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Poster Presentation Research

Efficacy of Cognitive Behavioral Therapy on Anxiety and Worry of Children with Generalized Anxiety Disorder

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Abstract

Generalized anxiety disorder is one of the psychological disorders in childhood that is usually neglected. The purpose of this research was to determine the efficacy of cognitive behavioral group therapy on anxiety and worry of children with generalized anxiety disorder. In this semi-experimental study, 38 children were identified among female students in third grade who responded to the screen for child anxiety related emotional disorders. To ensure their generalized anxiety disorder, they were assessed through the interview. Finally 14 patients with generalized anxiety disorder were randomly assigned to two experimental and control groups. The experimental group received 12 sessions cognitive behavioral therapy. Both groups completed revised children's manifest anxiety scale and Pennsylvania state worry questionnaire-child version at the pre-test and post-test. Findings of analysis of covariance showed that the mean scores of anxiety and worry in experimental group was significantly lower than control group in post-test (P<0.05). Cognitive behavioral group therapy is effective in reduction of anxiety and worry of children with generalized anxiety disorder.

Keywords: Cognitive Behavioral Therapy, Anxiety, Children, Generalized Anxiety Disorder.

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