

## Psychological therapy based on cognitive behavioural therapy (CBT) principles is effective in reducing anxiety symptoms for short-term treatment of generalised anxiety disorder (GAD)

<b>Clinical question</b>	How effective are psychological therapies, such as CBT, psychodynamic therapy and supportive therapy, compared with treatment as usual/waiting list (TAU/WL) and compared to one another, for patients with GAD?
<b>Bottom line</b>	Psychological therapy based on CBT principles is effective in reducing anxiety symptoms and secondary symptoms of worry and depression for short-term treatment of GAD (NNT=5). It is not clear whether patients attending for CBT sessions are more likely to have reduced anxiety at the end of treatment than patients attending for psychodynamic therapy or supportive therapy.
<b>Caveat</b>	Patients who attend for group CBT and older patients are more likely to drop out of therapy. None of the studies looked at the long-term effectiveness of CBT (the mean length of trial was 8 months), or reported on the possible side-effects or acceptability of psychological therapies.
<b>Context</b>	GAD is a common disorder, characterised by excessive worry or anxiety about everyday events and problems. It is estimated to have a lifetime prevalence of 5.1% with a 12 month prevalence measurement of 3.1%.
<b>Cochrane Systematic Review</b>	Hunot V et al. <b>Psychological therapies for generalised anxiety disorder</b> . Cochrane Reviews, 2007, Issue 1. This review contains 25 studies with 1305 participants. Kessler RC et al. Arch Gen Psychiatry 1994 ;51 :8-19.
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