

Anxiety Cognitive Behavioural Therapy

Nick John*

Department of Psychology, University of Melbourne, Melbourne, Australia

Description

CBT (Cognitive Behavioral Therapy) is a style of psychotherapy that combines cognitive and behavioral principles to treat a variety of mental illnesses. Many empirical studies have been conducted on the CBT programme since it is simply quantifiable and testable. These studies have demonstrated that psychotherapy is effective in treating a variety of psychological problems, including depression, anxiety, obsessive-compulsive disorders, and trauma-related disorders.

Anxiety Disorders have Certain Characteristics

Anxiety disorders are a group of mental illnesses characterized by excessive dread or worry. Separation anxiety, selective mutism, specific phobia, social anxiety, panic disorder, agoraphobia, generalized anxiety, substance-induced anxiety, anxiety due to another medical condition, other specified anxiety disorder, and unspecified anxiety disorder are all listed in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Severe fear or worry, inability to manage such fear, restlessness, impatience, muscle tightness, and difficulties concentrating are all prevalent aspects or characteristics of anxiety disorders. These signs and symptoms may cause issues with social and vocational functioning.

Anxiety disorders have been the focus of many studies including the application of CBT approaches since they are also characterized by negative cognitive processes and poor social adjustments. Anxiety can be treated using Cognitive Behavioral Therapy (CBT). CBT, like any other form of psychotherapy, requires a thorough understanding of the patient's situation, including medical and psychiatric history, behavioral observations, comorbidities, and psychological assessment. Negative behavior, ideas, and affect (emotions) are all products of irrational thinking and beliefs, according to CBT. As a result, proponents of CBT and psychotherapists who specialize in this

therapy technique view anxiety disorders as mental illnesses caused by irrational thinking and unsuitable coping strategies.

As a result, CBT for anxiety focuses on assisting patients in describing and comprehending their illness. Following that, a series of therapeutic sessions aimed at assisting the patient in refuting erroneous thoughts and beliefs utilizing a variety of strategies such as cognitive restructuring, mediation, and mindfulness-based therapy. Patients are taught how to deal with their disease in the most effective way possible. These strategies have been found to have a direct impact on the patient's behavior and emotions by reducing the resolution of erroneous thoughts and beliefs. Adaptive measures are also instilled in the patient during therapy to enhance the new mental process.

The utilization of assignments or home works is a unique aspect of CBT. Other psychotherapies are only available in clinics; however, CBT tries to facilitate positive behavior and cognitive change at home. Various researches on youth anxiety, for example, have yielded good effects. Multiple randomized control trials have shown that specific anxiety disorders, such as Generalized Anxiety, can be treated with CBT. CBT focuses on assisting individuals in becoming their own therapists. Patients/clients are assisted in developing coping skills through exercises in the session as well as "homework" assignments outside of sessions, allowing them to learn to change their own thinking, troublesome emotions, and behavior. CBT therapists focus on what is going on in the person's current life rather than what caused their problems in the first place. Although some information about one's past is required, the focus is generally on moving forward in time in order to develop more effective coping mechanisms.

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*Address for Correspondence: Dr. Nick John, Department of Psychology, University of Melbourne, Melbourne, Australia; E-mail: nick.john@email.com

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