Introduction

Generalized anxiety disorder (GAD) is an important disorder from anxiety disorders group. The anxiety and distress of people with Generalized anxiety disorder about various aspects of life are chronic, severe and irrational, and they responses to stress are high and with physical symptoms. A lot of this people are depressing (severe, moderate or mild). Research findings have shown that cognitive behavioral interventions have useful effects on anxiety disorder (disorders symptoms) Borkovec,2006

Objectives: The goal of this study is investigating of cognitive - behavioral counseling effect on a generalized anxiety disorder patient.

Methods and materials

This study is a case study research, In this study, one subject (a 20 years old juvenile) has diagnosed by a clinical interview based on DSM-IV-TR (Diagnostic and Statistical Manual of Mental Disorders) for generalized anxiety disorder, the MMPI and SCL90-R tests. After case assessment, 10 sessions intervention based on cognitive-behavioral counseling has implemented. after 10 sessions intervention, retest was implemented with clinical interview based on DSM-IV-TR for generalized anxiety disorder, the MMPI and SCL90-R tests.

Results

results of this study show that cognitive-behavioral counseling have useful effects on Generalized anxiety disorder (GAD). And results show that there are significant different between pre-test and post-test.

Conclusion

Since the Generalized anxiety disorder (GAD) is one of the most important issues in juvenile period, then attention to suitable and effective interventions in solving this disorder is necessary. Among of popular and famous counseling and psychotherapy theorizes, cognitive-behavioral counseling is enough powerful for influence on psychological issues. The compare of test's results in pre-test and post-test show that, cognitive-behavioral counseling was effective on Generalized anxiety disorder (GAD), although the treatment of (GAD) is more difficult than other anxiety disorders, but using CBT or CBC can change some symptoms, then in this research shown this result. Therefore CBT or CBC have enough efficacy in anxiety disorders. Psychologists and counselors can use it for their goals of treatment.