PREFACE

Treatments for chronic anxiety have received considerable interest recently. Firstly, there is a body of research which has shown problems of dependence and habituation in the long-term use of anti-anxiety drugs. A second development is that of psychological treatments for anxiety. Because of the problems involved in the use of benzodiazepines, it is important to determine whether or not psychological treatments are a reasonable alternative when treating chronic anxiety. Cognitive therapy concepts have been traced as far as the writings of the Greek Stoic philosophers and have been linked to a number of other influences, including the phenomenological school of philosophy, Albert Ellis rational emotive therapy, and the contributions of Adler and other Neo-Freudians. At the time Beck began to formulate his theories, the predominant treatment approach was psychoanalytically oriented psychotherapy. This early work led to development of a cognitive model of depression, the description of specific treatment interventions, and a substantial research effort to study cognitive functioning and treatment outcome in a variety of disorders. Along the way, contributions from cognitive psychologists, behavioural therapists, and other clinical practitioners have been incorporated into the cognitive model. Cognitive factors influencing treatment outcome (catastrophic beliefs, self-efficacy, selective attention, and memory) are highlighted in view of the empirically supported mediating role of these variables in accounting for treatment responsiveness. Potential effects of anxiolytic medication on cognitive change in CBT are postulated. Chapter 1 introduce you the history of anxiety disorder and detailed progress of the cognitive behaviour therapy along with the relevant biological approach. Chapter two will focus on the literature review mainly targeting the efficacy of treatment into anxiety disorders and cognitive mediation related research evidence. Problem of the current investigation and its aim objectives are discussed in the chapter 3. Methodology of the study and results discussions are discussed in the chapter 4 and five. Implications, limitations with future directions are discussed further in detail.