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A Study To Evaluate The Importance Of Nutritional Intervention In Anxiety Management

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ABSTRACT
Most persons who have a mental disease have an anxiety issue. More and more studies show that what the researcher eat might affect mood disorders like depression, but the researcher don't know much about how nutrition affects anxiety disorders. This scoping review looked at all the research that has been done on anxiety disorders and nutrition to see whether there are any links between certain foods and the development of anxiety symptoms or disorders. It also looked for any gaps in the research that may be filled by future studies. This review followed the strict guidelines that are typical of scope reviews. The researcher counted the number of research that indicated a connection between a food component and anxiety symptoms or disorders and made a graph displaying the results. There were a total of 55,914 different outcomes found. After looking at the complete text of fifteen hundred forty-one articles, they were chosen for inclusion. The study found that eating a lot of fruits and vegetables, omega-3 fatty acids, "healthy" foods, eating breakfast, following a ketogenic diet, taking a broad-spectrum micronutrient supplement, taking probiotics, and eating a variety of phytochemicals were all linked to lower levels of anxiety. The analysis found that consuming a lot of fat, not enough tryptophan and dietary protein, too much sugar and processed carbohydrates, and "unhealthy" eating patterns all made people more anxious. A lot of the studies used animals or only looked at things, which makes it hard to apply the findings to other situations. The findings aren't very useful since just 10% of the intervention studies included people with anxiety problems. People with anxiety disorders should be the focus of high-quality treatment research.
Keywords Omega-3 Fatty Acids, Micronutrient Supplement, Ketogenic Diet, Anxiety, Depression

1. INTRODUCTION:

The burden of anxiety has increased at an alarming speed all over the globe, which has been made worse by the strains of socioeconomic conditions, changes in lifestyle, and an increase in sedentary behaviour—all of which have contributed to the worsening of the situation. This has resulted in a scenario in which anxiety is becoming more frequent than it was before. The COVID-19 epidemic, which brought about sentiments of anxiety and loneliness as well as disturbances to typical routines, including eating habits, led this tendency to become even more prominent. The outbreak was the contributing factor that led to the formation of this pattern. Over the course of this time period, a substantial number of people resorted to eating meals that were processed and maintaining eating patterns that were less regular than usual, which eventually resulted in an inadequate intake of nutrients. In light of the fact that these variances have been associated with increased levels of tension and anxiety, it is essential to place a focus on the significance of nutrition in relation to the psychological well-being of human beings. There are a variety of unwanted side effects that are sometimes linked with pharmacological treatments for anxiety, including sleepiness, dependence, and withdrawal symptoms. Despite the fact that these treatments are successful for a significant number of people, some individuals may have these adverse effects. As a result of this, a significant number of individuals are engaging in complementary or alternative treatments in the hopes of obtaining assistance in managing their anxiety. Because nutritional intervention is not only reasonably inexpensive but also quite simple to get, it presents a potentially fruitful path for study. This is because of the fact that it is both convenient and inexpensive (Norwitz & Naidoo, 2021). In the field of nutritional research, the relevance of important nutrients such vitamins, minerals, fatty acids, and amino acids in the maintenance of cognitive function and emotional regulation has been recognised for a substantial length of time. This is because these nutrients are needed for maintaining both of these functions. There is a correlation between deficiencies in minerals such as magnesium, zinc, vitamin D, B-complex vitamins, and omega-3 fatty acids with an increased risk of both anxiety and depression. This association has been shown via previous research. It is the most recent discovery that has been made in this field of inquiry. When it comes to maintaining a high level of neuronal activity and the generation of neurotransmitters, the brain is an organ that is especially dependent on a steady supply of micronutrients. This is because the brain is a metabolically active organ. As a result of the biochemical imbalances that are brought about as a consequence of

the presence of nutrients, mood disorders, including anxiety, may present themselves. Mood disorders include anxiety. In light of this, ensuring that one eats the necessary number of nutrients by means of dietary supplements or by making modifications to one's diet may be an incredibly essential aspect in aiding in the process of re-establishing balance and easing symptoms (Kris-Etherton et al., 2021).

