

Psychosocial interventions for generalized anxiety disorder: 8 studies

Study	Design	Outcomes
Simon et al ⁵	Adults age ≥ 18 who met DSM-5 criteria for GAD were randomized to receive Kundalini yoga (n = 93), stress education (n = 43), or CBT (n = 90)	CBT and Kundalini yoga were both more effective than stress education in short-term response rates. CBT appeared to have better long-term response outcomes compared to stress education, while Kundalini yoga did not show benefit in the long-term analyses
Gould et al ⁶	Adults age ≥ 65 (N = 37) who met MINI and DSM-IV criteria for GAD and experienced resistance to first-line treatment received up to 16 1-on-1 sessions of ACT	Although the study was not powered to assess clinical effectiveness, there was some evidence of ACT reducing anxiety and depression, and increasing psychological flexibility
Stefan et al ⁷	Adults age 20 to 51 who met DSM-IV and Structured Clinical Interview criteria for GAD were randomized to receive CT/BTP (n = 23), REBT (n = 24), or ACT/ABBT (n = 24)	CT/BTP, REBT, and ACT/ABBT each appeared to be efficacious in reducing GAD symptoms. There were no statistically significant differences among the 3 versions of CBT
Plag et al ⁸	German adults age ≥ 18 (N = 33) who met DSM-5 criteria for GAD were randomized to a high-intensity exercise group or a control group of lower-intensity exercise	Both groups experienced reduced worrying, though the high-intensity exercise group had a larger decrease. The high-intensity exercise group also experienced greater reductions in anxiety and depression scores
Amir et al ⁹	Adults age 18 to 65 (N = 169) who met DSM-IV criteria for GAD were randomized to receive ABM followed by AR-pe, AR-pe followed by ABM, simultaneous ABM and AR-pe, or a control group	Both the ABM followed by AR-pe group and the AR-pe followed by ABM group had significant reductions in HAM-A scores compared to the control group. The simultaneous ABM and AR-pe group did not experience significantly different outcomes compared to the control group
Burke et al ¹⁰	Adults age 18 to 45 (N = 36) from an Irish university who scored ≥ 10 on the GAD-7 were randomized to an immediate iCBT group or a delayed access to treatment/waiting list control group	iCBT may be a useful and accessible approach in the treatment of GAD, although there are still hindrances to its use
Miller et al ¹¹	Adults age ≥ 18 (N = 21) who scored ≥ 10 on the GAD-7 accessed a digital CBT smartphone program called Daylight	Daily and weekly outcomes provided preliminary evidence of efficacy of the program for improving GAD symptoms
Hirsch et al ¹²	Patients with GAD or GAD plus MDD who scored ≥ 62 on the PSWQ and ≥ 10 on the GAD-7 were randomized to an internet-delivered cognitive bias modification for interpretation group (n = 115) or a control group (n = 115)	Internet-delivered cognitive bias modification for interpretation appears to promote a positive interpretation bias, reduce negative intrusions, and reduce levels of worrying, anxiety, repetitive negative thinking, and ruminations

ABM: attention bias modification; ACT: acceptance and commitment therapy; ACT/ABBT: acceptance and commitment therapy/acceptance-based behavioral therapy; AR-pe: applied relaxation psychoeducation; CBT: cognitive-behavioral therapy; CT/BTP: cognitive therapy/Borkovec's treatment package; GAD: generalized anxiety disorder; GAD-7: Generalized Anxiety Disorder 7-item scale; HAM-A: Hamilton Anxiety Rating Scale; iCBT: internet-based cognitive-behavioral therapy; MDD: major depressive disorder; MINI: Mini-International Neuropsychiatric Interview; PSWQ: Penn State Worry Questionnaire; REBT: rational emotive behavior therapy

Generalized Depression Manual Guide

F Rizvi



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The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Susan E. Sprich, Timothy Petersen, Sabine Wilhelm, 2023-07-18 This book provides a fully updated in depth overview of Cognitive Behavioral Therapy CBT which is the most widely disseminated evidence based psychotherapy utilized today The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy 2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years Chapters cover applying CBT to common disorders such as depression obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia Chapters also provide information on how to tailor CBT for specific populations and in specific settings The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders The fully updated and expanded second edition of The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy will continue to be a go to resource for all psychiatrists psychologists social workers licensed mental health counselors primary care doctors graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice

