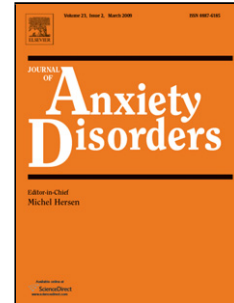


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The Efficacy of Aerobic Exercise and Resistance Training as Transdiagnostic Interventions for
Anxiety-Related Disorders and Constructs: A Randomized Controlled Trial

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