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. The list below is just a sample of the published studies. Please contact info@academyofct.org with additional references for these disorders or other psychiatric/psychological/medical disorders or problems. This list will be periodically updated.

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 for Depression


Generalized Anxiety Disorder


**Panic Disorder**


**Agoraphobia and Panic Disorder with Agoraphobia**


**Social Anxiety / Social Phobia**


**Obsessive-Compulsive Disorder**


**Post-Traumatic Stress Disorder (Trauma)**


**Withdrawal from Anti-Anxiety Medications**


**Dental Phobia**


**Bipolar Disorder** (in combination with medication)


**Binge-eating disorder**

Bulimia


Anorexia


Body Dysmorphic Disorder (extreme dissatisfaction with body image)


Somatization Disorder


Cocaine abuse (CBT relapse prevention is effective)


Opiate Dependence


Smoking Cessation (Group CBT is effective, as well as CBT that has multiple treatment components, in combination with relapse prevention)


Marital discord


**Anger**


**Borderline Personality Disorder**


**Atypical sexual practices/sex offenders**


**Medically related disorders:**
**Chronic pain** (CBT, in combination with physical therapy, is effective for chronic pain in many medical conditions)


**Chronic back pain**


**Fatigue and functional impairments among cancer survivors**


**Sickle cell disease pain** (CBT that has multiple treatment components is effective)


**Physical complaints not explained by a medical condition** (Somatoform disorders)


**Irritable-bowel syndrome**

Obesity (CBT is effective in combination with hypnosis)


Asthma with Coexisting Panic Disorder (in combination with asthma education)


Rheumatic disease pain (CBT that has multiple treatment components is effective)


Temporomandibular Disorder pain


Erectile dysfunction (CBT is effective for reducing sexual anxiety and improving communication)


Infertility (anovulation)


Sleep disorders


Geriatric sleep disorders

**Insomnia**


**Vulvodynia** (a chronic pain condition of the vulva)

Clinical CBT Trial (Unpublished data). Yale Depression Research Clinic, Yale University School of Medicine.

**Chronic fatigue syndrome**


**INITIAL STUDIES**

**CBT has been clinically demonstrated to be an effective treatment in case series, 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


Pain relating to a disease that has no known cause (Idiopathic pain)


Hypochondriasis, or the unsubstantiated belief that one has a serious medical condition

**Chronic pain** (among children/adolescents)


**Hypertension** (CBT is effective 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**


**Physical complaints not explained by a medical condition** (Somatoform disorders)


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

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

**Additional Meta-Analyses which were reviewed in Chambless et al. (2001)**


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