

# Эффективность

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Со времени своего создания эффективность Унифицированного протокола была тщательно проверена на гетерогенных выборках клиентов, обращающихся в связи с тревогой и депрессией. Результаты исследований показывают, что большинство клиентов больше не отвечали критериям их расстройства после прохождения терапии, основанной на Унифицированном протоколе.

Существует обширная исследовательская поддержка такого подхода к лечению эмоциональных расстройств. Ниже приведен список статей, опубликованных в рецензируемых научных журналах.

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