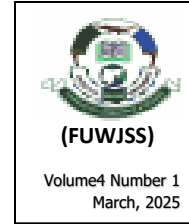


# ROLE OF CLINICAL PSYCHOLOGISTS IN MENTAL HEALTH SUPPORT FOR ECONOMIC SUSTAINABILITY AND NATIONAL DEVELOPMENT IN NIGERIA



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## Abstract

Anxiety is a prevalent mental health issue with significant individual and societal costs. This paper explores the critical role of clinical psychologist in empowering individuals with anxiety to cultivate positive thinking which ultimately contributes to economic sustainability and national development. By fostering a positive outlook, psychologists can aid individuals with anxiety overcome the debilitating effects of their condition, enhancing their ability to participate fully in the workforce, contribute to economic growth, and engage in civic life. To this end, the paper addresses the impact of anxiety on individual and national economic well-being, highlighting the socio-economic costs associated with anxiety, including lost productivity, healthcare expenditures, and diminished quality of life. Findings established a relationship between positive thinking and reduced anxiety symptoms, enhanced resilience, and improved overall well-being. Moreover, the paper identifies the psychologist's contribution to the education and training of individuals with anxiety, highlighting the unique skills and knowledge psychologists possess to design and deliver effective interventions aimed at promoting positive thinking and coping mechanisms. The paper concludes that by emphasizing the potential of positive thinking to create a more resilient and optimistic society, contributing to economic growth, social cohesion, and national development.

**Keywords:** Anxiety, clinical psychologists, economic sustainability, national development

## Introduction

People's behaviour is dynamic and complex in the contemporary global system (Landy & Conte, 2016). Social and economic problems such as, insecurity, poverty and economic instability are the order of the day, especially in African nations where positive state of mind and people's

behaviour are characterized with uncertainties, hopelessness and fear (Rettie & Daniels, 2021; Blustein, 2011; Savickas, 2011). These situations placed people in psychological problems and anxiety that causes negative impacts on their social and economic activities. One of the common psychological factors that hinder positive thinking and paralyses human development is pathological anxiety (Hanby, Fales, Nangle, Serwik, & Hedrick, 2012; Ophuis, Lokkerbol, Heemskerk, Balkom, Hiligsmann, & Evers, 2017). It has been reported that anxiety is among the main global health problems with substantial psychological and economic costs (Jang, et al., & Kang, 2022). Even though, there are many types of anxiety disorders, yet researches proposed that most of the anxiety problems are driven by similar underlying issues (Jang, Park, Lee, Ryu, Lee, Kim, Kim & Kang, 2022). Individual suffering from anxiety illness can easily become overwhelmed by their emotions, and they tend to have uniquely negative reactions to those unpleasant feelings and situations that resulted into loss of life (Jung & Hong, 2020).

Anxiety problems are the most widespread problems affecting various aspects of the health due to negative thinking that hindered economic sustainability and national development. It is suggested that preventive programs based on positive psychology be developed to aid in the prevention of people's declining happiness and increasing anxiety as they age. This emphasises on the need a holistic treatment approach to people with anxiety problems. Due to multi-dimensional causes of anxiety, it is therefore suggested by Mahmood and Nadiyah (2016) that the treatment intervention should involve combination of both psychological and pharmacological. In addition to the large number of studies on economic, ecological and political sustainability, it was also proposed that more researches could be highly beneficial on sustainable behavior and the sustainability of the psychological well-being of people suffering from anxiety problems for national development (Di Fabio, 2017).

There is need for industries, organizations and health facilities to have time for screening and training for positive thinking, since anxiety is unavoidable. This can enhance the acquisition of positive thinking skills and flexibility in self-anxiety treatment and mentally adaptable to problems and higher anxiety negative issues. In order to achieve economic sustainability and national development, it is suggested by this paper that public and private organization should considered economic activities and human well-being inseparable in terms of productivity and investments. This is because, human capital that are free from anxiety disorders are ingredients and resources to economic development and maintenance. Therefore, more studies need to be conducted on economic activities and psychological well-being of the employers.

