

# **Cognitive-Behavioral Therapy for Anxiety and Depression**

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# What Is Anxiety?

- “A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome”  
(google.com)
- Anxiety is normal
- Anxiety can be useful

# What Is an Anxiety Disorder?

- High degree of anxiety ...
  - ... that is significantly distressing ...
  - ... and/or interferes with a person's functioning
- Mismatch between fear and reality
- Most common group of diagnoses
  - Per year: About 1 of 6 people
  - Lifetime: More than 1 of 4 people
- Significant biological component
  - Brain correlates
  - Genetic influences

# Anxiety and Related Disorders

- **Specific phobia** (8.7% 12-month prevalence)
  - Excessive fear of specific object or situation
  - Fear interferes with person's normal routine



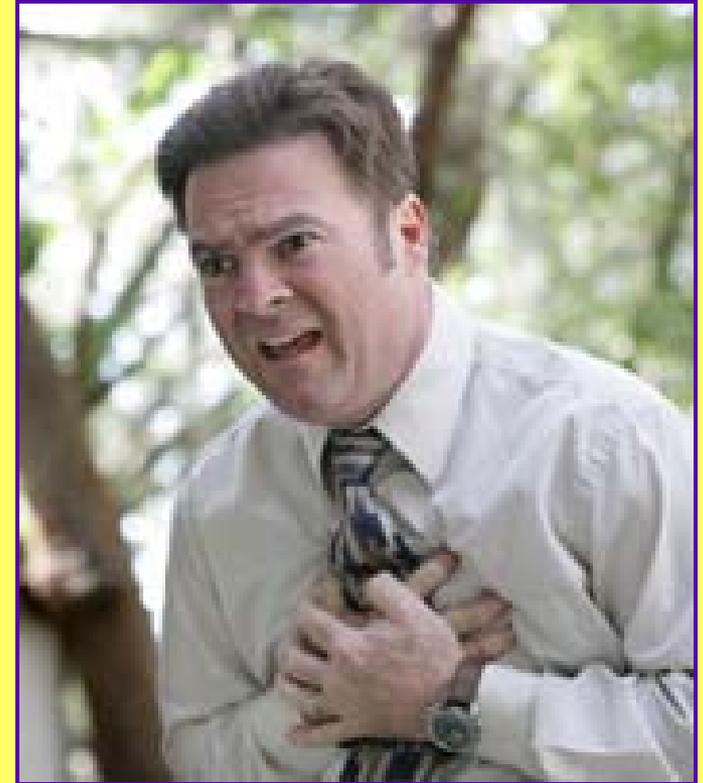
# Anxiety and Related Disorders (cont.)

- **Social phobia (6.8%)**
  - Fear of social or performance situations
  - Afraid of doing something embarrassing
  - Interference
  - At least 6 months



# Anxiety and Related Disorders (cont.)

- **Panic disorder (2.7%)**
  - Recurrent, unexpected panic attacks
    - Bouts of intense fear + symptoms like:
      - Racing heart, shortness of breath, sweating
  - Concern about having more attacks
  - Change in behavior



# Anxiety and Related Disorders (cont.)

- **Generalized anxiety disorder (GAD) (3.1%)**
  - Excessive, uncontrollable worry
  - Tension, concentration problems, etc.



# Anxiety and Related Disorders (cont.)

- Obsessive-compulsive disorder (OCD) (1.0%)
  - Distressing thoughts (O)
  - Neutralizing behaviors (C)



# Anxiety and Related Disorders (cont.)

- Posttraumatic stress disorder (PTSD) (3.5%)
  - Re-experiencing
  - Avoidance
  - Negative thoughts/moods
  - Arousal
  - > 1 month



