

## **Cognitive Behavioral Therapy (CBT) Outcome Studies**

Cognitive Behavioral Therapy (CBT) has been demonstrated in hundreds of studies to be an effective treatment for a variety of disorders and problems for adults, older adults, children and adolescents.

### **ADULTS**

**CBT has been clinically demonstrated through randomized controlled trials to be an effective treatment for the following disorders and problems:**

- Depression
- Geriatric Depression
- Relapse Prevention
- Anxiety
- Generalized Anxiety Disorder
- Panic Disorder
- Agoraphobia & Panic Disorder with Agoraphobia
- Social Anxiety / Social Phobia
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder (Trauma)
- Withdrawal from Anti-Anxiety Medications
- Bipolar Disorder (in combination with medication)
- Atypical sexual practices/sex offenders
- Binge-eating disorder
- Bulimia
- Anorexia
- Body Dysmorphic Disorder
- Substance Abuse
- Cocaine abuse (CBT for relapse prevention)
- Opiate Dependence
- Smoking Cessation (Group CBT is effective)
- Marital discord
- Anger
- Borderline Personality Disorder

### **Medically related disorders:**

- Chronic pain (CBT with physical therapy)
- Chronic back pain
- Sickle cell disease pain (CBT that has multiple treatment components is effective)
- Somatoform disorders
- Obesity (CBT in combination with hypnosis)
- Rheumatic disease pain (CBT that has multiple treatment components is effective)
- Erectile dysfunction (for reducing sexual anxiety)
- Sleep disorders
- Geriatric sleep disorders
- Insomnia
- Vulvodynia
- Chronic fatigue syndrome
- Irritable-bowel syndrome

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## **INITIAL STUDIES**

**CBT has been clinically demonstrated to be an effective treatment in case studies, same-investigator studies, or studies without a control group for the following problems and disorders (among adults unless otherwise noted):**

- Geriatric Anxiety
- Schizophrenia (in combination with medication)
- Dissociative Disorders
- Suicide attempts
- Substance/alcohol abuse
- Attention deficit disorder
- Caregiver distress
- Habit disorders

### **Medically related disorders:**

- Migraine headaches
- Non-cardiac chest pain
- Cancer pain
- Idiopathic pain
- Hypochondriasis
- Chronic pain (among children/adolescents)
- Hypertension (CBT as an adjunctive treatment)
- Fibromyalgia
- Colitis
- Gulf War Syndrome
- Tinnitus

## **CHILDREN AND ADOLESCENTS**

**CBT has been clinically demonstrated in randomized controlled trials to be an effective treatment for the following disorders and problems:**

- Depression (among adolescents and depressive symptoms among children)
- Anxiety disorders
- Separation anxiety
- Avoidant disorder
- Overanxious disorder
- Obsessive-compulsive disorder
- Phobias
- Post-traumatic stress disorder
- Conduct disorder (oppositional defiant disorder)
- Distress due to medical procedures (mainly for cancer)
- Recurrent abdominal pain
- Somatoform disorders

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**COGNITIVE BEHAVIORAL THERAPY IS ALSO USED FOR:**

- Stress
- Low self-esteem
- Relationship difficulties
- Group therapy
- Family therapy
- Work problems & procrastination
- Pre-menstrual syndrome
- Separation and Divorce
- Grief and loss
- Aging

**Main Sources:**

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006) The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review, 26(1)*, 17-31.

Chambless, D.L., & Ollendick, T. H. Empirically Supported Psychological Interventions: Controversies and Evidence. (2001) *Annu. Rev. Psychol, 52*, 685-716.

