Review Article

9 Internet-Based Cognitive-Behavioral Therapy for Individuals Experiencing Panic Attacks: A Scoping Literature Review

Ahmad I. Miqdadi, MSc, BNSc, RN; Mei-Chan Chong, PhD, MSc, BNSc; Tang Li Yoong, PhD, MSc, BNSc; Ong-Hui Koh, MBBS, MPM; and Majdi Alhadidi, PhD (PMHN), MSc, BNSc, RN

Research Articles

17 Effect of Gender Attitudes of Young Adults on Levels of Perceived Social Support in Health Behaviors

Berna Bayir, PhD; Figen Türk Düdükcü, PhD; and Zehra Koçak, MSN

- **24 Effects of Workplace Violence on Emotional Distress**SoHyun Woo, MSN, RN; Heeseung Choi, PhD, MPH, RN, FAAN; and Soyoun Shin, MSN, RN
- **33** Let's Get to the Root of Ashwagandha: What Health Care Professionals Need to Know Deana Goldin, PhD, DNP, APRN, FNP-BC, PMHNP-BC; and Deborah Salani, DNP, APRN, PMHNP-BC, NE-BC
- 41 Effects of Baduanjin Qigong in Individuals With Schizophrenia: A Preliminary Quasi-Experimental Pilot Study

Hsing-I Chiang, MD, MMS, VS; Su-Chen Lo, RN; Jason W. Beckstead, PhD; and Chiu-Yueh Yang, PhD

49 Improving Anxiety and Depression in Pregnant Mothers Participating in Nurse Home Visitation

Candace Knight, PhD, RN, FAAN; Karmie M. Johnson, DNP, RN, PMHNP-BC, CNE; Kevin Keane, PhD, MBA, MA, CHES®; Taishayla Mckitt, MPH; and Haley Fenn, MS

Section

6

YOUTH IN MIND

Saving Lives: Suicide Prevention in LGBTQ Youth Anna Allred, MSN, APRN, PMHNP-BC; and Kelly Allred, PhD, RN, PMGT-BC, CNE

Departments

- 3 Guest Editorial
- 5 Quick Reference Drug Chart: Dementia
- **56** NARSAD Artworks