

The effectiveness of cognitive-behavioral therapy in the treatment of the chronic anxiety of parents of children 6 to 12 years in Rasht

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The main purpose of this study is the effectiveness of parent cognitive-behavioral therapy in the treatment of the children chronic anxiety 6 to 12 years old in Rasht city. The statistical population, 40-20 years-old parent whose children suffer chronic anxiety condition referred to psychiatrists' offices and counseling centers in Rasht city that through obvious anxiety of Spence Richmond and Reynolds (1987) and structured psychiatry and psychology interviews, their disorder is diagnosed, and sampling method as a random sampling was done that samples as a random form divided into two groups of 15-person in experimental and control groups. The sample size in this study is 30 people (15 people in each group). And on their children, anxiety scale questionnaire in both pre-test and post-test was performed. The results were analyzed by using of software spss18. The obtained results by using of covariance analysis index showed that the main hypothesis of cognitive-behavioral training has been effective in anxiety and its components reducing (P

Keywords : cognitive-behavioral intervention, chronic anxiety state

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