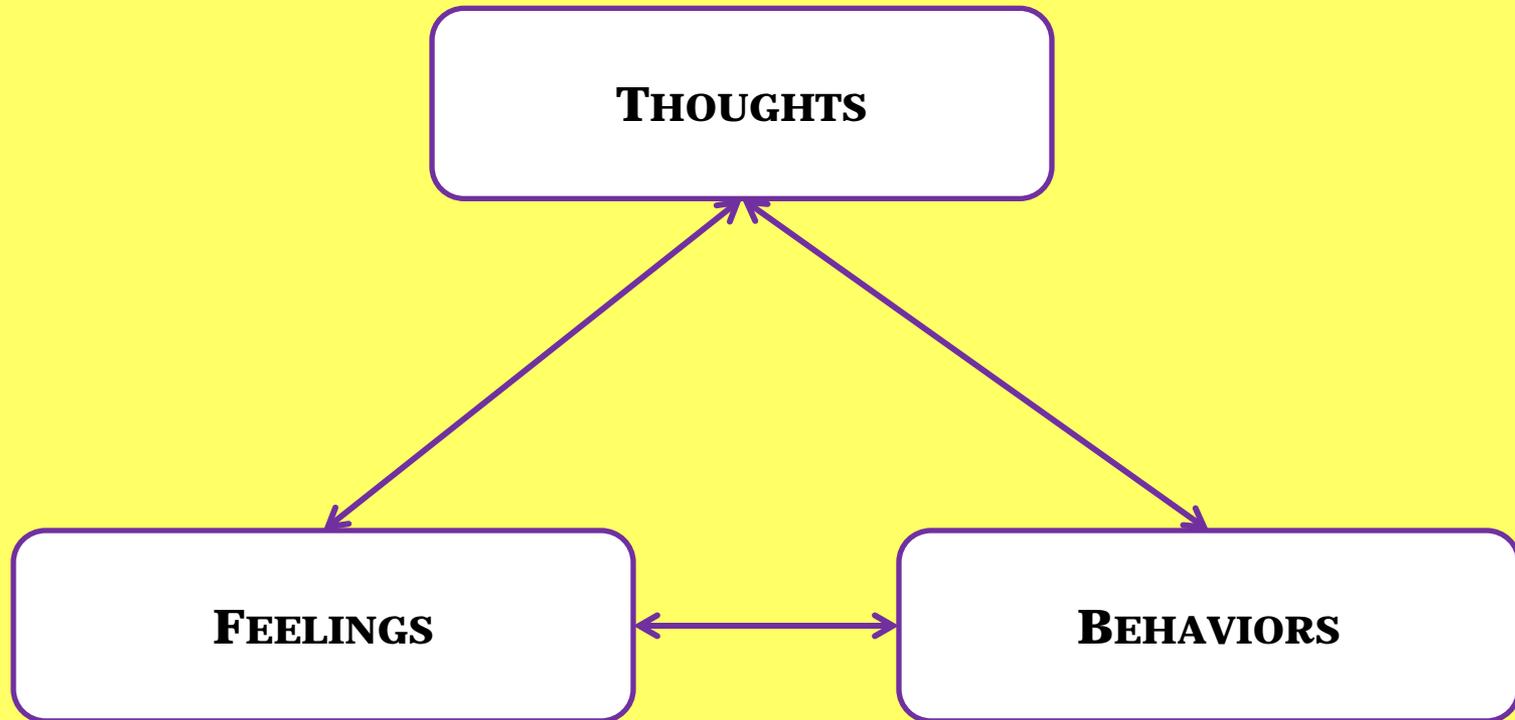
# What Is Depression?

- Feeling down and/or uninterested in activities
- Can affect all aspects of a person's life
  - Thoughts
  - Feelings
  - Energy
  - Appetite
  - Motivation
  - Sleep
- More than “feeling really sad”
- Can be life threatening

