

# THE IMPACT OF COGNITIVE- BEHAVIORAL THERAPY (CBT) IN REDUCING ANXIETY AND DEPRESSION IN CANCEROUS CHILDREN

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## Abstract

This study aims to investigate the impact of cognitive-behavioral therapy (CBT) in reducing anxiety and depression in children that have cancer in Sari, Iran. The investigation was conducted by experimental research method (ANCOVA test) which had pre-test and post-test. The sample was selected by convenience and contained 25 children from 7 to 14 years old who suffered from cancer and were hospitalized in Sari city. These children were divided into two experimental and control groups. There were 12 patients in the experimental group and 13 patients in the control group. Data collection was done through CDS-A depression questionnaire and Kattell's anxiety questionnaire. The experimental group was treated by CBT (Cognitive-Behavioral Therapy) in 10 sessions and control group received no treatment. For data analysis, descriptive and inferential statistics methods were used (frequency and percentages, mean and standard deviation, bar charts and analytical methods of ANCOVA). The results showed that cognitive-behavioral therapy had influence in reducing anxiety and depression in cancerous children ( $p < 0.05$ ). And therefore, CBT can reduce pathogenic effects of treatment and has an important role in struggling to illness, cancerous pains and increasing mental health in children. Considering the experimental findings and results of this study, it is suggested to conduct and educate CBT treatment programs for cancerous children from the onset of illness diagnosis accompany with medical treatment.

**Keywords:** cognitive-behavioral therapy, depression, anxiety, cancerous children