety Symptoms

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Highlights:

- Help-seeking behaviours are predicted by anxiety sensitivity and marital status
- The ability to discuss mood and anxiety symptoms with doctors predicts likelihood of additionally seeking treatment
- Increased comorbidity of mental health disorders increases help-seeking behaviours
- Disorder type and demographic variables have a complex relationship when predicting help-seeking behaviour

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