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**Client Attitudes
Towards Homework
In Cognitive Therapy**

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ABSTRACT

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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