

Assessment and therapeutic intervention for teenagers' anxiety disorders

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Background. The structuring of the adolescent's personality leads to a series of complex internal experiences involving states of distrust, anxiety and almost permanent anxiety.

Aim. The aim of the current study focuses on the evaluation and analysis of anxiety as a primary state among adolescents aged 13 to 16 years (n=48), its effects when it is the basis of cognitive distortions, and the offer of therapeutic alternatives to improve the general state of well-being.

Methods. The following tests were applied to a sample of 48 students: Achenbach system of empirically based assessment (ASEBA) and Cognitive Emotion Regulation Questionnaire CERQ

Results. The results obtained through the analysis of the Spearman correlation coefficient, confirm the direct positive relationship between anxiety problems and the tendency to catastrophize during adolescence against the background of the specific state of egocentrism but also the lack of experience in managing life situations. Comparative data suggest a predisposition of adolescents to develop anxiety disorders, both on biological grounds but also due to less developed coping mechanisms, difficulties in optimal perception of self-esteem, which creates a difficulty in coping with the demands of academic and social activities.

Therapeutic intervention plays an important role in counselling adolescents with anxiety disorders.

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