

Development of Group cognitive behavior therapy for self-esteem in Atopic Dermatitis.

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The purpose of this study is the development of the group cognitive behavioral therapy (group-CBT) program for Atopic Dermatitis. The technique of attributional training and assertion training is included for this program. Whether this program contributes to the improvement in the self-estimation of the AD patient is verified. In the study 1, we investigate the relevance to attributional style and assertiveness style for high school student including AD patient. In the study 2, the treatment by group-CBT was carried out for the ED patient and AD patient group. As the result, the improvement on the self-estimation was also confirmed both groups.