

Chapter 6

Efficacy of Cognitive Behavioral Therapy Intervention Across Various Professional Careers: A Systematic Review

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ABSTRACT

Cognitive Behavioral Therapy (CBT) remains a widely accepted form of psychological treatment, known for its effectiveness in managing conditions such as anxiety, stress and depression its use has become especially common in the workforce in particular, especially those dealing with the mental health of working individuals. Professionals face specific stressors and barriers, making effective treatment critical. However, clinicians often find it difficult to effectively deliver CBT, which has led to

DOI: 10.4018/979-8-3693-4014-1.ch006

extensive research on intervention strategies. This study developed Internet-based CBT, theory-based CBT and other strategies designed to improve CBT for occupations This article is a systematic literature review of the use of CBT in occupations about, and highlights both its core and effective features and compared with other interventions, CBT is more effective in addressing the mental health needs of occupations, making it what this group wants.

INTRODUCTION

Today's global professionals often face a variety of health concerns, including physical and mental health. Mental health issues such as anxiety, depression, stress, and sleep disorders often stem from inadequate workplace resources. Cognitive-behavioral therapy (CBT) has emerged as an effective treatment modality for addressing these mental and physical health issues at various ages (Ontario & others, 2019; Soh et al., 2020). Recent years have seen the expansion of individual and group sessions of CBT for adolescents, especially for anxiety disorders (Carleton et al., 2020; Liness et al., 2019; Stjerneklar et al., 2019).

CBT interventions provide a unique approach to understanding the complexities of situations and responses among professionals. CBT strategies of intervention include cognitive restructuring, activity planning, the use of standardized therapies, magnification, and sequencing strategies. Cognitive restructuring is an approach-based intervention that helps employees change the way they think. Cognitive behavioral therapy also plays a role in CBT. In cognitive restructuring, employees resolve unhelpful beliefs by identifying and challenging unhelpful elements. Activity programming is an intervention method for treating depression. The use of standardized therapy is an intervention strategy for employees with panic disorder. These individuals are treated under controlled conditions. The formulation and successive approximations are related. Employees who have difficulty completing work on site will be treated using shaping and sequential approximation intervention techniques(Liness et al., 2019).

Intervention techniques, such as self-evaluation, are commonly used by various professionals to reduce anxiety and depression and improve their overall quality of life and its evaluation requires a record his thoughts and behaviours as part of cognitive behavioural therapy (CBT) treatment (Liness et al., 2019; McCrae et al., 2019; Young et al., 2020). This assessment helps to understand the extent of the negative belief and supports the treatment plan. Figure 1 illustrates the effectiveness of CBT treatment in dealing with psychiatric conditions.”

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