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Cognitive Behavioral Therapy (CBT) and anxiety disorders: An empirical review

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Anxiety disorders are marked “either by manifest anxiety or by self-defeating behavior patterns aimed at warding off anxiety” (Alloy, Riskind & Manos, 2005; p. 151). Prior research has estimated that the prevalence rate of anxiety disorders is fairly high, with 12-month prevalence being 18.1% (Kessler, Chiu, Demler & Walters, 2005) and lifetime prevalence being 28.8% coupled with an early age of onset, i.e., 11 years (Kessler, Berglund, Demler, Jin, Merikangas & Walters, 2005). The current research paper attempts to peruse the empirical research that has been conducted till date examining the role of *cognitive behavioral therapy* (CBT), a psychological intervention employed in the treatment anxiety-spectrum disorders. The conclusions emerging from the analysis of empirical literature have been discussed in this paper.

Biography

Gowri Agarwal has completed her Bachelors in Art – Psychology and is currently a Post-graduate student pursuing her Post-graduation in Clinical Psychology from Maniben Nanavati Women's College, Mumbai, India. She is also working as a parent child counselor in Cosmikids International Playschool and day care in Mumbai. She has done various reseacrhes on sleep and dream analysis, Post Traumatic Stress Disorder, Marriage – Happily ever after or no?, Separation Anxiety in Infants, Sexual orientation in Adolescents, Helping those who are not responsible for their problems, Effects Celebrity Endorsement on Consumer behaviour, etc. Some of her research papers have also been published in various journals, and she actively takes part in research clubs.

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