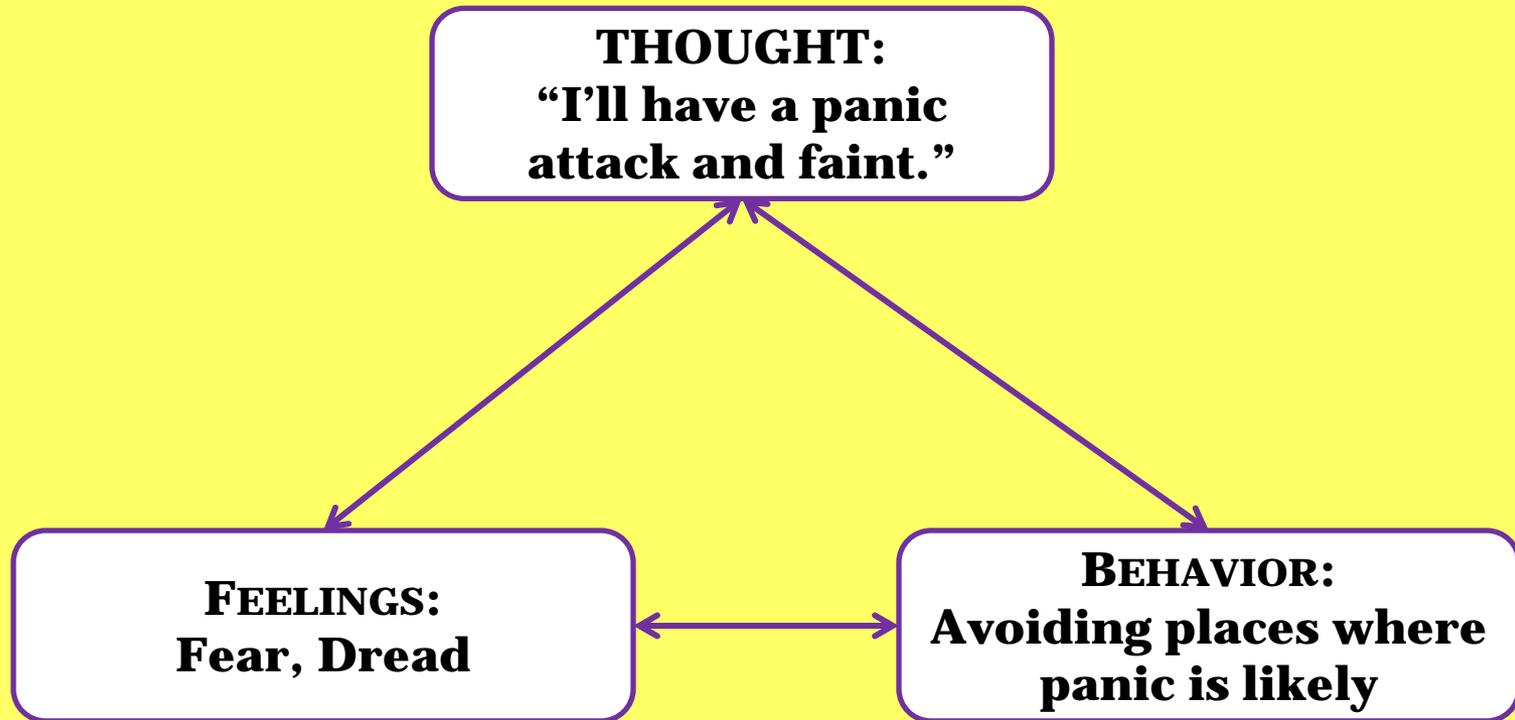
# **Awareness & Stigma**

- **Effective treatment requires awareness**
- **Psychiatric diagnoses vs. medical conditions**
- **Individuals who struggle with anxiety or depression may feel shame about their condition**
- **Families may struggle to accept, or feel embarrassed by, loved one's diagnosis**
- **These factors may delay effective treatment, prolong suffering**

# What Is Cognitive-Behavioral Therapy?



# Example: Panic Disorder

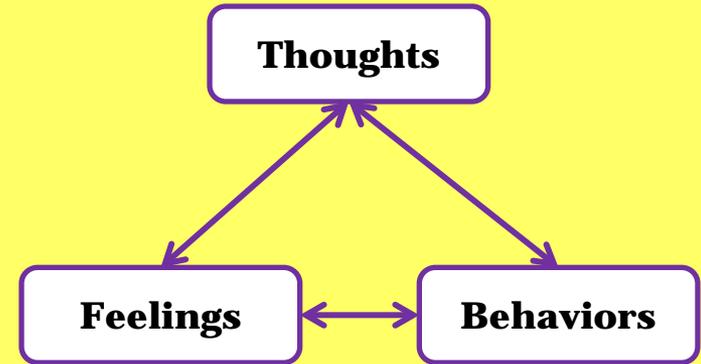


# Avoidance

- Maintains anxiety
  - Prevents new learning
  - Is negatively reinforcing
    - Feels good in short term
  - Undermines self-efficacy
- Contributes to depression
  - Prevents positive experiences

