

Empirical Review of Cognitive-Behavioral Therapy for Anxiety Disorders

Indira Das¹ and Dr. Mudita Popli²

Research Scholar, Department of Clinical Psychology¹

Associated Professor, Department of Clinical Psychology²

Glocal University, Saharanpur, Uttar Pradesh, India

Abstract: Cognitive behavioral therapy (CBT) has been shown to treat several mental health issues, including anxiety [1]. Cognitive-behavioral therapy (CBT) is a short, skills-oriented intervention that aims to change maladaptive emotional responses by changing beliefs, behaviors, or both. B. F. Skinner and Joseph Wolpe, 1950s behavioral therapy pioneers, helped create CBT. Behavioral therapy assumes that behavior changes affect emotions, cognitions, and evaluations.

Keywords: anxiety disorder; post-traumatic stress disorder; obsessive-compulsive disorder;

REFERENCES

- [1]. Abramowitz JS. Variants of exposure and response prevention in the treatment of obsessive-compulsive disorder. *Behav Ther.* 1996;27:583-600.
- [2]. Alvarez J, McLean C, Harris AHS, Rosen CS, Ruzek JI, Kimerling R. The comparative effectiveness of cognitive processing therapy for male veterans treated in a VHA posttraumatic stress disorder residential rehabilitation program. *J Consult Clin Psychol.* 2011;79:590-599.
- [3]. Arntz A. Cognitive therapy versus applied relaxation as treatment of generalized anxiety disorder. *Behav Res Ther.* 2003;41:633-646.
- [4]. Barlow DH, ed. *Clinical Handbook of Psychological Disorders.* New York, NY: The Guilford Press; 2014.
- [5]. Borkovec T, Newman MG, Pincus AL, Lytle R. A component analysis of cognitive-behavioral therapy for generalized anxiety disorder and the role of interpersonal problems. *J Consult Clin Psychol.* 2002;70:288-298.
- [6]. Borkovec TD, Costello E. Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder. *J Consult Clin Psychol.* 1993;61:611-619.
- [7]. Chambless D, Ollendick TH. Empirically supported psychological interventions: Controversies and evidence. *Annu Rev Psychol.* 2001;52:685-716.
- [8]. Chard KM. An evaluation of cognitive processing therapy for the treatment of posttraumatic stress disorder related to childhood sexual abuse. *J Consult Clin Psychol.* 2005;73:965-971.
- [9]. Clark DM, Ehlers A, Hackmann A. Cognitive therapy versus exposure and applied relaxation in social phobia: A randomized controlled trial. *J Consult Clin Psychol.* 2006;74:568-578.
- [10]. Craske MG, Barlow DH, Antony MM. *Mastery of Your Specific Phobia: Therapist Guide, Second Edition.* New York, NY: Oxford University Press; 2006.
- [11]. Craske MG, Barlow DH. *Mastery of Your Anxiety and Panic.* 4th ed. New York, NY: Oxford University Press; 2007.
- [12]. Craske MG, Barlow DH. *Mastery of Your Anxiety and Worry.* 2nd ed. New York, NY: Oxford University Press; 2006.
- [13]. Craske MG, DeCola JP, Sachs AD, Pontillo DC. Panic control treatment for agoraphobia. *J Anxiety Disord.* 2003;17:321-333.
- [14]. Cuijpers P, Sijbrandij M, Koole S, Huibers M, Berking M, Andersson G. Psychological treatment of generalized anxiety disorder: A meta-analysis. *Clin Psychol Rev.* 2014;34:130-140.

- [15]. Dugas M, Brillon P, Gervais N, et al. A randomized clinical trial of cognitive-behavioral therapy and applied relaxation for adults with generalized anxiety disorder. *Behav Ther.* 2010;41:46-58.
- [16]. Ehlers A, Clark DM, Hackmann A, et al. A randomized controlled trial of cognitive therapy, a self-help booklet, and repeated assessments as early interventions for posttraumatic stress disorder. *Arch Gen Psychiatry.* 2003;60:1024-1032.
- [17]. Ehlers A, Clark DM, Hackmann A, McManus F, Fennell M. Cognitive therapy for post-traumatic stress disorder: development and evaluation. *Behav Res Ther.* 2005;43:413-431.
- [18]. Fedoroff IC, Taylor S. Psychological and pharmacological treatments of social phobia: a meta-analysis. *J Clin Psychopharmacol.* 2001;21:311-324.
- [19]. Feske U, Chambless DL. Cognitive behavioral vs exposure only treatment for social phobia: a meta-analysis. *Behav Ther.* 1995;26:695-720.