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Exploring the influences of genetic and environmental factors

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29 Genetic and Environmental Influences on the Mental Health of Children: A Twin Study

Parental rearing style and stressful life events were found to influence siblings' mental health.

Ping Yin, Xiao Hou, Qing Qin, Wei Deng, Hua Hu, Qinghua Luo, Lian Du, Haitang Qiu, Tian Qiu, Yixiao Fu, Huaqing Meng, and Tao Li

35 Nonpharmacological Alternatives to Benzodiazepine Drugs for the Treatment of Anxiety in Outpatient Populations: A Literature Review

Mindfulness, meditation, and yoga are successful treatments that can be used in patients with anxiety.

Lois M. Platt, Amy Irene Whitburn, Alexander G. Platt-Koch, and Ronald L. Koch

43 Antidepressant Drugs to Electroconvulsive Therapy: Kristina's Story

One woman's battle against major depression and her road to recovery is presented.

Kristina M. Sammons and Sam Abraham

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