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Poster Presentation Research

Effectiveness of Cognitive-Behavioral Therapy (CBT) Focuses on Cognitive Functions of Patients with Panic Disorder

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Abstract

Anxiety disorders, especially panic disorder, are the prevalent psychiatric disorders. Given the high prevalence of this disorder (1,5 to 5 percent of the population), significant impact on quality of life and dysfunctional cognitions during panic attacks and cognitive functions, the present study examined the efficacy of cognitive behavioral therapy on improvement of cognitive functions patient payments. In this study, 6 patients with diagnostic criteria for panic disorders by the structured clinical interview axis I (SCIA) for anxiety disorders were enrolled in the research, before and after the intervention pre-test and post-test were performed. Patients underwent cognitive behavioral therapy for 3 months. Clinical outcomes were compared before and after treatment and obtained data were analyzed based on the size effect and the improvement precedent. The results shown cognitive-behavioral therapy (CBT) improved executive functions (ability abstract, strategic planning and mental flexibility) in patients of panic disorder. According to the results, the effectiveness of cognitive behavioral therapy on the improvement of cognitive functions (improved the top-down processing) of the patients with panic disorder was approved. The results of this study suggest that researchers and practitioners in the field of mental disorders and impaired cognitive functions of the brain should pay more attention in therapeutic approaches (approach based on cognitive rehabilitation) in the treatment of panic disorder.

Keywords: Cognitive-Behavioral Therapy, Cognitive Functions, Ability Abstract, Strategic Planning, Mental Flexibility, Panic Disorder.

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