The relationship between anxiety problems and suicide were documented across studies. For example; an association was reported between anxiety disorders and higher suicide (Chartrand, Sareen, Toews, & Bolton, 2012; Subica et al., 2016). Several empirical findings differ between anxiety and suicide. Some studies discovered no or few link existing between anxiety and suicide (Abreu et al., 2018; Subica, Allen, Frueh, Elhai, & Fowler, 2016), while tremendous empirical evidences found a positive correlation between anxiety problems and suicide (Cassello-Robbins et al., 2015; Chartrand et al., 2012; Kanwar et al., 2013; Gonda, et al., 2007; Kaprinis, et al., 2008; Nam, et al., 2016; Thibodeau et al., 2013). Anxiety weakens one's positive thinking, his/her state of health and wellbeing (Naseem & Khalid, 2010). Study has shown that individual with positive thinking is hopeful and optimistic about situations with constructive orientation toward problem solving (Di Fabio, Kenny, & Claudius, 2016).

In contrast, research revealed that negative thinking suggests condemnation or depreciation of person's identity and personality that resulted into poor productivity (Zarghuna & Khalid, 2010). People with anxiety disorders suffered from negative unproductive thinking that need to be changed or modified to positive productive thinking for economic sustainability and national development. This can be successful through the applications of psychological interventions by the expert clinical psychologists (Mahmood & Nadiyah, 2016). These interventions include among others; relaxation techniques, family therapy, meditation and cognitive strategies like cognitive restructuring, cognitive behavioural therapy. Clinical psychologists are experts that are highly trained in the assessment, diagnoses and treatment of anxiety disorders (Bandelow, 2017; Di Fabio, Kenny, & Claudius, 2016).

Poor economic sustainability is a transition to economic loss which can be resulted into anxiety with harmful psychological impact on people's positive thinking, deteriorating their mental state of health and life pleasure (Jang, et al., 2022). Anxiety disorders is the most common symptom of unstable economic situations. Studies have shown that a reduction in person's income for whatever reason (e.g., psychological or physical) have higher anxiety, significantly compared to those without income reduction (Lee, et al., 2020). Economic sustainability entails inflation control, poverty eradication and unemployment control (García, García, Montoya, & Rodríguez, 2022; Khullar & Chokshi, 2018). On the other hand, Sustainability from the psychological perspectives is viewed in terms of promoting the well-being of people and prevention of illness (Di Fabio, 2016).

People with anxiety disorders face a problem of negative thinking that normally affects their performances and productivity. This irrational

dysfunctional thought needs to be replaced by positive thinking for positive economic sustainability and national development. The psychological point of view on economic sustainability geared towards the well-being of the people without anxiety. However, studies on this aspect were neglected, especially on people handling the psychological aspect of human development. Most of the people in various domain of life suffering from pathological anxiety resort to only medical intervention instead of holistic approach to the problem for better effective solution. This holistic approach includes the integration of the services of clinical psychologist and chemotherapy. This paper, therefore, examines the role of clinical psychologist in promoting positive thinking among people with anxiety problems as a crucial component of mental health support and a vital contribution to building a more resilient and prosperous future.

### **Causes of Anxiety Problems**

All human beings experience temporary or mild worriedness or feel nervousness occasionally. People experience anxiety at some times in their life as a natural reaction to work circumstances, pressure in work, business stress, examination/academic tempo, among others. Anxiety is a state of intense apprehension, uncertainty, and fear resulting from the anticipation of a threatening event or situation to the extent that disrupt normal physical and psychological functioning (Pihkala, 2020; Hughes et al., 2018; Adwas, 2019). Anxiety is a normal human reaction to stressful situations, however when it is persistent and getting worse can be extended to pathological anxieties or anxiety disorders (Talavera et al., 2018; DSM-5; American Psychiatric Association, 2013).