Clinical Handbook of Psychological Disorders, Fourth Edition David H. Barlow, 2007-11-15 With over 75 000 copies sold this clinical guide and widely adopted text presents authoritative guidelines for treating frequently encountered adult disorders The Handbook is unique in its focus on evidence based practice and its attention to the most pressing question asked by students and practitioners How do I do it Leading clinical researchers provide essential background knowledge on each problem describe the conceptual and empirical bases of their respective approaches and illustrate the nuts and bolts of evidence based assessment and intervention

Massachusetts General Hospital Handbook of General Hospital Psychiatry E-Book Theodore A. Stern, Oliver Freudenreich, Felicia A. Smith, Gregory L. Fricchione, Jerrold F. Rosenbaum, 2017-08-09 For generations of practitioners the Massachusetts General Hospital Handbook of General Hospital Psychiatry has been and is the gold standard guide to consultation liaison psychiatry and psychosomatic medicine The fully updated 7th Edition by Drs Theodore A Stern Oliver Freudenreich Felicia A Smith Gregory L Fricchione and Jerrold F Rosenbaum provides an authoritative easy to understand review of the diagnosis evaluation and treatment of psychiatric problems experienced by adults and children with medical and surgical conditions Covers the psychological impact of chronic medical problems and life threatening diseases somatic symptom disorders organ donors and recipients pain substance abuse and polypharmacy including a thorough review of drug actions and interactions metabolism and elimination Features DSM 5 updates throughout as well as case studies in every chapter Contains practical tips on how to implement the most current and effective pharmacological therapies as well as cognitive behavioral approaches Expert Consult eBook version included with

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[Handbook of Clinical Interviewing With Adults](#) Michel Hersen, Jay C. Thomas, 2007-08-08 Clinical interviewing with adults is both an art and a science This handbook will appeal to a wide range of clinical researchers therapists interns and graduate students new to the complexities of the clinical interview and diagnostic process The comprehensive range of topics and coverage that includes case illustrations with dialogue and differential diagnosis and co morbidity will be highly attractive features to researchers professional therapists and graduate students The Hersen and Thomas team is highly qualified to succeed in this ambitious set of three projects Carolyn Brodbeck Chapman University The Handbook of Clinical Interviewing with Adults is one of three interrelated handbooks on the topic of interviewing for specific populations It presents a combination of theory and practice plus concern with diagnostic entities for readers who work or one day will work with adults in clinical settings The volume begins with general issues structured versus unstructured interview strategies mental status examinations selection of treatment targets and referrals writing up the intake interview etc moves to a section on major disorders most relevant to adult clients depression bipolar disorder agoraphobia posttraumatic stress disorder eating disorders alcohol and drug abuse sexual dysfunction etc and concludes with a chapter on special populations and issues neurologically impaired patients older adults behavioral health consultation etc

Clinical Handbook of Psychological Disorders, Fifth Edition David H. Barlow, 2014-02-27 This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults Showcasing evidence based psychotherapy models the volume addresses the most pressing question asked by students and practitioners How do I do it Leading authorities present state of the art information on each clinical problem explain the conceptual and empirical bases of their respective approaches and show what the techniques look like in action Extended case examples with session transcripts illustrate each component of treatment New to This Edition Incorporates treatment innovations the latest empirical findings and changes to diagnostic criteria in DSM 5 Chapter on acceptance based treatment of generalized anxiety disorder Chapter on comorbid depression and substance abuse demonstrating a transdiagnostic approach Chapter on sleep disorders See also Handbook of Assessment and Treatment Planning for Psychological Disorders Third Edition edited by Martin M Antony and David H Barlow and Clinical Handbook of Psychological Disorders in Children and Adolescents edited by Christopher A Flessner and John C Piacentini

Handbook of Neurodevelopmental and Genetic Disorders in Adults Sam Goldstein, Cecil R. Reynolds, 2005-08-24 While neurodevelopmental and genetic disorders are often diagnosed in childhood understanding and managing the impact of these conditions is a lifelong challenge This authoritative handbook presents cutting edge knowledge to guide effective assessment and treatment throughout the adult years Illuminated are the neurobiological bases and clinical characteristics of a broad range of conditions that affect learning and behavior as well as physical functioning and health Following a consistent format chapters

comprehensively describe the developmental course of each disorder the changing needs of adults and ways to help them harness their strengths

