

Cognitive Behavioral Therapy For Depression and Anxiety Disorders

Review 6

Hendriks, G. J., Oude Voshaar, R. C., Keijsers, G. P. J., Hoogduin, C. A. L., & van Balkom, A. J. L. M. (2008). Cognitive-behavioural therapy for late-life anxiety disorders: A systematic review and meta-analysis. *Acta Psychiatrica Scandinavica*, 117, 403–411. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/18479316>.

Objectives	Provide a quantitative overview of the efficacy of cognitive behavioral therapy (CBT) compared with wait-list control and active control, and provide efficacy data for the specific content of CBT interventions for anxiety disorders in elderly populations.
Studies Included	Seven U.S. and international studies published from 1996 to 2006
Participants in the Studies	Older adults with a mean/median age of 60 or older with a diagnosis of general anxiety disorder (GAD), panic disorder, social phobia, or agoraphobia according to the ICD-9, ICD-10, DSM-III, DSM-III-R, or DSM-IV criteria and verified by a semistructured clinical interview
Settings	Settings were not reported for all the studies.
Outcomes	Severity of anxiety and worrying, depressive symptoms
Limitations of the Studies	Small number of studies, all with fairly small sample sizes; high comorbidity rates for the included anxiety disorders, so subgroup analyses were not possible; lack of follow-up data does not allow for conclusions about long-term efficacy of CBT

Results

CBT significantly reduced anxiety symptoms compared to either wait-list control or active control groups. CBT also significantly reduced accompanying symptoms of depression, when compared to wait-list or active control conditions. However, CBT did not have a significant impact on worrying, as compared to active controls. Overall, CBT is efficacious for the treatment of late-life anxiety disorders.