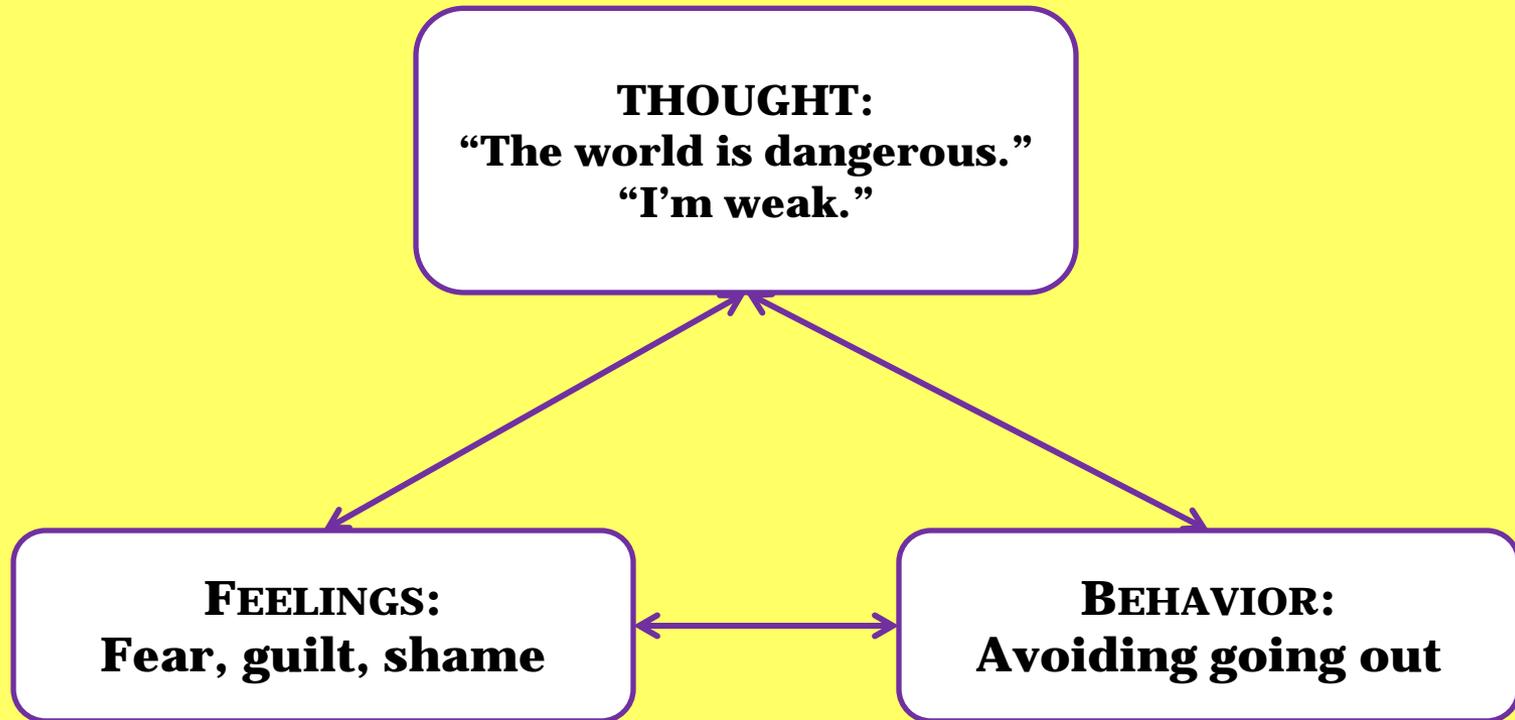
# CBT for Panic Disorder

- Cognitive: Address **thoughts** that maintain panic disorder
- Behavioral: Address **behaviors** that maintain panic disorder
- Both effectively addressed via **exposure**



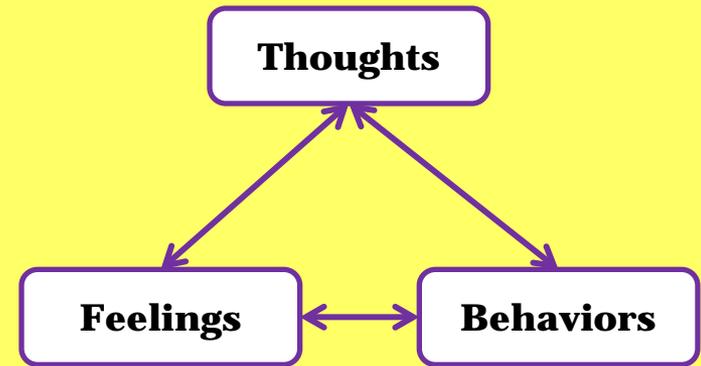
- 10 Driving across Tappan Zee Bridge
- 9 Going to grocery store alone
- 8 Driving home from work alone
- 7 Going to grocery store with spouse
- 6 Driving to store with spouse
- 5 Ordering food at drive through
- 4 Coming to therapy without spouse

# Example: PTSD



# CBT for PTSD

- Imaginal exposure
  - Revisiting the trauma memory
- In vivo exposure
- Examining trauma-related beliefs