1. BACKGROUND OF THE STUDY

A recent research found that those who ate a lot of processed meals, refined carbohydrates, and unhealthy fats were more likely to be worried and stressed. The researchers that worked on the study were able to understand these findings. Diets that are abundant in whole grains, lean proteins, fruits, vegetables, omega-3 fatty acids, and micronutrients like magnesium, zinc, and B-vitamins are also connected to reduced anxiety and better emotional stability. Diets that don't include important nutrients, on the other hand, aren't the solution. These results helped set the stage for further study into particular dietary practices that might help people avoid and lower their anxiety. This laid the groundwork for more research and the following discoveries. In the context of this conversation, the phrase "nutritional intervention" was used to refer to a variety of methods, such as controlling metabolic processes, adding certain nutrients, making major changes to the diet, and carrying out large public health programs aimed at improving the nutritional status of the population. The research looked at dietary modifications as the independent variable, whereas managing anxiety was the dependent variable that got the most attention. The study's goal was to look at both of these things to see how much adjustments in food and nutrition would help individuals manage or reduce their anxiety symptoms. The researchers were especially interested in finding out what these alterations may mean. As part of the nutritional intervention, several specific parts were taken into consideration. These included adjustments in food, nutritional supplements, public health supplements, and the metabolic condition. All of these things made it evident how closely the food individuals ate was linked to how worried they felt. Each of these parts gave me a new way to think about how they are connected (Douglas et al., 2019).

Researchers have shown that a person's metabolic state, which is their body's ability to break down foods and maintain energy balance, is closely related to their mental health. This has been proved by research projects that have been going on for numerous years. Changes in the brain's chemical composition have been related to a number of illnesses, such as insulin resistance, low blood sugar, and chronic inflammation. Also, these symptoms have been linked to an increased risk of developing mental illnesses including anxiety and depression. Dietary therapies that focus on controlling metabolism, such as managing blood sugar levels or eating a balanced amount of macronutrients, may assist to calm down and lessen anxiety symptoms. This was one option. This was one more option. This association was notably significant in groups where metabolic illnesses like obesity, diabetes, or metabolic syndrome were common, communities where anxiety commonly made health problems worse, and groups where these disorders were common. The interaction is quite crucial in these particular links. For these particular groups, the connection was the most important thing. Another interesting element is that nutritional supplementation has been a major focus of this entire investigation. The main goal of supplementing was to make sure that the person had enough of particular vitamins, minerals, or vital fatty acids that were missing from their diet. This was different from the general changes that were made to their diet. This was different from the changes that were made to most people's diets. This outcome was quite different from the fact that the person's diet was changed in general. Several clinical trials have demonstrated that consuming supplements that include omega-3 fatty acids, magnesium, vitamin D, B-complex vitamins, and amino acids may help ease anxiety symptoms. It has been shown that these vitamins may help with this problem. To reach this goal, it is conceivable to lower oxidative stress levels and raise neurotransmitter activity at the same time (Heym et al., 2019).

2. PURPOSE OF THE RESEARCH

This research looked at how useful dietary intervention is for treating anxiety, with a focus on how public health supplements may help with that. The goal of this study was to look at how community-level nutritional interventions, such vitamin and mineral supplementation programs, affected the results of people's anxiety disorders. Nutritional counselling and counselling services are two more types of these kinds of therapies. The goal of this research was to find out whether some treatments, such taking public health supplements like vitamin D, B-complex, magnesium, and omega-3 fatty acids, may help lessen the intensity or frequency of anxiety symptoms. This goal was reached by looking at the part these supplements play. The goal of this study was to look at how widely available and government-funded food assistance programs affected mental health in general, with a focus on how they affected anxiety therapy. The research was mostly on how to cure anxiety. Also, the study's goal was to find real-world evidence about whether or not the supplement in question, when used with general dietary changes, can improve mental health and be used as a preventative or supportive tool in mental health care. The results were meant to show healthcare professionals, politicians, and public health officials how targeted supplemental measures may improve mental health when they are included in national health frameworks.

3. LITERATURE REVIEW

Anxiety is one of the most common types of mental disorder that people experience all around the world. The symptoms of generalised anxiety disorder include excessive concern over a broad variety of topics, and the individual may even have physical manifestations of their condition. It is characterised by either significant pain or functional impairment, and it continues for a period of at least six months. A panic disorder may be identified by its characteristics, which include recurrent and sudden panic attacks, acute anxiety that lasts for at least a month before, during, or after an attack, or observable changes in conduct that occur in combination with an attack. When persons who suffer from agoraphobia perceive themselves

