Article critique

Article:

Craciun, B. (2013). The Efficiency of Applying for a Cognitive Behavioral Therapy Program in Diminishing Perfectionism, Irrational Beliefs and Teenager's Stress. *Social and Behavioral Sciences, 84*, 274 – 278.

The article uncovers the effectiveness of cognitive behaviour therapy on teenagers for managing stress and anxiety. The article has addressed the literature gap by applying cognitive behavior program for molding the irrational beliefs of the teenagers. The methods of the study include experimentation in which 124 teenage students are investigated. Three groups are formed including the experimental group with 42 students, placebo group with 42 students and a control group with 30 students.

A primary survey questionnaire is used in which perfectionism subscale is used for examining the behaviors and thought patterns. Child and adolescent scale of irrationality are also used for assessing the behaviors. A statistical software SPSS is used for computing the results. ANOVA and t-tests are computed for assessing the means. The results depict that cognitive behavior therapy was applied to the experimental group. They managed to develop attitudes of self-observing and self-acceptance. This allowed them to establish problem-solving behaviors. Compared to these students the pupils in other groups failed to handle their stress. They were unable to develop problem-solving attitudes.

The article has many strengths such as it relies on a primary survey that directly targets the teenagers. The construction of the experimental group provides realistic implications of cognitive behavior therapy. The findings of the survey are supported by literature and empirical evidence that adds validity to the article. The consent is also taken before conducting a survey that represents another strength. The study has used reliable scales for assessing the behavior of students.

The article has some weaknesses and limitations. The small sample size may affect the validity of the results. The results may vary by considering larger sample size. The results are only based on t-tests and ANOVA. A better approach was to consider correlation coefficients.

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