

Integrating Mindfulness into CBT for Anxiety Disorders

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Abstract. This study explores the integration of mindfulness practices into Cognitive Behavioral Therapy (CBT) for treating patients with anxiety disorders. We conducted a six-month randomized control trial involving 200 participants diagnosed with severe anxiety disorders. The participants were divided into two groups; one receiving traditional CBT and the other receiving CBT integrated with mindfulness practices. Preliminary results indicate a significant improvement in symptoms for the mindfulness-CBT group compared to the traditional CBT group. This paper discusses the methodology, implementation of mindfulness techniques, and analyzes the statistical significance of the findings, suggesting promising avenues for future research in enhancing anxiety disorder treatments.

Keywords: mindfulness, cbt, anxiety, therapy, treatment

Introduction: Mindfulness has increasingly been recognized as a valuable approach in psychological therapies, particularly in enhancing self-awareness and emotional regulation. Cognitive Behavioral Therapy (CBT) remains a widely validated treatment for anxiety disorders, but challenges remain in addressing comorbid emotional dysregulation. This study proposes an innovative approach by integrating mindfulness practices into CBT to potentially enrich treatment efficacy for individuals suffering from anxiety disorders. Given the burden of anxiety disorders globally, novel treatment methodologies are of paramount importance. This study aims to provide empirical evidence on the efficacy of combining mindfulness with CBT, hypothesizing enhanced outcomes in emotional regulation and overall wellbeing in patients.
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