Many types of anxiety disorders exist; however, research suggests that most of them are driven by similar underlying processes (Bandelow & Michaelis, 2015). The instances of such major disorders are; (a) generalized anxiety disorder are characterized by persistent worry or anxious feelings. (b) panic disorder is marked by recurrent panic attacks that include symptoms such as sweating, trembling, shortness and feelings of dread. Such attacks often happen suddenly, without warning. (c) Social anxiety disorder is also known as social phobia. People with this disorder are fearful of social situations in which they might feel embarrassed or judged, (d) obsessive-compulsive disorder is characterized by persistent, uncontrollable feelings and thought (APA, 2022). Each of these types of anxiety can cause the sufferer severe physical and mental discomfort. This discomfort may affect several areas of a person's life, causing them to miss out on a fulfilling life activity of daily living which in turn threatening their personal income and become burden to the economic sustainability and hinder national development (Alladin, 2015; Di Fabio & Maree, 2016). People with these

kinds of problems tend to become easily overwhelmed by their emotions and negative reactions to those unpleasant feelings and situations. This in turn can prevent them from positive thinking, initiative, innovation, enterprises and creativity (Curtis, 2009; Fan et al, 2015).

Study has shown that destructive anxieties are associated with severe disturbances in people's functioning and has a significant emotional and financial costs both on an individual, family and the general society (Slavin-Mulford & Hilsenroth, 2012). Another study also indicated that people suffering from anxiety disorder are more susceptible to higher morbidity rate and with higher rate of health care utilization compared to both people with or without other mental illnesses (Ophuis, Lokkerbol, Heemskerk et al., 2017). Anxiety problem can severely impair a person's ability to function at work, school, and in social situations. It can also interfere with a person's relationships with family members and friends and equally ruin lives and force people to stay indoors away from social situations (Crome et al., 2015; Anxiety and Depression Association of America, 2018).

Anxiety problems are alarming and detrimental to the well-being of people and the national economy as indicated across studies. Studies have reported that large number of people suffering from anxiety disorders are economically frustrated, self-harming with suicidal tendency (Lee et al., 2020; Thibodeau et al., 2013; Di Fabio, 2017; Thibodeau, et al., 2013). People with any form of anxiety disorder are more likely to commit suicide or more suicide attempts, and suicidal behavior than those without it (Kanwar et al., 2013; Nam et al., 2016). This may be attributed to poverty and low income.

### **Anxiety and Positive thinking**

Positive thinking is a state of attitudinal mental well-being that is shown in the individual's mind, thoughts, words and images which are helpful for growth, development and accomplishment of behaviour (Zarghuna & Khalid, 2010). Empirical study has shown that positive thinking enhances those human possibilities and potentials in different aspects of human lives such as business, public services, health care centers and activities, creativity, economic and political progress (Zarghuna & Khalid, 2010). Similarly, the study claimed that people with positive thinking perceive problems related to anxiety as a challenge than a threat. This can lead to positive effective adaptation. The behavioural pattern of maintainable development of people with destructive anxiety is perceived as a primary inhibition perspective to progress that can foster ill-health or negative unproductive performances at all different levels of economy sectors ranging from the employees, to the industries, public or private services, and as well as to inter-ministerial or office procedures (Peiro, 2017). Destructive anxiety

weakens individual well-being that leads to poor manpower utilization and low economic productivity (Di Fabio, 2017; United Nations, 2015).

Positive and profitable business of buying and selling of goods and services can only be possible in a free social anxiety environment and individual psychological mind-set. A state of mind-body or psychosomatic equilibrium of a person booster positive thinking and innovations. Health is a key factor to psychosomatic well-being of the people and anxiety deteriorate and weaken individual's positive thinking that can lead to lack of economic planning and sustainability with poor individual and national development (Di Fabio, 2014; Di Fabio, (2017). Health involves both physical, psychological and social well-being of an individual and his environment. Only healthy people are successful and resilient to economic lost. Evidences have emphasised the importance for a positive work environment in promoting employee health, well-being, and performance. One can agree that Well-being is crucial in a psychological state of workers productivity and is therefore, an essential part of organizational life and human resources management (Di Fabio and Kenny, 2016; De Smet et al., 2007; Di Fabio, 2017; Snyder et al., 2014).

