

1. [Effectiveness of internet-delivered CBT for anxiety and obsessive-compulsive disorders within routine clinical care in rural Sweden.](#) Vigerland S., *Internet Interv.* 2024 Apr 6;36:
2. [Differential effects of sertraline and CBT on behavioural inhibition in patients with obsessive compulsive disorder.](#) Reid JE, *Int Clin Psychopharmacol.* 2024 Apr 15.
3. [Effectiveness of exposure-based treatment for childhood anxiety disorders: An open clinical trial to test its relation with indices of emotional processing and inhibitory learning.](#) de Jong R, *J Behav Ther Exp Psychiatry.* 2024 Jun;83
4. [Co-occurring PTSD in intensive OCD treatment: Impact on treatment trajectory vs. response.](#) Pinciotti CM, *J Affect Disord.* 2024 May 15;353:109-116
5. [Optimizing indicated CBT to prevent child anxiety and depression: A cluster-randomized factorial trial.](#) Lisøy C, *Behav Res Ther.* 2024 May;176
6. [Treating perfectionism via the Internet: a randomized controlled trial comparing CBT to unified protocol.](#) Rozental A, *Cogn Behav Ther.* 2024 May;53(3):324-350.
7. [Effectiveness of group CBT for depression in adults: a systematic review and meta-analysis of delivery by different healthcare professionals.](#) Wong CPS, *Cogn Behav Ther.* 2024 May;53(3):302-323.
8. [Is CBT an efficacious treatment for psychological interventions in body dysmorphic disorders? A meta-analysis based on current evidence from randomized controlled trials.](#) Zhao F, *J Affect Disord.* 2024 May 1;352:237-249
9. [The effectiveness of psychosocial interventions on non-physiological symptoms of menopause: A systematic review and meta-analysis.](#) Spector A, *J Affect Disord.* 2024 May 1;352:460-472.
10. [Facilitators and barriers to "Positive Outcomes" from CBT, according to young people: A thematic synthesis.](#) Redburn J, *J Clin Psychol.* 2024 May;80(5):968-1002
11. [A randomised controlled evaluation of an online perfectionism intervention for people with disordered eating - how perfect does it need to be?](#) Robinson K, *Cogn Behav Ther.* 2024 May;53(3):286-301
12. [The equivalence of psychodynamic therapy and CBT for depressive disorders in adults: A meta-analytic review.](#) Smith MM, *J Clin Psychol.* 2024 May;80(5):945-967
13. [Virtually delivered guided self-help for binge eating disorder and bulimia nervosa: findings from a service evaluation.](#) Dalton B, *Behav Cogn Psychother.* 2024 May;52(3):211-225
14. [Ultra-brief acceptance & commitment therapy for inpatients with psychosis - a single-case experimental design investigating processes of change.](#) Muñoz González-Deleito C, *Cogn Behav Ther.* 2024 May;53(3):267-285
15. [Psychometric evaluation of the appearance anxiety inventory in adolescents with body dysmorphic disorder.](#) Gumpert M, *Cogn Behav Ther.* 2024 May;53(3):254-266
16. [Mediators during a Multimodal intervention for stress-induced exhaustion disorder.](#) van de Leur JC, *Cogn Behav Ther.* 2024 May;53(3):235-253
17. [The impact of internet-based CBT for perfectionism: a reinterpretation through the lens of the Model of Excellence and Perfectionism.](#) Gaudreau P, *Behav Cogn Psychother.* 2024 May;52(3):288-300
18. [Automated VR therapy for improving positive self-beliefs and psychological well-being in young patients with psychosis: a proof of concept evaluation of Phoenix VR self-confidence therapy.](#) Freeman D, *Behav Cogn Psychother.* 2024 May;52(3):277-287
19. [User Experiences of CBT for Anxiety and Depression: A Qualitative Systematic Review and Meta-synthesis.](#) Yarwood B, *Community Ment Health J.* 2024 May;60(4):662-671
20. [CBT+ Training Initiative in Washington State Community Mental Health: An Evaluation of Child Clinical Outcomes.](#) Rivera Nales CJ, *Community Ment Health J.* 2024 May;60(4):649-661.
21. [Therapist guided, parent-led CBT for pre-adolescent children with obsessive compulsive disorder \(OCD\): a non-concurrent multiple](#)



[baseline case series.](#) Chessell C, Behav Cogn Psychother. 2024 May;52(3):243-261.

22. [Stability of Treatment Effects and Caregiver-Reported Outcomes: A Meta-Analysis of Trauma-Focused CBT for Children and Adolescents.](#) Thielemann JFB, Child Maltreat. 2024 May;29(2):375-387.

23. [Implementation and Effectiveness of CBT for Insomnia in Geriatric Primary Care.](#) Hinrichsen GA, Clin Gerontol. 2024 May-Jun;47(3):507-514.

24. [The Importance of Practicing at Home During and Following CBT for Childhood Anxiety Disorders: A Conceptual Review and New Directions to Enhance Homework Using Mhealth Technology.](#) Klein AM, Clin Child Fam Psychol Rev. 2024 Apr 14

25. [Neurocognitive and neurobehavioral mechanisms of change following psychological treatment for alcohol use disorder.](#) McCrady BS, Contemp Clin Trials. 2024 Apr 12:

26. [Long-Term Effectiveness of CBT in Routine Outpatient Care for Youth with Anxiety Disorders.](#) Krause K, Psychother Psychosom. 2024 Apr 12:1-10

27. [A pilot feasibility and acceptability trial of an internet indicated prevention program for perfectionism to reduce eating disorder symptoms in adolescents.](#) O'Brien A, Eat Weight Disord. 2024 Apr 12;29(1):27.

28. [Bridging the feedback implementation gap: A comparison of empirical and rational decision rules in naturalistic psychotherapy.](#) Ramsperger S, Psychother Res. 2024 Apr 12:1-15.

29. [Effects of CBT and bright light therapy for insomnia in youths with eveningness: study protocol for a randomised controlled trial.](#) Li SX, Trials. 2024 Apr 9;25(1):246

30. [Testing a brief, self-guided values affirmation for behavioral activation intervention during COVID-19.](#) Kibbey MM, Cogn Behav Ther. 2024 Apr 9:1-17.

If you have any further enquiries please do not hesitate to get in touch. We can provide evidence support with literature searches, current awareness and assistance with accessing our online resources. The latest copies of our bulletins are available at <https://www.gmmh.nhs.uk/library-keeping-up-to-date>

**Has using the Library & Knowledge Service had an impact on your work? Please share it with us [here](#)**

**Contact us:**

Email: [library@gmmh.nhs.uk](mailto:library@gmmh.nhs.uk)

Call: 0161 358 1772



# Cognitive Behaviour Therapy

Current Awareness Bulletin  
April 2024

**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

The NHS [Knowledge and Library Hub](#) provides a gateway to high quality health information.

**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

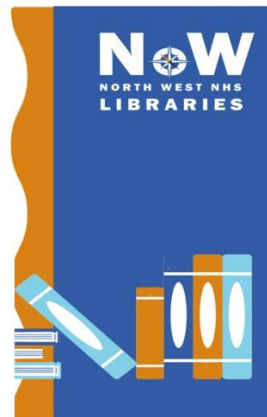
evidence | information | knowledge  
Simple searching. In one place.



The NHS Knowledge and Library Hub

Search the new  
catalogue here

<https://now.koha-ptfs.co.uk>



**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

GMMH staff and students can register for a library account and search our catalogue by clicking this logo or using the QR code!

