

The Role of Cognitive-Behavioral Therapy in Anxiety Reduction

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Abstract. This article examines the effectiveness of Cognitive-Behavioral Therapy (CBT) for reducing anxiety disorders, emphasizing its application in generalized anxiety disorder (GAD) and panic disorder. The study involves a randomized control trial with 200 participants, showcasing CBT's impact in diminishing anxiety symptoms and improving patient quality of life. The findings support CBT as a robust treatment option for anxiety disorders, highlighting its adaptability and success in various clinical settings.

Keywords: Cognitive-Behavioral Therapy, Anxiety Disorders, Generalized Anxiety Disorder, Panic Disorder, Mental Health

Introduction

Anxiety disorders are among the most common mental health conditions, significantly impacting individuals' quality of life. Cognitive-Behavioral Therapy (CBT) has emerged as a leading treatment approach, focusing on altering dysfunctional thoughts and behaviors. This study investigates the efficacy of CBT in treating anxiety disorders, particularly generalized anxiety disorder (GAD) and panic disorder. Through a randomized control trial, 200 participants received CBT interventions over a 12-week period. Results demonstrate significant reductions in anxiety symptoms and improvements in overall well-being. These outcomes underscore CBT's effectiveness and versatility as a therapeutic tool in diverse clinical environments.

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