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Do Comorbid Social and Other Anxiety Disorders Predict Outcomes during and after Cognitive Therapy for Depression?

Jeffrey R. Vittengl , Lee Anna Clark , Jasper A.J. Smits ,
Michael E. Thase , Robin B. Jarrett

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Highlights

- Cognitive therapy (CT) for major depressive disorder (MDD) is often helpful.
- We predicted outcomes for CT patients with MDD plus anxiety disorders.
- Social anxiety disorder did not limit depression outcomes during or after CT.
- Other anxiety disorders predicted more depression symptoms during and after CT.
- Modified treatment may improve outcomes for MDD with other anxiety disorders.

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