



## RECOGNISE, CHALLENGE AND CHANGE

This strategy is suggested in the 11-14 BrainWaves lesson:

### Challenging negative thoughts

#### About 'recognise, challenge and change'

The 'recognise, challenge, and change' strategy is a core Cognitive Behavioural Therapy (CBT) technique that can help individuals manage negative thoughts, emotions, and behaviours. By 'recognising' unhelpful thought patterns, young people can 'challenge' them and replace or 'change' them with more balanced and realistic perspectives, leading to a reduction in emotional distress and an improvement in overall wellbeing.

#### The scientific evidence behind 'recognise, challenge and change'

Across a range of studies, CBT has been shown to help adolescents reframe negative thought patterns and reduce excessive worry:

- Kendall, P. C., & Peterman, J. S. (2015). *CBT for Adolescents with Anxiety: Mature Yet Still Developing*. *American Journal of Psychiatry*, 172(6), 519–530.
- Stiede, J. T., et al. (2023) *Cognitive Behavioral Therapy for Children and Adolescents with Anxiety Disorders*. *Child and Adolescent Psychiatric Clinics of North America*, 32 (3), 543-558.
- James, A. C., et al. (2020). *Cognitive behavioural therapy for anxiety disorders in children and adolescents*. *Cochrane Database of Systematic Reviews*, (11), CD013162.
- Hofmann, S. G., et al. (2012) *The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses*. *Cognitive Therapy and Research*, 36(5), 427-440.

#### Further reading

This article describes more about the role of CBT in child and adolescent mental health:

<https://cpdonline.co.uk/knowledge-base/mental-health/cbt-child-adolescent-mental-health/>