crowded public location where they are unable to escape or receive assistance in the event of an emergency, they experience a profound fear of the circumstances in which they find themselves. In circumstances when people are interacting with one another, symptoms of social anxiety disorder include feelings of worry and a fear of being seen by other people. When someone has a specific phobia, it means that they have an excessive dread of a particular subject or scenario. Anxiety disorders continue to have a significant impact on both individuals and societies. Anxiety disorders are characterised by a number of symptoms, including significant emotional and mental distress, impairments, and a decline in quality of life. There is a correlation between anxiety disorders and an increased number of visits to primary care doctors, emergency emergency rooms, and specialists. It should be brought to the attention that these ailments are likewise extremely prevalent (Simpson et al., 2021). According to the findings of the nationwide comorbidity study, anxiety affects more than thirty-two percent of the population at some time in their lives. When it comes to the treatment of anxiety disorders, it is conventional practice to mix psychotherapy with medication. Some people may find these treatments to be too unpleasant, difficult to get, or not effective enough to relieve their anxiety, despite the fact that they are helpful to a significant number of individuals. The relatively young field of research known as nutritional psychiatry focusses on the investigation of mental health problems via the use of food treatment and the possible prevention of these problems. Psychological health patients in therapy settings are seldom given food recommendations, despite the growing body of data demonstrating the good effects of such recommendations. The amount of money allocated to research on anxiety disorders is much lower than that allocated to mood disorders. Even fewer studies have attempted to provide dietary advice, education, or food as an intervention for individuals who have been diagnosed with anxiety disorders. Even fewer research have attempted to consolidate the existing literature on the connection between dietary treatments and anxiety symptoms or disorders (Lacey & White, 2021).

4. RESEARCH QUESTION

- What is the significance of public health supplementation on managing anxiety?

5. RESEARCH METHODOLOGY

The researchers gathered data over the course of three quarters using a cross-sectional survey. Data gathering had to be done quickly and cheaply since the cross-sectional design had to be put into action. Due to time and resource limitations, the researcher opted for a quantitative technique. Using a random selection process, the poll was administered to all participants. After that, the researcher used Rao Soft to figure out how many people needed to be interviewed for the research; according to the software, the researcher need at least 700 people. A researcher would read out the survey questions aloud and carefully record the replies of those who are unable to read or write, or who are confined to a wheelchair, on the survey form. Participants would be informed about the study and given the chance to ask the researcher questions while they wait for the surveys to be finished. On occasion, the researcher may ask that the researcher finish and send in the surveys at the same time.

6.2 Sampling

To take part in the study, participants were asked to fill out questionnaires. A total of 896 questionnaires were sent once it was determined that the study sample included 657 persons using the Rao-soft tool. With 45 incomplete replies removed, researchers were able to collect 778 complete ones, for a total of 778.

6.3 Data and measurement

The study's main data came from a survey questionnaire, which may have been sent out via Google Forms or as a one-on-one contact survey. Part A collected demographic information using online and offline means, whereas Part B used a 5-point Likert scale to ask for criterion answers. While the secondary information came from a wide variety of places, much of it was found on the internet.

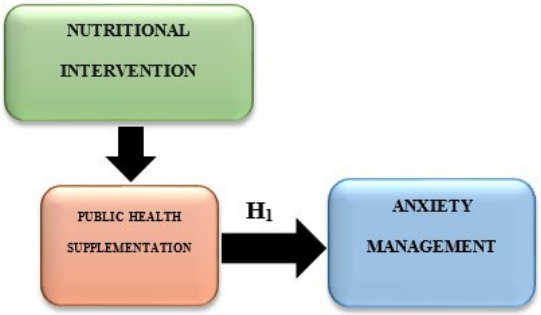
6.4 Statistical Software

The statistical analysis was conducted using SPSS 25 and MS Excel.

6.5 Statistical tools

In order to understand the basic structure of the data, a descriptive analysis was carried out. The basic features of the data were determined via a descriptive analysis. In order to determine validity, the researcher used ANOVA and factor analysis.

6. CONCEPTUAL FRAMEWORK



7. RESULT

- **Factor Analysis**

Factor Analysis (FA) is commonly employed to verify the foundational component structure of a set of measurement items. The values of observable variables are theoretically influenced by imperceptible influences. Model-based methodologies are employed in Factor Analysis. The primary objective of this research is to construct causal pathways that connect visible events, latent causes, and measurement errors.

The Kaiser-Meyer-Olkin (KMO) Method assesses the appropriateness of data for factor analysis. The researcher confirm that the sample size is adequate to encompass all model variables. To ascertain the extent of common variance, numerous variables are subjected to statistical analysis. Factor analysis is more efficacious when utilised on data with lower percentages. A value between 0 and 1 is the outcome of executing KMO. A KMO score ranging from 0.8 to 1 signifies sufficient sampling.

