

Exploring Cognitive Behavioral Therapy in Treating Anxiety Disorders

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Abstract. This article examines the efficacy of Cognitive Behavioral Therapy (CBT) in treating various anxiety disorders. Through a comprehensive review of recent studies, the paper analyzes the key components and outcomes of CBT interventions. The findings suggest that CBT is highly effective in reducing symptoms and improving overall mental health in patients with anxiety disorders. The article also discusses potential limitations and areas for future research in the field of clinical psychology.

Keywords: Cognitive Behavioral Therapy, Anxiety Disorders, Clinical Psychology, Mental Health, Therapeutic Interventions

Introduction

Cognitive Behavioral Therapy (CBT) has emerged as a leading approach in the treatment of anxiety disorders, offering a structured and evidence-based method for addressing these conditions. Recent studies have shown its efficacy across a range of anxiety-related issues, contributing to its widespread adoption in clinical settings. This article aims to provide a detailed overview of the mechanisms and outcomes associated with CBT, highlighting its strengths and limitations. By synthesizing current research, the paper seeks to offer valuable insights for practitioners and researchers in the field of clinical psychology.

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