People with anxiety battle with devastating disturbing intrusive negative thoughts, feelings and action. Anxiety is associated with negative thought and emotions that is expressed through physical, cognitive and behavioural response systems (Farnam, 2016). Poor attention with unfocussed reasoning and impaired concentration are parts of the characteristic of anxiety problems. This situation may have negative impacts on people rational thinking and reasoning, thereby reducing maximum services generations, qualitative resource output and economic productivity and maintenance. The important of regular positive thinking leads to hope and life satisfaction which produces success across various life areas, such as work performance, social relationship, perception of self and others, sociability, activity, physical wellbeing, coping, problem solving, creativity and health (Hirsch, et al., 2015). Positive thinkers are happy and satisfied workers that are more incline to higher performers on the job. They are less likely to show absenteeism, turnover, job burnout, and retaliatory behaviors (Snyder et al., 2014). For one, positive thinking will enable a person to cope better and increases the likelihood of a good outcome. (Hirsch et al., 2015).

Contrary to positive thinking, study has indicted that negative thoughts are vitals in precipitating the development and maintenance of anxiety. Even though, the position of positive thinking on anxiety is hypothetical, still a study conducted by Sohrabi, Jafari & Roshan (2016) investigated the role of negative and positive self-statements in the anxiety level of anxious and non-anxious participants. The findings of the study indicated that, participants that are anxious revealed increased negative thinking, decreased positive

thinking and low mind-set. Dysfunctional thoughts and negative mind-set were the higher predictors of anxiety among the anxious participants; while negative and positive thinking were the highest predictors of anxiety among the non-anxious participants. These findings show that a lack of positive thinking might be more crucial to the development and increases anxiety level. Other studies have found that anxiety is associated with both more negative thoughts and less positive thoughts (Thadchai, Suksawat & Wongtim 2018).

An individual with anxiety problems is physically and psychologically weak to contribute effectively and efficiently to job performances. Studies have indicated that those who experience anxiety disorders along with physical cardiac disease have a very high chance of having a terrible heart arrest compared to those who do not experience an anxiety illness ((Michopoulos et al., 2017). Studies revealed that individual with anxiety disorders result from persistent stimulation of “fight or flight” system of the autonomic aspect of central nervous system (Alladin, 2015). Such individual suffers from severe reflections with a believe that any unclear situation must be seen through a negative dysfunctional perception (Khan & Khan, 2017).

Empirical studies also show that quite number of persons become aggressive and decided to fight instead of fleeing (Khan & Khan, 2017). Therefore, much aggression is likely attributable to anxiety. One can propose from this study that, those suffering from anxiety illnesses lack positive thinking and resilience to withstand a significance economic frustration and they need treatment to preserve a nation or organization safe from economic lost and poor national development. People with anxiety problems suffered ineffective resilience to aggression and may have integrity problem with a believes to use aggression against another whom wrongs them in some ways. Example, most of these anxious people tend to transfer aggression from the stronger to the weaker persons (Hanby et al., 2012).

The impact of anxiety on an individual reasoning and thinking is a key cause to economic lost. People with anxiety disorders lack concentration with difficulties to overcome undesirable negative life-events (Nikmanesh & Zandvakili, 2015). Anxiety in this case can be seen as dysfunctional or maladaptive. This situation can lead to problems in handling work environments, businesses, social activities. The maximum manpower utilization can be impaired which can resulted into poor economic sustainability and halt national development

### **Theoretical Framework**

Numerous theories have discussed the concept of anxiety in terms of its antecedents and consequences, manifestation and treatment approaches. Anxiety weakened positive thinking leading to poor human performances.