If the KMO is below 0.6, sampling is inadequate, necessitating corrective measures. The precise value is at the discretion; nevertheless, several authors go for 0.5. The interval spans from 0.5 to 0.6.

The significance of partial correlations in relation to overall correlations becomes evident when the KMO approaches zero. To restate, robust correlations significantly hinder component analysis.

Kaiser has set down the subsequent criteria for acceptance: Moderately between 0.050 and 0.059. Diverging from the standard by 0.60 to 0.69 Middle school students often fall within the 0.70 to 0.79 range. Possessing a quality point score ranging from 0.80 to 0.89. The interval from 0.90 to 1.00 was astonishing.

KMO and Bartlett's Test[a]		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.957
Bartlett's Test of Sphericity	Approx. Chi-Square	6953.162
	df	190
	Sig.	.000
a. Based on correlations		

Bartlett's Test of Sphericity further confirmed the overall significance of the correlation matrices. The Kaiser-Meyer-Olkin sample adequacy value is 0.957. Researchers identified a p-value of 0.00 using Bartlett's sphericity test. The correlation matrix is invalid as Bartlett's sphericity test yielded a significant result.

❖ INDEPENDENT VARIABLE

- **Nutritional Intervention:**

The notion behind nutritional intervention is that food and nutrition have a big impact on people's health, both physically and mentally. This is the idea's foundation. The researcher means "nutritional intervention" as using dietary habits to prevent, manage, or treat a number of health problems. This is what people mean when they say "nutritional intervention." In both clinical and public health, "nutritional intervention" is trying to modify eating habits or patterns of intake to get particular health results. These treatments can be short-term or long-term, depending on the goal. Goals may include keeping chronic illnesses under control, fixing deficits, improving metabolic function, or improving mental health outcomes like lowering anxiety or depression. These therapies might last for a short time or a long time. The main goal of nutritional intervention is to find imbalances or deficiencies in a person's diet and then come up with precise ways to fix those (Alshehri et al., 2020). Nutritional intervention is more than merely eating a certain way. Some tactics that could be employed include changing how meals are planned, eating more of certain nutrients, taking supplements, or following a therapeutic diet. When putting nutritional treatment into action, age, gender, medical history, and cultural traditions are all taken into account. These

scientific research on nutrition and behavioural techniques to make big improvements in eating habits that will stay for a long time. When it comes to mental health, especially treating anxiety, dietary therapies focus on keeping blood sugar levels stable by eating carbohydrates and other foods of different kinds, as well as controlling neurotransmitters and lowering inflammation. Magnesium, omega-3 fatty acids, B vitamins, and probiotics are just a few of the nutrients that have a big impact on how the brain works and how emotions are controlled. Probiotics are another vitamin that has this big effect (OuYang et al., 2021).

❖ **FACTOR**

- **Public Health Supplementation:**

"Public health supplementing" is giving entire populations or particular groups that are at danger the nutrients they need on purpose. The researcher may get these nutrients in the form of supplements or meals that have been fortified with extra nutrients. The objective of this technique is to avoid dietary deficiencies and make health outcomes better overall. This is something the researcher can do to generally improve the health. The word implies that the purpose of a big, all-encompassing effort backed by public health authorities or international groups is to fix widespread micronutrient deficiencies that diet alone can't fix. This is what the project is all about. The phrase includes a number of different methods, such as direct supplementation (like giving children vitamin A drops), food fortification (like adding iodine to salt or iron to flour), and institutional nutrition programs (like school meal programs that add important vitamins and minerals) (Tanvir et al., 2024). Therapeutic supplementing is utilised in clinical settings, while public health supplementation is mostly about preventing and intervening in the community. This is different from the therapeutic supplementing that is used in hospitals and clinics. It is well knowledge that even little or subclinical impairments may have a big effect on public health. These deficiencies can make people more likely to become sick, make their brains work less well, slow down their growth, and make mothers and children more likely to die. This concept puts a lot of focus on fairness, which means that it takes into account the social factors that affect health and tries to narrow the gaps in access to healthy food and health status. This attribute is one of the most important parts of this definition. The government or non-governmental organisations (NGOs) commonly run public health supplementation programs. These programs are checked for coverage, compliance, effectiveness, and safety. People often check on these programs. These initiatives may either last for a short time or go on forever, depending on how common and widespread nutritional problems are in the population they are trying to help. The idea includes not only the actual distribution of nutrients, but also the infrastructure needed to educate communities, train health professionals, keep supply chains safe, and assess the results. This is an important thing to remember. Public health supplements is also a complex public health approach that comes from policy, research, education, and getting the community involved. This is a proactive, preventive plan that shows how to protect and improve the health of the overall population (Hinnouho et al., 2022).

