

عنوان مقاله:

The Effect of Cognitive-Behavioral Family Therapy on Children's Non-clinical Anxiety

محل انتشار:

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خلاصه مقاله:

Introduction: The present study aims at determining the efficacy of family based cognitive-behavioral therapy on children's anxiety. **Methods:** In a quasi-experimental study, ۱۲۰ girls' with the ages of ۱۰-۱۱ with scores above ۲۴ on the Spence Children's Anxiety Scale were enrolled. The mothers completed the Spence Children's Anxiety Scale-Parent Version. Mothers and children were randomly assigned to both control and case groups. The case group attended ۸ sessions of family based cognitive-behavioral therapy (Cool Kids). **Results:** The findings showed a significant difference between case and control groups in anxiety, with reduction in the case group. Case group mothers also, reported a significant reduction in their children's anxiety. **Conclusion:** Based on these findings, we can apply family based cognitive-behavioral therapy as an effective means of reducing children's anxiety.

کلمات کلیدی:

Family Based Cognitive-Behavioral Therapy, Anxiety, children

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