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Client Attitudes
Towards Homework
In Cognitive Therapy

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This study examined client attitudes towards homework in cognitive therapy in relation to
client diagnosis and symptom severity, and in relation to homework compliance.
Participants attending a cognitive therapy outpatient facility completed two self-report
attitude measures at each therapy session over a three-month period. The results showed a
relationship between attitudes and symptom severity. Participants with depression exhibited
more avoidance and less mastery and pleasure associated with homework completion,
while participants with anxiety exhibited increased mastery and pleasure and decreased
avoidance. Negative attitudes (avoidance, difficulties, and obstacles) were associated with
non-compliance. Pleasure was significantly associated with quality of homework
completion. In summary, there was a positive relationship between attitudes towards
homework, compliance, and levels of symptom severity.
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