❖ **DEPENDENT VARIABLE**

- **Anxiety Management:**

Anxiety management is all about controlling the emotional, psychological, and physical reactions that come with anxiety. This is done by understanding and using therapies that are meant to keep these responses in check. Anxiety is a normal response to stress, but it becomes a medical issue when it lasts a long time, is very intense, and makes it hard to do everyday tasks. Even though anxiety is a normal response to stress, this is nonetheless true. So, managing anxiety is a strict process that includes finding triggers, modifying how the researcher respond, and using techniques to make anxious episodes less severe and less frequent. This is known as "managing anxiety." "Management of anxiety" is one of the words that has been around for a long time. Anxiety management is a multifaceted theory that covers all of the following areas: behavioural, cognitive, emotional, and physical. It recognises that anxiety can show up in different ways, such as on the mental level, where it can cause too much worry and fear; on the emotional level, where it can make the researcher irritable and restless; and on the physical level, where it can cause symptoms like a fast heartbeat, sweating, or pain in the stomach. Because of this, the management process has to include actions that cover all of these features and try to deal with each and every one of them (Bisgaard et al., 2022).

The operation may use drugs, like anti-anxiety medications, psychological treatments, like cognitive-behavioral therapy (CBT), and other methods, like meditation, breathing exercises, mindfulness, and exercise. If the procedure goes forward, this is a possibility. Dietary methods have also gotten a lot of attention lately for their ability to help with anxiety by changing neurotransmitters and keeping hormones in balance. This is a pretty recent change. This just happened quite recently. There are two main ways to look at treating anxiety: the preventive approach and the reactive view. The main goals of preventive measures are to build resilience, bring on calm, and make it easier to deal with problems. On the other hand, reactive tactics are mostly on treating sudden anxiety attacks using grounding skills and therapeutic support approaches. It is far harder to put preventive measures into action than it is to put reactive plans into action. There are several kinds of anxiety, such as GAD, social anxiety, panic disorder, and situational anxiety. Each kind has its own traits that affect how it is treated. These traits might be helpful in treating anxiety. This approach can be used in more than just therapy; it can also be used in schools, workplaces, and communities, all of which may put people under stress that might make them anxious. This method makes it possible to create environments that are helpful and make people feel better emotionally while also lowering the amount of things that cause worry. The main point of anxiety management is to give people power by giving them knowledge, helping them learn new abilities, and making treatments available all at the same time (Zhang et al., 2021).

- **Relationship between Public Health Supplementation and Anxiety Management**

It is clear to realise that the link between public health supplements and anxiety therapy is an important part of the efforts being made to promote the mental health of the general population. In the context of public health, "supplementation" is giving people important nutrients like vitamin D, iodine, folic acid, iron, and omega-3 fatty acids on a regular basis. Eating fortified foods, taking part in government nutrition programs, or doing direct supplementing activities are all ways to do this. This is quite important, especially for groups who are likely to be lacking in some areas. These nutrients affect several critical processes, such as how neurotransmitters work, how hormones that affect mood work, and how the brain grows. For instance, not getting enough vitamin D is linked to higher levels of both anxiety and sorrow. Vitamin D helps make serotonin and controls the HPA axis, which is why this happens. Also, omega-3 fatty acids, which are routinely added to diets through public health fish oil programs, aid with inflammation and mental stability. Fish oil has these fatty acids in it. Over the past few years, public health efforts to fix nutritional gaps at the community or national level have shown that they could lower the number of people who are anxious, especially among vulnerable groups like pregnant women, teens, and people with low incomes. One example of this is that adding iron and folate supplements to maternal health programs has been associated to a big improvement in emotional control and a drop in anxiety levels during and after pregnancy. Another way that public health supplements might help avoid problems is by encouraging healthy brain development at a young age, which lowers the likelihood of developing anxiety disorders later in life (Roman et al., 2024).

Based on the above discussion, the researcher generated the following hypothesis to examine the link between Nutritional supplementation and Anxiety management.

"H_{01}: There is no significant relationship between Public Health Supplementation and Anxiety Management."

