

# **“The Efficacy of Using Some Techniques of Cognitive -Behavioral Therapy in Treating Anorexia Nervosa & Body Image Disorder for Sample of University Students”**

## Abstract

*This study aims to identify the efficacy of cognitive behavioral therapy in the treatment of anorexia nervosa and distort the image of the body in a sample of university students consisting 30 students from Tanta University, who suffer from anorexia nervosa and deformity in the body image. Their ages between 18 and 21, the mean age is 18.40 and a deviation 0.61 underwent a standard sample of cognitive behavioral therapy for a period of four months, is the work of measurement before the start of the therapeutic program and after it. The results showed that:*

- 1- There are significant differences between the study sample in a variable of weight before undergoing therapeutic program and after it.*
- 2- There are significant differences between the study sample in a variable of anorexia nervosa before submission of the program and after it.*
- 3- There are significant differences between the study sample in a variable of body image before submission of the therapeutic program and after it.*
- 4- There is no statistically significant differences between the study sample in a variable of anorexia nervosa after treatment, and after following-up period.*
- 5- There are significant differences between the study sample in a variable of body image after treatment, and after following-up period.*

## **Key words:**

*Anorexia Nervosa - Body Image Disorder - Cognitive Behavioral Therapy*

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