

W02-02 - EFFECTS OF GROUP COGNITIVE BEHAVIORAL THERAPY WITH ANXIETY DISORDERS

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Beyond the clinical efficiency argument, the efficacy of the group CBT approach has also been confirmed by carefully conducted research that started in the 1970s. Reviews and one meta-analysis suggest a high level of efficacy, event to the point of equivalence between group and individual CBT for depression. Considerable evidence for the efficacy and effectiveness of a group CBT approach in many different anxiety disorders was found. Our controlled studies in last 10 years showed the efficacy comparable to pharmacotherapy with SSRIs in specific group CBT of panic disorder and social phobia and higher efficacy than psychodynamic psychotherapy in mixed diagnostic group of anxiety disorders.

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