Abstract

Past studies demonstrated that threat-related attention bias caused and maintained pathological anxiety, hence attention bias modification (ABM) program emerged as a new intervention, and altering such bias was believed to cause anxiety reduction. ABM studies were proven efficacious with adults, but little is known about its applicability in children. Therefore, the present research aims at exploring the impact of ABM on adolescents showing subclinical features of anxiety disorders. Two adolescents were recruited and they had attended 8 training sessions in 4 weeks. Although participants and their parents reported improvements in overall anxiety symptoms in unstructured clinical interview, the current study could not establish a causal relationship between ABM and anxiety reduction owing to the limitations of the present study.