

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

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

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.