According to psychodynamic theories on anxiety and anxiety disorders focus on symptoms of anxiety as displacement or expressions of underlying intra-psychic conflicts, especially between id and ego as postulated by Sigmund Freud (Comer & Comer, 2019; Awas, 2019). The psychoanalysis of anxiety based on this theory is a defense mechanism against environmental threat and it is a significant ingredient in the development of fearful or disturbed behaviour that is unsafe for economic sustainability and national development. Studies have shown that any effective policy for national development in the long-term must be attentive to psychological dimensions of human beings and beliefs about how needs and wants will be satisfied in free anxiety situation (Remes et al., 2016). The same source also argued that a general approach to sustainable development necessitates need for mutual dependence between secured psychological, social and environment realities.

The cognitive theory of anxiety places emphasis on the role of cognition in emotional experiences, including anxiety. This theory emphasised on the interpretation of events that resulted into anxiety not the events (Zarghuna & Khalid, 2010). Eysenck (1990) demonstrated that there are differences between people who are high and low in trait anxiety on their stored information in the long-term memory. People who are high and low in anxiety also vary in their mood states, hence the content of their memory should also vary. On the other hand, the behavioural and learning theory of anxiety explained that organisms learn to avoid noxious stimuli through some or other mediating mechanism which is referred to as fear or anxiety (Rhoads, Murphy, 2015). However, the phenomenological or existential theory viewed anxiety as a natural response state of the individual. Such view is rooted in the idea that development and maturity depend on freedom or free will, which in turn depends on being aware of the possibilities that exist in life (Kierkegaard, 1844, cited in Greenberg, 2017). Individual with mental health problems, especially anxiety tend to become easily overwhelmed by their negative reactions to unpleasant feelings and situations. This in turn can prevent such person from positive thinking, initiative, innovation, enterprises and creativity that will consequently endangered economic and national development (Curtis, 2009; Fan et al, 2015).

### **Research Methodology**

This is a conceptual paper that reviewed studies on anxiety, positive thinking, and role of clinical psychologists and their link with economic sustainability and national development. Systematic review design was used in this study, where the researcher searched multiple databases for articles that reviewed the variables of this study which include studies on anxiety



and positive thinking among people suffering from anxiety problems across ages and populations. Studies were peer-reviewed from quantitative, qualitative and mixed method that were published in English regardless of the year of publication to September, 2024.

### **Inclusion and exclusion criteria**

The inclusion criteria for this study are reviewed studies focused on people who have experienced mild, moderate or severe anxiety from both quantitative, qualitative and mixed method peer-reviewed studies with data collected from the recent studies published in English in a scientific peer-reviewed journal. We excluded reviews, letters, editorials, dissertations, books, studies conducted in non-English studies. The search was conducted until September 2024.

### **Anxiety, Economic Sustainability and National development**

Sustainable is an act of maintaining something that can be supported and endured for a period of time. Project is said to be sustainable if it proposes what does not yet exist and when it changes what exists according to new goals to achieve new results and finally when it transfers knowledge and solutions to meet new challenges (Di, 2016). The traditional meaning of sustainability put emphases on avoiding exploitation, depletion, and irreversible alteration (Peiro, 2017). This views on sustainability development are based on inflation control in the economy sector, leadership sustainability in politics and environmental protection in ecology that stresses the right of current and future generations for natural resources benefits. (Di Fabio, 2016; Di Fabio & Maree, 2016). However, sustainability from the psychological viewpoint concentrated on promotion of well-being of the people like development, growth, and flexible change both in goods, services and behaviours (Di Fabio, 2016).

Global uncertainties due to job insecurity and ill-political policies for economic competition in terms of ineffective leadership could be a persistent developmental threat that is inevitable (Fu, Greco, Lennard, Dimotakis, 2021). This leads to frustration, economic depression, hopelessness and reduction in the quality of life of the peoples and can be resulted into poor national development and inadequate economic maintenance. The theory of uncertainty that is associated to generalized anxiety disorder (GAD), assumed that some people poorly endure the likelihood of occurrence of a negative event, irrespective of its chance of occurring (Comer & Comer, 2019). Therefore, it may be assumed that economic loss and poor quality of life would make individuals extremely vulnerable to anxiety. In fact, low tolerance of the uncertainty in economic planning partially causes generalized anxiety disorder (Rettie, Daniels, 2021).

