

Cognitive Behavioral Therapy in Treating Anxiety Disorders: A Meta-Analytic Review

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Abstract. This article provides a comprehensive meta-analytic review of cognitive behavioral therapy (CBT) for treating anxiety disorders. The review synthesizes data from numerous studies to evaluate the efficacy of CBT in reducing symptoms of various anxiety disorders, including generalized anxiety disorder, panic disorder, and social anxiety disorder. The analysis reveals that CBT is a highly effective treatment modality, demonstrating consistent positive outcomes across a range of anxiety-related symptoms. Key factors influencing the effectiveness of CBT, as well as implications for future research, are discussed. This review contributes to the field by offering evidence-based recommendations for clinicians and highlighting areas where further research is needed.

Keywords: anxiety, therapy, cbt, efficacy, meta-analysis

Introduction: Cognitive behavioral therapy (CBT) is widely recognized as an effective treatment for anxiety disorders, which affect millions of individuals worldwide. Despite the growing body of research supporting its efficacy, there remains a need to aggregate these findings to better understand the overall impact of CBT. This article provides a meta-analytic review of existing studies, offering a consolidated view of how CBT can significantly alleviate anxiety symptoms. By examining numerous studies, this review not only corroborates the effectiveness of CBT but also identifies factors that enhance or hinder its success. Understanding these dynamics is crucial for optimizing

therapeutic outcomes and guiding future research efforts.
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