Handbook of Assessment and Treatment Planning for Psychological Disorders Martin M. Antony, David H. Barlow, 2011-10-20 Widely regarded as a premier clinical reference this book provides state of the science tools for conducting effective assessments and using the results to plan and monitor evidence based interventions Leading authorities present proven approaches to screening and assessment for specific psychological problems They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes Recommended instruments and procedures are described including applications for managed care and primary care settings Many of the chapters feature detailed tables that compare and contrast relevant measures New to This Edition Thoroughly updated with new instruments and research findings Chapter on the role of assessment in evidence based treatment Additional disorder specific chapter impulse control disorders Chapter explaining how to evaluate the reliability and validity of a measure

User's Guide for the Structured Clinical Interview for DSM-III-R Robert L. Spitzer, 1990

Handbook of Primary Care Psychology Leonard J. Haas, 2004-08-19 This handbook is designed to provide authoritative information to the psychologist working in primary care settings and to those seeking to learn about clinical issues in such settings Scholarly and at the same time practical this volume offers both the clinician and the researcher a wide ranging look at the contexts in which psychological services become of paramount importance to the health of the patient The handbook will cover the prevalent psychological conditions in the primary care setting depression anxiety somatization eating disorders and alcoholism illnesses in which psychological disorders play a major role such as heart disease diabetes cancer pain management headache asthma low back pain sleep disorders among others and issues of concern to psychologists treating children ADHD disciplinary problems etc treating women abuse infertility menopause sexual dysfunction treating men workaholism alcoholism sexual dysfunction and treating the older patient death and dying cognitive impairment late life depression Other important topics include psychological side effects of common medications resistance to treatment spiritual concerns in the treatment of patients cultural differences in healing suicide AIDS prevention of disease and many others Leonard Haas is a noted authority in the area of primary care psychology and has recruited expert contributors for the 41 chapters and two appendices that make up this definitive handbook for a growing and important subspecialty in clinical psychology The work may also be used in graduate courses in health psychology

Massachusetts General Hospital Handbook of General Hospital Psychiatry Ned H. Cassem, 1997 Long considered the leading reference in hospital based consultation psychiatry this new edition features an increased coverage of chronically ill patients New chapters cover OB GYN patients AIDS HIV patients and the future of medical psychiatry units in a managed care environment

[Handbook of Psychological Assessment, Case Conceptualization, and Treatment, Volume 1](#) Michel Hersen, Johan Rosqvist, 2007-11-02 Edited by recognized experts Michel Hersen and Johan Rosqvist Handbook of Psychological Assessment Case

Conceptualization and Treatment Volume 1 Adults is a thorough and practical reference for those working with adults Bringing together the most current theories and evidence based applications chapters address issues of importance including ethics medical issues panic and agoraphobia obsessive compulsive disorder and posttraumatic stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription American College of Sports Medicine, Jeffrey L. Roitman, 2001 This complementary book to ACSM s Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM s Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

Handbook of Evidence-based Psychotherapies Chris Freeman, Michael J. Power, 2007-05-07 The handbook takes the practitioner to the next stage with an overview of the key evidence based therapies with guidelines on further reading and training It also reviews key professional and organisational issues related to the delivery of services in resource limited situations

The Child Clinician's Handbook William G. Kronenberger, Robert G. Meyer, 2001 A practical clinical resource that shows practitioners how to assess and treat childhood mental disorders in an office or hospital setting This book focuses on the diagnosis evaluation testing and treatment of childhood mental disorders integrating major advances in theory and research A unified organizational structure for each major disorder presents descriptions of the disorder sample assessments and treatment sections resulting in a practical text and professional reference For child psychologists

Documentation Survival Handbook for Psychiatrists and Other Mental Health Professionals Stephen Michael Soreff, Mary Ann McDuffee, 1993

Comprehensive Handbook of Personality and Psychopathology , Adult Psychopathology Michel Hersen, Jay C. Thomas, 2006 Publisher Description

Handbook of Counseling and Psychotherapy with Older Adults Michael Duffy, 1999-07-15 With the graying of society therapists are seeing more and more older clients In this book editor Michael Duffy brings together leading experts to explain the unique problems of older adults and describe effective treatment techniques

Psychology Linda Brannon, Jess Feist, Patty Feist, Patti Feist, 2006-06 This reader contains 15 articles on hot topics in Heath Psychology Two to three critical thinking questions are

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