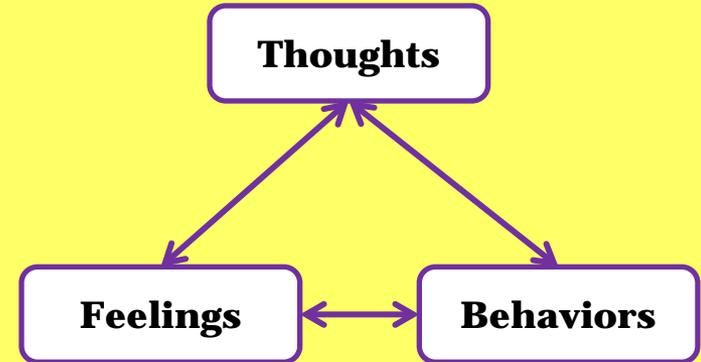
- 9 Passenger in car, rush hour
- 8 Passenger in car, middle of day
- 7 Driving own car, rush hour
- 6 Driving own car, middle of day
- 5 Riding the bus
- 4 Sitting in a parked car

# Example: OCD



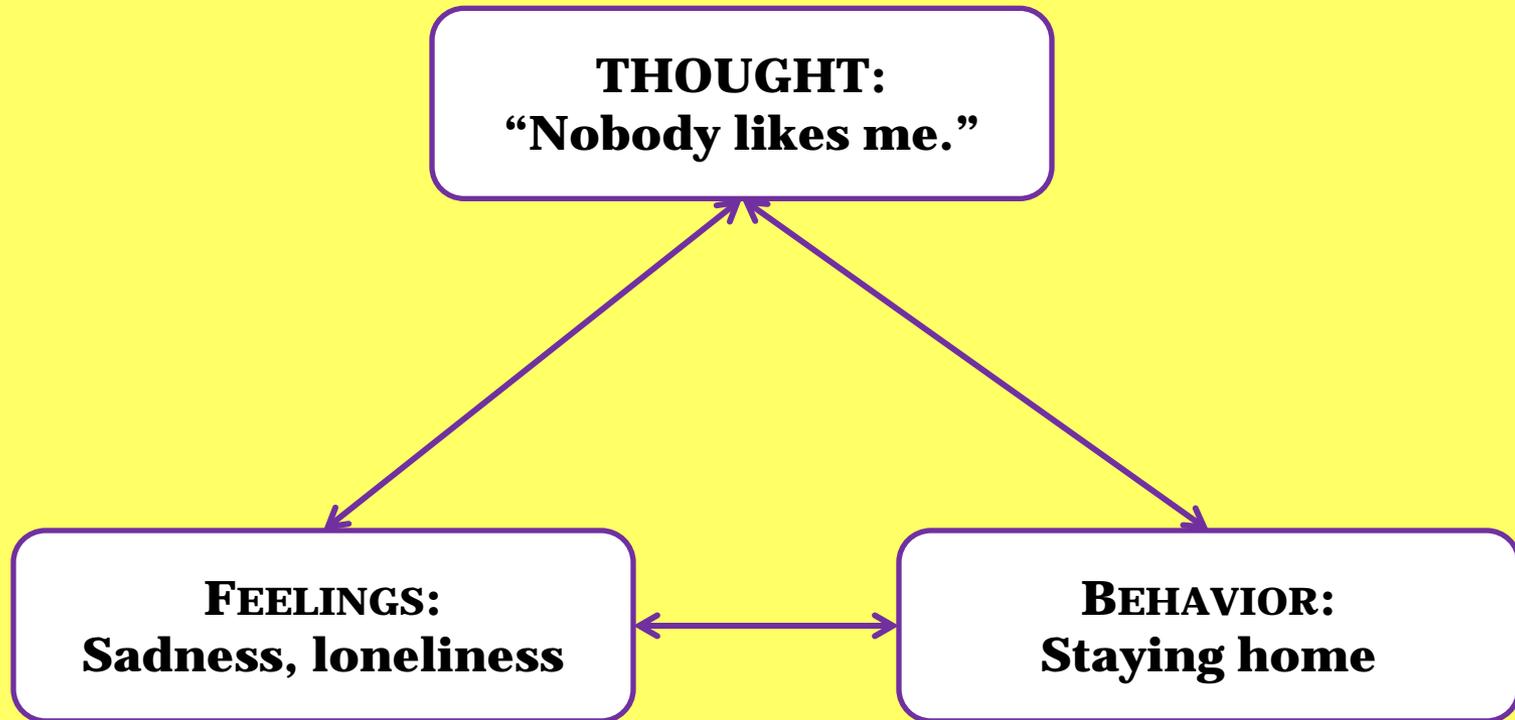
# CBT for OCD

- Exposure and response prevention (ERP)
  - Do the opposite of what OCD says
    - E: Touch “dirty” things
    - RP: Don’t wash afterward
  - In vivo exposure
  - Imaginal exposure



