Cognitive Behavioral Therapy (CBT) Outcome Studies and Major Empirical Reviews

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**


**Seasonal Depression**

**Prepartum and Postpartum 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 (after weight is gained)**


**Body Dysmorphic Disorder** (extreme dissatisfaction with body image)


**Somatization Disorder**


**Cocaine abuse** (CBT relapse prevention is effective)


**Methamphetamine Dependence**


**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**


Hanson, R. K., Gordon, A., Harris, A. J. R., Marques, J. K., Murphy, W., Quinsey, V. L., et al. (2002). First report of the Collaborative Outcome Project on the effectiveness of psychological treatment for sex offenders. Sexual Abuse: A Journal of Research and Treatment, 14, 159-194


**Medically related disorders:**

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


**Chronic back pain**


Chronic headaches


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


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


complications of asthma: Prospective randomised trial. Respiratory Medicine, 106(6), 802-810.

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)

Vaginismus and Vulvodynia


Clinical CBT Trial (Unpublished data).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

**Uterovaginal Agenesis (Mayer-Rokitansky-Kuster-Hauser syndrome)**


**Infertility (anovulation)**


**Sleep disorders**


**Geriatric sleep disorders**

**Insomnia**


**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 (in combination with medication)**


Safren SA, Sprich S, Mimiaga MJ, et al. (2010). Cognitive Behavioral Therapy vs Relaxation With Educational Support for Medication-Treated Adults With ADHD and Persistent Symptoms: A Randomized Controlled Trial. JAMA, 304(8), 875-880.


**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)]

**Recurrent Cardiovascular Events in Patients with Coronary Heart Disease**


**Fibromyalgia**


**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:**
[Also, see [http://effectivechildtherapy.org/content/specific-evidence-based-treatment-programs#1](http://effectivechildtherapy.org/content/specific-evidence-based-treatment-programs#1)]

**Depression** (among adolescents and depressive symptoms among children)


The Treatment for Adolescents with Depression Study (TADS) Team (2007). The Treatment for Adolescents with Depression Study (TADS): Long-term effectiveness and safety outcomes. *Archives of General Psychiatry, 64*, 1132-1144.

**Anxiety disorders**


**Obsessive-compulsive disorder**


**Phobias**


**Post-traumatic stress disorder**


Insomnia


Substance Misuse


Conduct disorder and 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