

Excoriation Disorder

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DESCRIPTION OF EXCORIATION DISORDER

Cognitive-Behavioral Therapy

Cognitive-behavioral therapy (CBT) is a form of psychotherapy that focuses on changing negative thought patterns and behaviors. It is based on the idea that our thoughts, feelings, and behaviors are all interconnected and can influence each other. CBT is often used to treat a variety of mental health conditions, including anxiety disorders, depression, and eating disorders. Research has shown that CBT can be effective in helping people manage their symptoms and improve their quality of life. For example, a study by Glick et al. (2012) found that CBT was effective in treating bulimic symptoms in adolescents. Another study by Smith, Kessler, and Rutter (2011) found that CBT was effective in treating anxiety disorders in children. CBT is also used in the treatment of eating disorders, such as bulimia nervosa and anorexia nervosa. For example, a study by Smith et al. (2011) found that CBT was effective in treating bulimic symptoms in adolescents. CBT is also used in the treatment of anorexia nervosa. For example, a study by Kessler et al. (2015) found that CBT was effective in treating anorexia nervosa in adolescents. CBT is a form of psychotherapy that focuses on changing negative thought patterns and behaviors. It is based on the idea that our thoughts, feelings, and behaviors are all interconnected and can influence each other. CBT is often used to treat a variety of mental health conditions, including anxiety disorders, depression, and eating disorders. Research has shown that CBT can be effective in helping people manage their symptoms and improve their quality of life. For example, a study by Glick et al. (2012) found that CBT was effective in treating bulimic symptoms in adolescents. Another study by Smith, Kessler, and Rutter (2011) found that CBT was effective in treating anxiety disorders in children. CBT is also used in the treatment of eating disorders, such as bulimia nervosa and anorexia nervosa. For example, a study by Smith et al. (2011) found that CBT was effective in treating bulimic symptoms in adolescents. CBT is also used in the treatment of anorexia nervosa. For example, a study by Kessler et al. (2015) found that CBT was effective in treating anorexia nervosa in adolescents.

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