

Cognitive behavioral therapy (CBT) is a short-term, evidence-based treatment. CBT focuses on challenging and changing people's unhelpful thoughts and beliefs, and thereby changing the way they feel. It also aims at changing behavior. It is used to help treat a wide range of issues, from depression and anxiety to sleeping difficulties. It is a structured, directive, practical therapy. Home assignments are an important part of the therapy.

It can be helpful for people with Cystic Fibrosis to treat anxiety and depression by exploring unhelpful thoughts about illness, the self, or social situations. By understanding thoughts and seeing how they lead to feelings and unhelpful behavior, people can learn new skills for how to cope with illness, fatigue and Cystic Fibrosis in everyday life. New, more effective, thoughts can also improve self-esteem and well-being, and encourage health-promoting behavior.