The study emphasizes that periods of economic predicament predict the appearance of mental health issues, such as stress, anxiety, and depression, and decrease populations' well-being. This is supported by a study conducted among Portugal population with a sample of 729 individuals, both males and females. The study assessed the relationship between economic stress factors; such as economic hardship, financial threat, and financial well-being) and stress, anxiety, and depression. The findings indicated a statistically significant differences on the relationships between financial threat, economic hardship and anxiety (Houdmont, Kerr & Addley, 2012).

### **Role of Clinical Psychologists in Anxiety Treatment**

The importance of psychological well-being of an individual in economic sustainability and national development cannot be over-emphasised, especially in terms of people's mind-sets and positive thinking. Economic sustainability and national development of any nation does not only rely in terms of the ecological, economic, and social environment, but also depend on the improved quality of life of people and their well-being (Fu, Greco, Lennard & Dimotakis 2021; Jung & Hong, 2020). However, anxiety weaken an individual's well-being. In view of the economic predicaments, insecurity of lives, food, health and poor education due to bad leadership by some egocentric political leaders, especially in the developing nations in Africa, Nigeria not in exception constituted destructive anxiety which is detrimental to the economic sustainability and national development of such countries if not professionally handled by experts like clinical psychologists.

Psychology is the scientific study of human behaviour both covert and overt behaviour, while, clinical psychology is the branch of psychology that concerns with the application of psychological principles and theories in clinical and health related setting (APA, 2022). This branch of psychology concern with the assessment, examination, diagnosis, testing and management of psychological or mental problems, such as anxiety, stress, mood disorders, personality disorders etc. (Crome, Grove, Baillie et al., 2015). It is amid the major role of clinical psychologists to teach people with anxiety on how to identify the sources of their anxiety and to know how to cope with those negative reactions by avoiding the anxiety related causes, situations and experiences that make them anxious. Clinical psychologists are highly trained in diagnosing anxiety disorders and teaching patients a preventive measures and more effective coping and adaptive mechanisms to address the unique needs of the clients. Such measures include among others, relaxation techniques, behaviour modification, and cognitive restructuring to manage the anxiety problems. These measures help in

replacing negative dysfunctional thinking to constructive positive thinking (Modini, & Abbott, 2016).

A well-known effective evidence-based form of psychotherapy is cognitive-behavioural therapy which has been proven very effective for the prevention and treatment of anxiety disorders (Farnam, 2016; Ojala, 2016). Going by this therapy, clinical psychologists help patients learn to identify and manage the factors that contribute to their anxiety. Through the cognitive component of therapy, patients learn to understand how their negative thoughts contribute to their anxiety symptoms and learning on how to change those irrational thought patterns, which at the end can reduce the probability and severity of anxiety syndromes. With the behavioral component of the therapy, patients learn techniques to reduce undesired behaviors associated with anxiety disorders (Thadchai, Suksawat & Wongtim, 2018; APA, 2022). This part of the therapy focuses on guiding and encouraging the patients to approach activities and situations that provoke anxiety and to learn that their feared outcomes are unlikely to occur. Some of the examples of such anxiety provoking situations are poverty, economic inflations, frustration, economic lost, disappointment, panic attack etc.

What is expected from clinical psychologists for helping people with anxiety problems is psychotherapy which is a collaborative process, where psychologists and patients work together to identify specific concerns and develop concrete skills and techniques for coping with the anxiety. Patients are expected to be trained on a novel skill on problem solving skills by identifying and managing their anxiety problems. Some skills outside the sessions of the behavioural learning therapy like recreations and meditations are encouraged for the clients for practices to manage their anxiety in situations that might make them uncomfortable (Wallace, Greenburg & Clark, 2020). However, clinical psychologists are restricted not to push patients into such therapy situations until the anxiety patients are certain that they have the skills they need to effectively confront their fears. Psychologists sometimes use other approaches to treat anxiety disorders in addition to cognitive behavioural therapy.

