

## **Comparison of effectiveness of Modular Cognitive Behavioral Therapy and Behavioral Activation Therapy on the anxiety sensitivity of teen girls who has Social Anxiety Disorder.**

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### **Abstract**

**Introduction:** The present study aimed to examine the effectiveness of Modular Cognitive Behavioral Therapy on the anxiety sensitivity of teen girls who has Social Anxiety Disorder.

**Methods:** Resent study is a semi-experimental of pre-test plan and post-test and follow along with control group. Statistical research method was all the girl student whom suffering of social anxiety's symptoms in Mashhad in the school that 45 of them selected with random sampling method and divided in two experimental groups. experimental groups took 10 sessions 90 minutes' curriculum but control group did not receive any psychological services used instruments in the study included revised anxiety sensitivity of Kukes & Taylor which all groups were completed in the previous and next intervention phase and analyze data using statistical methods including repeated measures covariance for data analysis was applied.

**Result:** As the results of the study showed that Modular Cognitive Behavioral Therapy and Behavioral activation therapy are effective on reducing anxiety sensitivity in the girl students suffering of social anxiety symptoms and ( $p>0.01$ ) and there are no different between Modular Cognitive Behavioral Therapy and Behavioral activation therapy. The findings of follow-up also showed the effects of both treatments have been continued in overall.

**Conclusion:** The modular cognitive behavioral therapy and behavioral activation therapy can be helpful to improve the anxiety sensitivity in females with social anxiety and is recommended for them to clinicians.

**Keywords:** Anxiety Sensitivity, Behavioral Activation Therapy, Modula Cognitive-Behavioral Therapy, Social Anxiety.

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