Changes in quality of life following cognitive-behavioral group therapy for panic disorder

Summary / Zusammenfassung
Cognitive-behavioral therapy (CBT) incorporating exposure and response prevention is the first line treatment for panic disorder (PD). Although the efficacy of CBT in reducing PD symptoms is well documented, less is known about its effects on quality of life (QoL). We examine QoL (as measured by the SF-36) in outpatients with PD before and after CBT and at follow up.

Keywords / Suchbegriffe
Cognitive-behavioral therapy, panic disorder, quality of life

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