Another form of therapy used by clinical psychologist in the management of anxiety is group psychotherapy (Greenberg, 2017). This therapy is typically involving several people that have the same anxiety disorders that can be treated on the same situation. This form of anxiety treatment is effective for both treating anxiety and providing patients with support (Greenberg, 2017). Additionally, family psychotherapy can help family members understand their loved one's anxiety and help them learn ways to interact that do not reinforce anxious habits. Family therapy can be particularly helpful for children and adolescents suffering from anxiety disorders (Farnam, 2016). Anxiety disorders are very treatable. Most patients who suffer from anxiety are able to reduce or eliminate symptoms after fewer or several months of psychotherapy, and many patients notice improvement after just a few sessions (APA, 2022).

Study revealed that contentment and happiness people are more likely to develop resources for anxiety and stress resilience (Jafari & Behbood, 2017). Different type of drugs treatment has been employed to lessen anxiety caused by mental or physiological problems. Psychotherapy leans towards reducing cost, it is easy to apply, no side effects, and risk-free compared to medication that can be used alone or in combine treatment (Hashemi, Siyavoshani, Fallahi et al., 2020).

Teaching people with anxiety on positive thinking is another approach that can improve the psychological state of well-being (Thadchai, Suksawat, Wongtim, 2018). A negative attitude toward life is a significant factor in anxiety and positive therapy decreases anxiety and improve happiness and psychological well-being of the people by improving positive feelings, thinking, and their activities. Positive thinking training also addresses the essential needs of people, like love, possessions and belonging, and relationship with one another (Ajlouni & Almahaireh, 2015; Seligman, 2012).

Literatures have investigated the effectiveness of positive thinking on psychological variables like anxiety and demonstrated a correlation between positive thinking, increased emotion, adjustment, and healthiness among patients that recovered from growth tissues (Gallagher, Long, Richardson, D'Souza, 2019). Another study indicates that patients with positive thinking training during retirement crisis were more adaptable, more optimistic, and happier in job accomplished (Ahangarzadeh, Oladrostam & Nematolahei, 2017). Similar findings revealed the effectiveness of a positive thinking program on the hope and quality state of sleeping among patients with blood disease (Makaremnia, Manshadi & Khademian, 2021). Anxiety problems are unavoidable during late adult and old age and have a negative impact on their both physiological and psychological health. Training on positive thinking is expected to improve the life quality of life of such categories of (Rafiee & Momeni, 2018).

Sohani and Barghi Irani et al., (2018) established that positive thinking skills training had a positive effect self-care, happiness, and self-efficacy. Other research indicates that positive psychotherapy increased resilience, and general health (Sohrabi, Jafari & Roshan, 2016; Haroon & Bahiraei, 2020). More also, studies reported the effectiveness of positive thinking therapy patient's anxiety disorders, and life satisfaction (Tavakoli, Rezai, Montajabian, 2020; Ho, Yeung, Kwok, 2014).

### **Conclusion and Recommendations**

Human capital and behavioural sustainability are key to economic and national development of any nations. Psychology has an essential part in the contribution and implementation of sustainability and improvement of mental health for national development. Globally, anxiety is an inevitable common problem affecting positive thinking of the people that resulting into negative thinking, economic loss and underproductivity in many human domains. These anxiety problems need to be understood, diagnosed and treated for effective and efficient manpower utilization and performances. This can be effectively achieved through holistic intervention by the integration of the services of expert's clinical psychologist alone or with the

other relevant approaches. The role of clinical psychology is the application of many various methods and approaches for positive sustainable thinking, mental health and management of mental illness including anxiety disorders. The paper recommends that public or private organization should engage the services of clinical psychologists for creating awareness to their staff against the danger sign and symptoms of anxiety problems. It also recommends that health facilities or educational institution should occasionally come up with a routine screening and management of anxiety problems.

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