



## Cognitive-behavioral therapy and mindfulness: a case from a gender perspective [

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text (article)

Analítica

The following study examined a single case of a young Hispanic man suffering from distorted body image and dysfunctional schemas about himself as a man, exacerbated by hair loss. He reported anxiety and depression related symptoms affecting his daily life functioning. Treatment considered for this case was centered on Cognitive Behavioral Therapy (CBT) with some guidelines suggested by a review of literature on gender role theory. During the course of treatment, other techniques based on mindfulness were included to target anxiety related symptoms, including: breathing exercises, yoga, and guided meditation. In addition, an imaginary exposure technique was conducted to further address patient symptomatology. To guide treatment, measures related to masculinity were used like the Male Role Norms Inventory (MRNI-SF), and the Health Behavior Inventory-20 (HBI-20) to assess preventive and health risk behaviors. A genogram was also used to explore family history and family dynamics. Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI) were used as clinical measures for baseline, post and follow up treatment. Masculinity issues, family dynamics and clinical outcomes are discussed

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