Reclaim Happy
Life Coaching

CBT Benefits Research & Statistics

Cognitive Behavioral Therapy has numerous benefits, and these are backed by viable research and statistics from a variety of different studies, journals, surveys, etc. There are a wide range of sources provided including psychology bodies, psychology journals, medical centers, universities, other academia, etc. I have extracted excerpts word for word from these sources to preserve integrity of the information.

1. Thousands of research trials have demonstrated that CBT is an effective treatment for conditions from anxiety and depression to pain and insomnia. It is helpful across the lifespan – children, adolescents, adults, and older adults can all benefit. (Psychologytools.com)
2. Hundreds of research studies suggest that CBT leads to significant improvement in functioning and quality of life, and is effective for a wide range of problems including depression (including depression in older adults) anxiety disorders, insomnia, bipolar disorder, and post-traumatic stress disorder. CBT has been studied in adults, older adults, children, and adolescents. (Novum Psychiatry)
3. Since its emergence nearly fifty years ago, a large number of studies has underlined the effectiveness of CBT in improving depressive symptoms, anxiety symptoms and psychosocial functioning. (Digital Medicine)
4. One of the most well-researched and efficacious treatments for anxiety disorders is cognitive-behavioral therapy. (Department of Psychiatry, Harvard Medical School)
5. Overall, there's a broad consensus that CBT is beneficial for depression. Precisely how effective it is and how it compares to other forms of treatment is more nuanced. A 2017 analysis of 82 studies found that CBT led to, on average, a 53.66% reduction in symptoms of depression. The same analysis found that a placebo can lead to a 29% reduction, showing how significantly CBT impacts depressive symptoms. Other studies found that CBT for depression can be as effective as antidepressant meds. A 2013 meta-analysis of over 115 studies reinforces the consistent finding that CBT is effective but not necessarily more effective than other approaches. Another 2012 meta-analysis confirmed that CBT for depression often shows similar effectiveness to other types of therapy and medication. Findings also suggest that CBT and medication together can be a powerful combination, particularly for moderate and severe depression. (LemonaidHealth)
6. Totally, 2015 articles were analyzed of which 11 articles entered meta-analysis. Meta-analysis results showed that CBT reduced the mean scores of anxiety and depression significantly during COVID-19 pandemic period. Due to the low quality of evidence, conducting more randomized controlled trials with rigorous design is suggested. (Annals of General Psychiatry)
7. CBT is considered to be the 'gold standard' for talk therapy. Organizations that endorse it include the World Health Organization, the National Institute of Mental Health, and national psychiatric and psychological associations in Canada, the US, Australia, and the UK. Likewise, hundreds of well-designed research studies have demonstrated the effectiveness of CBT for thousands of people. (Starling Minds)
8. A claim made by CBT therapists, commissioners and increasingly communicated to clients and other stakeholders is that CBT is evidence-based. Many studies have examined this claim, including Roth and Fonagy (2005) as well as national bodies such as the National Institute of Health and Care Excellence. (An Introduction to Cognitive Behavioral Therapy)

9. There has been a lot of research on CBT. Evidence suggests that it is particularly effective in treating anxiety and depression. (CAMH)
10. A sufficient number of researches have been conducted and shown the efficacy of CBT in depressive disorders. A meta-analysis of 115 studies has shown that CBT is an effective treatment strategy for depression and combined treatment with pharmacotherapy is significantly more effective than pharmacotherapy alone.[2] Evidence also suggests that relapse rate of patient treated with CBT is lower in comparison to the patients treated with pharmacotherapy alone. (Indian J Psychiatry)
11. Patients completed weekly self-report measures of anxiety and depression at the commencement of each CBT session. Student patients receiving CBT showed significant decreases in anxiety and depression. These effects remained after controlling for a range of potential covariates (e.g. primary problem, total time in treatment, therapist qualifications). Findings suggest CBT is effective in reducing anxiety and depressive symptoms in a 'real-world' university clinic. (Cognitive Behavioral Therapist)

World of gratitude to all of those that have provided the immense amount of research:

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