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Cognitive-behavioral therapy (CBT) refers to a class of interventions that share the basic premise that mental disorders and psychological distress are maintained by cognitive factors.

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Efficacy of Cognitive Behavioral Therapy for Anxiety Disorders: A Review of Meta-Analytic Findings Bunmi O. Olatunji, PhDa,\* , Josh M. Cisler, MAb, Brett J. Deacon, PhDc

### **Efficacy of Cognitive Behavioral Therapy for Anxiety**

The efficacy of cognitive behavioral therapy and psychodynamic therapy in the outpatient treatment of major depression: a randomized clinical trial. American Journal of Psychiatry 170, 1041 â€” 1050.

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### **Self-Efficacy - University of Kentucky**

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