

Exploring the Role of Cognitive-Behavioral Therapy in Alleviating Anxiety Disorders in Pediatric and Adolescent Populations: A Critical Review

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Abstract: *Anxiety problems are widespread among children and teenagers. These difficulties lower academic performance and household and social skills in adolescents and children. Identifying the best behavioral and mental therapy for these illnesses is crucial. Given the topic's relevance, this study examined cognitive-behavioral therapy's effectiveness in treating anxiety problems in children and adolescents. The bulk of research has methodological and theoretical shortcomings. Limitations included the lack of explanations for comparisons with comparable research, the small sample size, and the lack of references to sophisticated statistical formulae and monitoring procedures. Many of the studies analyzed did not present and report data according to worldwide clinical trial guidelines. According to the research, intervention regimens are moderately to weakly effective. However, addressing methodological and theoretical issues may help evaluate cognitive behavioral treatment for anxiety disorders in children and adolescents more accurately.*

Keywords: Cognitive-behavioral therapy, anxiety disorders, children, adolescents.

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