- 10 Using a public restroom
- 9 Touching the toilet seat
- 8 Touching the back of the toilet
- 7 Letting pant cuffs touch bathroom floor
- 6 Touching doorknobs
- 5 Touching the bathroom sink
- 4 Touching the kitchen sink

# Example: Depression



# CBT for Depression

- Behavioral activation
- Cognitive restructuring

## Form 2. Life Areas, Values, and Activities Inventory

Life Area (1/5): Relationships

Value:	Enjoyment (0-10)	Importance (0-10)
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

## Form 1. Daily Monitoring

Time	Activity	Enjoyment (0-10)	Importance (0-10)
5-6 am			
6-7 am			
7-8 am			
8-9 am			
9-10 am			
10-11 am			
11-12 am			
12-1 pm			
1-2 pm			
2-3 pm			
3-4 pm			
4-5 pm			
5-6 pm			
6-7 pm			
7-8 pm			
8-9 pm			
9-10 pm			
10-11 pm			
11-12 pm			
12-1 am			
1-2 am			
2 → 5 am			

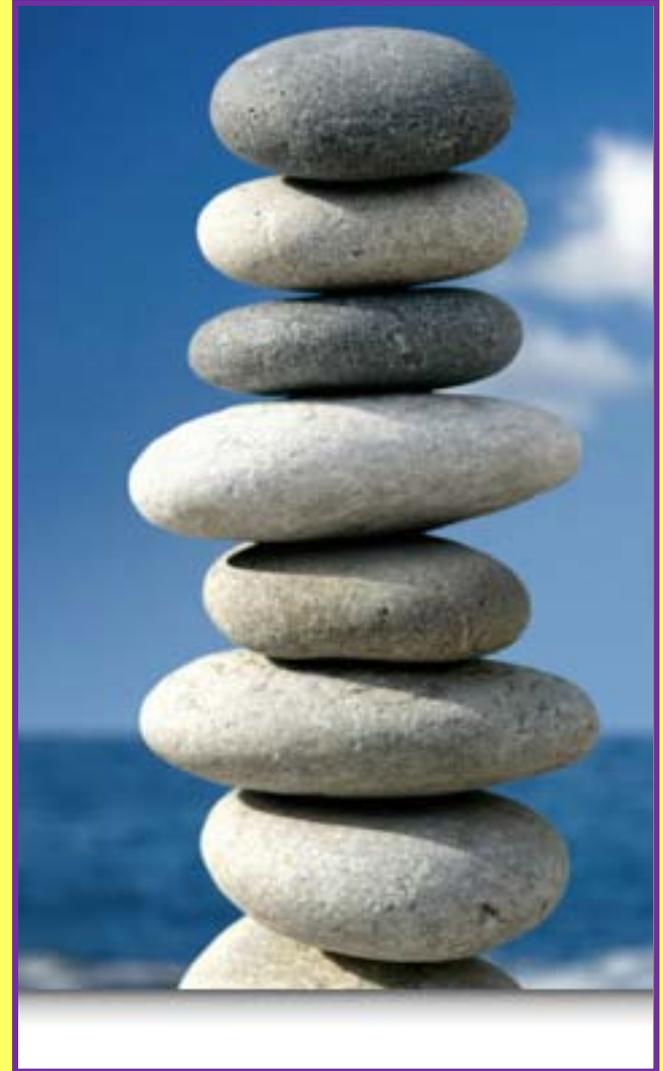
Overall Mood for the day (0-10) \_\_\_\_\_

# CBT for Depression (cont.)

<b>Situation</b>	<b>Emotions</b>	<b>Automatic Thought(s)</b>	<b>Rational Response</b>	<b>Outcome</b>

# CBT Is Short-term

- Typically 12-20 treatment sessions
- Focus on present
  - Makes rapid improvement possible
- Tracking symptoms to monitor progress