"H_1: There is a significant relationship between Public Health Supplementation and Anxiety Management."

ANOVA					
Sum					
	Sum of Squares	**df**	**Mean Square**	**F**	**Sig.**
Between Groups	69984.680	273	6234.429	2493.429	.000
Within Groups	728.490	504	5.967		
Total	70,713.170	777			

In this study, the result is significant. The value of F is 2493.429, which reaches significance with a *p*-value of .000 (which is less than the .05 alpha level). This means the ***"H_1: There is a significant relationship between Public Health Supplementation and Anxiety Management."*** is accepted and the null hypothesis is rejected.

8. DISCUSSION

The study's results showed that changing what people eat had a big effect on how effectively they treated their anxiety. Public health supplements also turned out to be an important part of improving mental health. The study shows that those who were able to use public supplementation programs, especially those that provided important micronutrients like magnesium, omega-3 fatty acids, vitamin D, and B-complex vitamins, saw a clear decrease in their anxiety symptoms. This was particularly true for those who got these micronutrients. A lot of study has been done on the link between dietary deficits and the development and maintenance of anxiety disorders. These results back up the present study, which says that using personalised supplements to fix these problems would be able to help with health issues.

Researchers have shown that supplements in the area of public health may affect people's neurological and mental health by increasing the function of neurotransmitters, lowering inflammation, and promoting hormonal stability. Each of these things plays a big part in how mood is controlled. This gave greater support to the idea that anxiety is not only a mental illness, but a physical disorder that has physical causes and may be treated with dietary changes. The research also showed that public health supplements were a good way to help people that was fair and could be used by a lot of people. This was particularly true for groups of people who didn't have easy access to a variety of diets or mental health care facilities. The research also showed that diet should be a part of more general mental health interventions. The results show that public supplements, when used with mental health goals, might help people use less on drugs and make anxiety management strategies work better overall. Also, the fact that it was confirmed was proof that this was true. On the other hand, differences in reaction and levels of adherence showed how important it is to have treatments that are personalised to each person and to keep an eye on them all the time. In short, the study's results showed that adding public health to dietary intervention is an important part of treating anxiety. It also suggested that additional research be done on how to improve distribution, how to target those who are likely to be affected, and how to keep an eye on the long-term psychological effects. It also proposed that governments and healthcare professionals look into the idea of adding nutrient-based programs to whole mental health treatment packages.

9. CONCLUSION

Based on the findings of this study, it was determined that dietary intervention has a substantial influence on the treatment of anxiety, particularly when seen from the point of view of public health supplements. Significant reductions in anxiety symptoms were seen in persons who got key micronutrients via public supplementation programs. These micronutrients included vitamin D, B-complex vitamins, magnesium, and omega-3 fatty acids. These individuals were compared to others who did not get such treatments. Researchers came to this realisation as a result of their investigation. As a result of these results, the relevance of the role that systematic, population-level supplementing procedures play in the treatment of micronutrient deficiencies, which are often connected with mental health issues such as anxiety, has been brought to light.

public health supplements, which are a strategic component of nutritional intervention, have the potential to enhance emotional regulation, reduce psychological discomfort, and increase overall cognitive function. The results of the study indicate that individuals, especially those who reside in impoverished or underserved areas, benefited not just physically but also emotionally when essential nutrients were made accessible to them via well-structured public health initiatives. This applied to both the physical and emotional aspects of the situation. Furthermore, as a consequence of these results, the effectiveness of including mental health considerations into food policy frameworks was brought to light. In addition to this, the study produced more evidence that the growing realisation that mental health should be addressed via the use of methodologies that include several disciplines is accurate. The use of dietary approaches, particularly public supplementation, provides a method that is non-invasive, cost-effective, and scalable for the management of anxiety on a community level. That being said, this stands in stark contrast to the enduring significance of medications and psychological treatment. In addition, it opened up new avenues for preventive mental health care, such as the possibility that maintaining an appropriate dietary intake might potentially lower the severity of anxiety disorders or the likelihood that they would develop in the first place. In conclusion, the findings of the study showed that the significance of public health supplements as an important component of nutritional intervention for the treatment of anxiety was found to be justified. It is advised that public supplementation programs be maintained in order to be developed and built upon. This would be a preventive approach that would enhance the outcomes of mental health. The recommendation was made that research should be carried out in the future to study the long-term effects, appropriate dosages, and integration tactics for therapies of this sort across a number of different populations

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