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Cognitive-Behavioral Therapy (CBT) and Sensory Modulating Training as a Dual-Task Performance Might have a Synergic Effect in People with Anxiety

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As Ayres said “Sensory integration is a neurological process that organizes sensations from individual’s body and from the environment and makes it available to use the body effectively in the environment” [1].

Moreover according to Dunn’s model, there are four sensory processing configurations:

1. Low Registration - people with high neurological thresholds and a passive behavior response, who fail to distinguish stimuli that others notice and are often defined as either solitary, distracted, apathetic or self-regarding [2].
2. Sensation Seeking - those with high neurological thresholds and an active behavior response, who involve pleasure from a rich sensory environment and behaviors that make sensation; they are searching for experiences and easily distracted [2].
3. Sensation Avoiding - people with low neurological thresholds and an active behavior response, who engage in behaviors that bound exposure to stimuli and can be considered introspective or solitary [2].
4. Sensory Sensitivity - those with low neurological thresholds and a passive behavior response, who experience worry about sensation, and may be seen as precise or meticulous (Dunn 1997) [2].

Healthy people with sensory hypersensitivity and those with low registration of sensory input might have higher anxiety levels [2].

A large amount of studies has emphasized on the efficiency and effectiveness of Cognitive-Behavioral Therapy (CBT) for anxiety disorders comprising Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), panic disorder, generalized anxiety disorder, social anxiety disorder, and specific phobia [3].

Also a study showed that two non-invasive interventions, cognitive training and exercise training as a dual-task performance can exert synergistic effects on cognition [4].

Based on above, we think that Cognitive-Behavioral Therapy (CBT) and sensory modulation training together, as a dual-task performance, might have a synergistic effect on people with anxiety. So we suggest that its impact on these individuals be investigated in future studies.

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