



### Effectiveness of CBT in Reducing Symptoms of Anxiety in Children

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#### **Abstract**

Although some childhood fears and anxieties are as part of normal development in children, but relatively stable over time and may have some anxiety problems in adolescence and adulthood continue to increase. This study is done to determine the effectiveness of CBT (which was included: relaxation, visualization ideally, self-ordering in Maykenbam way, thinking-stop of anxiety in Wolpe way and child's mother training) in reducing symptoms of anxiety in children. This study was a randomized clinical trial versus. Children 5 to 9 years who were anxious participants were treated with 8 sessions 45 min, individual CBT treatment, at the therapist's office. Score of symptoms before treatment and after treatment, was analyzed by paired t-test using SPSS software. The results showed that the mean score of anxiety in children reduced from 9.5 to 2.5, so CBT was effective in reducing symptoms of anxiety in children ( $P < 0.01$ ). According to the findings of this study, CBT for children with anxiety is recommended to treatment centers.

**Keywords:** Anxiety, Children, Cognitive Behavioral Therapy.

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