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**Title:** The effectiveness of Cognitive - Behavioral training on anxiety and Insomnia in adolescence girls  
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**Abstract:** Introduction: This study investigated the effectiveness of Cognitive - Behavioral therapy on anxiety and Insomnia in adolescence girls Isfahan city of Iran. Statistical population consisted of all the 12 to 18-years-old adolescence girls in Isfahan city in 2012.  
Method & Materials: In order to administer this study, 32 adolescence girls were selected randomly from 12-18 years population of Isfahan city via random cluster sampling method and assigned randomly to experimental and control group (each group 16 adolescents). The design of the study was comparative experimental and control group in pretest, post test and follow up. The instrument was GHQ, questionnaire. Interventions Cognitive - Behavioral training for 8 sessions for the experimental group and the control group was not given any training.  
Results: The results of covariance analysis showed that the mean scores of post-test and follow up of anxiety and Insomnia significantly decreased in the experimental group compared with the control group (P<0.01).  
Conclusion: The results showed that Cognitive - Behavioral training effects on anxiety and Insomnia of adolescence girls.  
**Keywords:** Cognitive – Behavioral, anxiety, Insomnia  
**Presentation:** Poster