Introduction: Negative automatic thoughts are a form of dysfunctional thinking that often causes child anxiety. Children who suffer from Automatic Negative Thoughts are often filled with fear and worry. A primary aim for a CBT therapist is to help a client recognize when they're thinking unhelpful ways.

Objectives: The aim of this research was to examine the efficacy of Child Cognitive-behavioral Therapy (FCBT) in decrease of negative automatic thoughts for anxious children.

Method and Materials: This study was carried out based on a multiple baseline. The subjects were 3 children with anxiety disorder and their mothers who were selected by K-SADS-PL clinical interview. The subjects received Chile Cognitive-behavioral therapy (Coping Cat program) for 16 weekly sessions. The assessment tool was Children's Automatic Thoughts Scale.

Results: Findings showed that the Child Cognitive-behavioral Therapy (CCBT) was effective in decrease of negative automatic thoughts for anxious children. One month follow-up also showed reduction of the thoughts.

Conclusion: Results from the present study provided some evidence of the effects of Chile Cognitive-behavioral Therapy for anxious children in reducing negative automatic thoughts.

Dr Hamid Poursharifi, Neda Yadegari, Dr Majid MahmoudAlilou, Dr Touraj Hashemi, Farzin Haqnazari

Poster