



Effect of Group Cognitive-Behavior Therapy on Anxiety and Dysfunctional Attitudes of Patients with Generalized Anxiety Disorder

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Abstract

In this investigation, the effect of group cognitive-behavior therapy in reduction of anxiety and dysfunctional attitude were studied on patients with generalized anxiety disorder (GAD). 20 female participants were recognized to have GAD by the researcher through a clinical interview on the basis of DSM-IV-TR standards and invited to take part in the study. They first filled in the dysfunctional attitude scale (forty-question form) as the pre-test of dysfunctional attitudes variable. Then, they completed beck anxiety Inventory as the pre-test of anxiety variable and randomly were categorized in either treatment or control group. Group cognitive- behavior intervention was performed during twelve sessions, two hours each week. The control group was on the waiting list during therapeutic intervention. Midtest was administered at the end of the sixth session and the post-test was given at the end of the twelfth session. The findings suggested that dysfunctional attitudes factor was significantly reduced in the experimental group and supported the hypothesis of the existence of relationship between dysfunctional attitudes and GAD disorder. Moreover, the significant decrease of anxiety in the patients indicates the correct direction of the treatment.

Keywords: Generalized Anxiety Disorder, Group Cognitive-Behavior Therapy, Dysfunctional Attitudes, Anxiety.

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