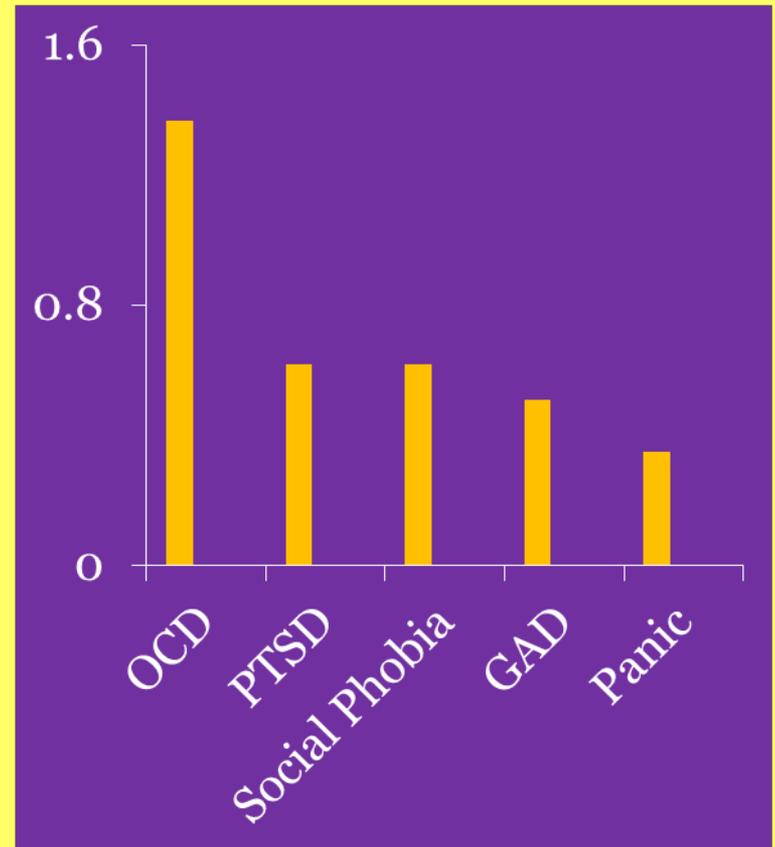


# **CBT Is Highly Collaborative**

- Patient and therapist work closely together to develop treatment plan
  - While therapist is expert on treatment, patient is expert on his/her experiences
- Goal: become one's “own therapist”

# CBT Is Highly Effective

- On average, CBT better than other therapy for anxiety
- CBT advantage ranges from small/medium (panic) to very large (OCD)
  - Average person in CBT for OCD does better than ~90% of individuals in control conditions
  - Average person in CBT for panic disorder does better than ~64% of individuals in control conditions



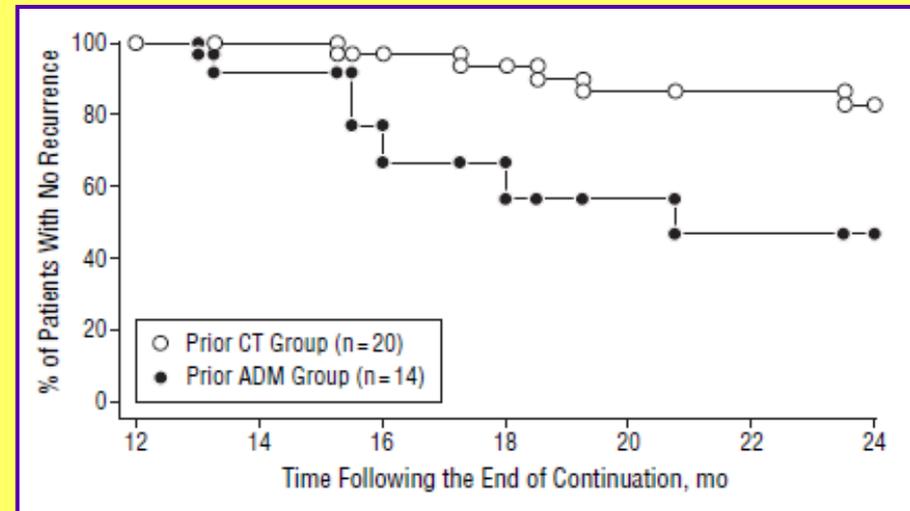
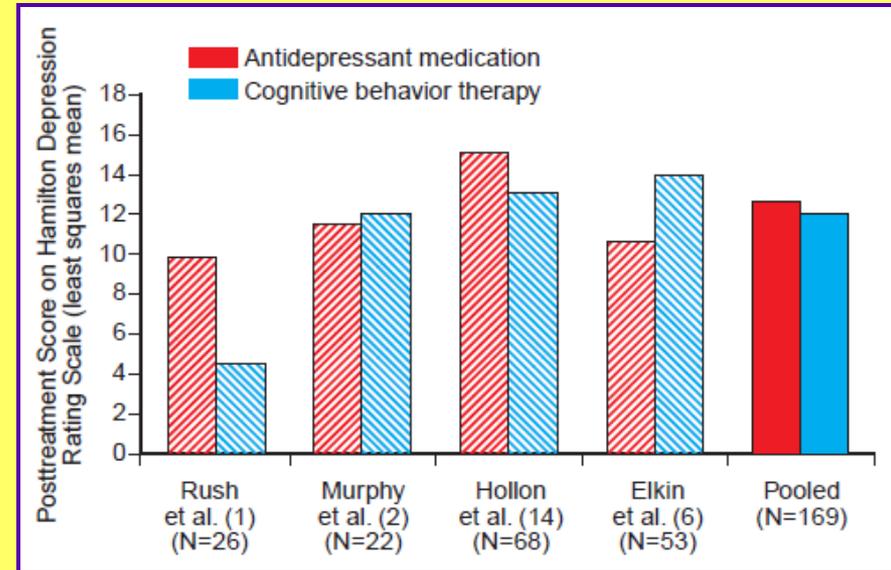
**0.2 = small difference**

