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The role of associative fear and avoidance learning in anxiety disorders: Gaps and directions for future research

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Highlights:

- Comprehensive review demonstrating the role of fear acquisition, generalization, extinction, return, and avoidance learning for anxiety disorders
- Basic research needs to target distinct mechanism such as extinction (generalization) and avoidance
- Basic research needs to target individual differences pertinent to anxiety disorders such as comorbid depression, age, and sex
- Basic research needs to target paradigms involving ambiguity and conflict
- Clinical translation studies are needed to validate basic research strategies aiming at treatment optimization

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