
ABSTRACT

Exposure therapy in the treatment of adolescent panic disorder

SHUDO, Yusuke

School of Psychology, Chukyo University

Panic disorder (an anxiety disorder characterized by panic attacks, anticipatory anxiety, and agoraphobia) in adolescence is associated with a chronic course, increased comorbidity with other mental disorders, and adverse behavioral effects such as school non-attendance, social withdrawal, and suicide. Therefore, early intervention of panic disorder is important for adolescent mental health. The effectiveness of cognitive behavioral therapy (CBT) in the treatment of adolescent panic disorder has been demonstrated, and exposure therapy is an important element of CBT. An intervention centering on exposure therapy was performed for a client with adolescent panic disorder. The results indicated improvement in agoraphobia, a reduction in the frequency of panic attacks, and continued attendance at school. On the basis of these results, the application of exposure therapy to adolescent clients is discussed.

Key Words: cognitive behavior therapy, exposure therapy, adolescent mental health, panic disorder