**0.5 = medium difference**

**0.8 = large difference**

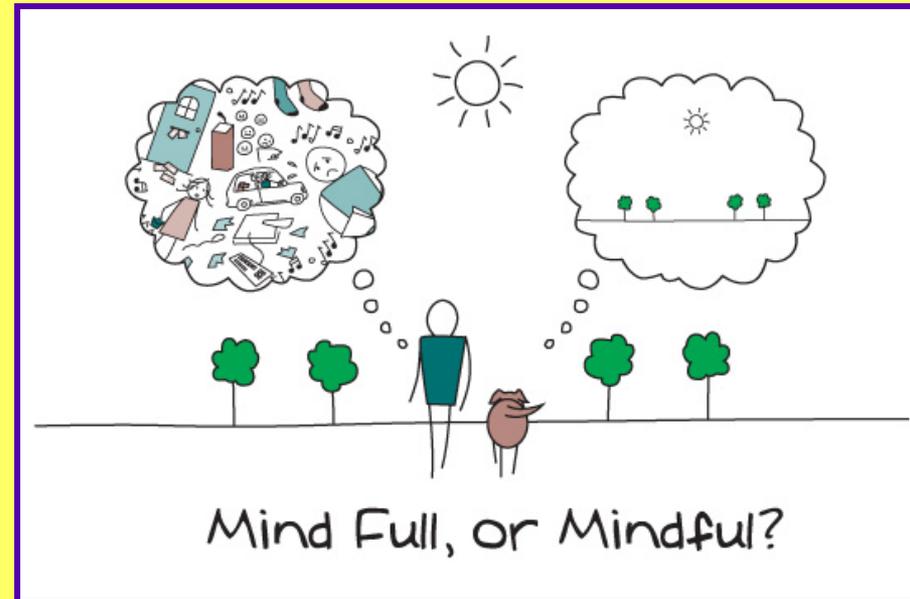
# CBT for Depression: Efficacy

- As effective as antidepressant medication (e.g., DeRubeis et al., 1999)
- Prevents relapse (e.g., Hollon et al., 2005)
- Combined treatment may be superior



# Mindfulness-Based Approaches

- Roots in Eastern religions
- Relatively recent development
- Training in present, nonjudgmental focus
  - Anxiety is generally future-oriented
  - Depression is often past-focused (rumination)
- Developing new relationship with one's thoughts
- Effective in treating anxiety
- Prevents depression relapse



<http://www.enthusiasticbuddhist.com/wp-content/uploads/2013/09/mind-full.jpg>

# Finding a Cognitive-Behavioral Therapist

- Association for Behavioral and Cognitive Therapies (ABCT) Find a Therapist website:
  - [www.abct.org/Members/wMember.cfm?action=xFAT](http://www.abct.org/Members/wMember.cfm?action=xFAT)
- International OCD Foundation Find Providers:
  - [www.ocfoundation.org/findproviders.aspx](http://www.ocfoundation.org/findproviders.aspx)

A serene landscape at dusk or dawn. In the background, dark, silhouetted mountains rise against a sky transitioning from deep blue to a soft, warm glow near the horizon. A dense forest of evergreen trees is visible in the middle ground. In the foreground, a calm body of water reflects the sky and the dark shapes of the mountains and trees. The overall mood is peaceful and contemplative.

**Thank you**