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THE EFFECTS OF A SHORT-TERM INTERVENTION ON THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS WITH ANXIETY DISORDERS

OBJECTIVE: The aim of the present study was to evaluate the effects of a short-term intervention on the psychological well-being of adolescents with anxiety disorders. **METHODS:** A total of 100 adolescents with anxiety disorders were recruited from a specialized clinic. They were randomly assigned to either an intervention group (n = 50) or a control group (n = 50). The intervention group received a 12-week cognitive-behavioral therapy (CBT) program. The control group received no treatment. All participants completed a battery of self-report questionnaires at baseline, 6 weeks, and 12 weeks. The questionnaires measured anxiety symptoms, depression, and overall psychological well-being. **RESULTS:** The intervention group showed significant improvements in anxiety symptoms, depression, and overall psychological well-being compared to the control group at 6 weeks and 12 weeks. **CONCLUSIONS:** The results of the present study suggest that a short-term CBT intervention can effectively reduce anxiety symptoms, depression, and improve overall psychological well-being in adolescents with anxiety disorders.

KEYWORDS: adolescents, anxiety disorders, cognitive-behavioral therapy, psychological well-being, depression, anxiety symptoms.

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