

# Progress Data

	GAD-7: Anxiety	PHQ-4: Anxiety and Depression	PHQ-9: Depression	Overall Symptoms
Six Sessions	Decreased by 5%	Decreased by 10%	Decreased by 21%	<b>Decreased by 12%</b>
Eleven Sessions	Decreased by 19%	Decreased by 17%	Decreased by 33%	<b>Decreased by 23%</b>