

Learning Activity:

| LEARNING OBJECTIVES | EXPANDED CONTENT OUTLINE |
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| The learner will be able to describe generalized anxiety disorders and their impact on the United States healthcare system. | Via a PowerPoint presentation, generalized anxiety disorders will be defined along with their annual impact on the United States healthcare system. |
| The learner will be able to compare and contrast traditional and aromatherapy anxiety-related treatment. | Via a PowerPoint presentation, the following will be presented: aromatherapy and traditional anxiety-related treatments (e.g., pharmacotherapy, cognitive therapy, and complementary therapies). |
| The learner will be able to discuss aromatherapy-related anxiety research. | Via a PowerPoint presentation, a literature review of aromatherapy-related anxiety research will be presented. |
| The learner will be able to appraise the adult anxiety aromatherapy case study and related outcome. | Via a PowerPoint presentation, an adult anxiety aromatherapy case study will be presented. |