

Abstract

Theoretical research has proposed the presence of attention bias towards threat in the etiology and maintenance of anxiety disorder, while empirical studies demonstrate the attention bias exists in both clinical and non-clinical anxious individuals. Attention bias modification program (AMP) is developed for anxious adults, in which an initial efficacy in the alleviation of the anxiety symptoms and decrease of attention bias is shown across studies. Similar studies have also conducted in anxious children and youths in international research as well as piloted in local study. To date, there is limited research examining the effectiveness of the AMP on anxious adolescents with comorbidity of other DSM-IV Axis I disorder(s). The current study examined the effectiveness of AMP on the adolescents (n=2) with above-mentioned characteristics, with 8 sessions of AMP conducted in 4 weeks. Generally, the participants had a decrease level of anxiety in terms of self-report measures. The clinical diagnosis of the participants had individual differences in terms of change. The findings provide implications on future research for the use of AMP on anxious youths with comorbidity of other DSM-IV Axis I disorder.