

- [Predicting response to a smartphone-based CBT for body dysmorphic disorder.](#) Greenberg JL. *J Affect Disord.* 2024 Jun 15;355:106-114.
- [Algorithm-based modular psychotherapy vs. CBT for patients with depression, psychiatric comorbidities and early trauma: a proof-of-concept randomized controlled trial.](#) Schramm E, *World Psychiatry.* 2024 Jun;23(2):257-266.
- [Technology-based CBT Interventions.](#) Newby JM, *Psychiatr Clin North Am.* 2024 Jun;47(2):399-417.
- [CBT Enhancement Strategies.](#) Tolin DF, *Psychiatr Clin North Am.* 2024 Jun;47(2):355-365
- [A Review of Transdiagnostic Mechanisms in CBT.](#) Southward MW, *Psychiatr Clin North Am.* 2024 Jun;47(2):343-354
- [Southampton Adaptation Framework to Culturally Adapt CBT: An Update.](#) Naeem F, *Psychiatr Clin North Am.* 2024 Jun;47(2):325-341.
- [CBT for Anxiety and Depression in Children and Adolescents.](#) Smárason O, *Psychiatr Clin North Am.* 2024 Jun;47(2):311-323.
- [CBT: Strategies for Enhancing Treatment Engagement.](#) Kazantzis N. *Psychiatr Clin North Am.* 2024 Jun;47(2):301-310
- [Cognitive Functional Therapy compared with usual physiotherapy care in people with persistent low back pain: a mixed methods feasibility randomised controlled trial in the United Kingdom National Health Service.](#) Newton C, *Physiotherapy.* 2024 Jun;123:118-132.
- [Treatment histories, barriers, and preferences for individuals with symptoms of generalized anxiety disorder.](#) Basile VT. *J Clin Psychol.* 2024 Jun;80(6):1286-1305
- [Identifying predictors of a favourable outcome for outpatients with a persistent depressive disorder treated with Cognitive Behavioural Analysis System of Psychotherapy: A prospective cohort study.](#) Dean JA, *Br J Clin Psychol.* 2024 Jun;63(2):244-257
- [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;83:101942
- [Does Including Facebook Training Improve the Effectiveness of Computerized Cognitive Training? A Randomized Controlled Trial.](#) Rute-Pérez S, *Clin Rehabil.* 2024 Jun;38(6):783-792.
- [Effect of exposure-based vs traditional CBT for fibromyalgia: a two-site single-blind randomized controlled trial.](#) Hedman-Lagerlöf M, *Pain.* 2024 Jun 1;165(6):1278-1288
- [Modular CBT for Childhood Anxiety Disorders: Evaluating Clinical Outcomes and its Predictors.](#) van Steensel FJA, *Child Psychiatry Hum Dev.* 2024 Jun;55(3):790-801
- [Socio-CBT for Latinx Adolescent with Suicidal Behaviors: A Pilot Randomized Trial.](#) Duarté-Vélez Y, *Child Psychiatry Hum Dev.* 2024 Jun;55(3):754-767.
- [Co-occurring PTSD in intensive OCD treatment: Impact on treatment trajectory vs. response.](#) Pinciotti CM, *J Affect Disord.* 2024 May 15;353:109-116.
- [Program evaluation of CBT in burn survivors.](#) Rothbauer M, *J Burn Care Res.* 2024 May 14
- ['It's not always textbook social anxiety': A survey-based study investigating the nature of social anxiety and experiences of therapy in autistic people.](#) Wilson AC, *Autism.* 2024 May 14:
- [Study protocol for a randomized controlled trial of supportive parents - coping kids \(SPARCK\)-a transdiagnostic and personalized parent training intervention to prevent childhood mental health problems.](#) Tømmerås T, *BMC Psychol.* 2024 May 13;12(1):264
- [The Effectiveness of Modular Transdiagnostic CBT Versus Treatment as Usual for Youths Displaying School Attendance Problems: A Randomized Controlled Trial.](#) Johnsen DB, *Res Child Adolesc Psychopathol.* 2024 May 13



22. [Stepping Together for Children After Trauma \(ST-CT\): Feasibility and Predictors of Outcome of a Parent-led, Therapist Assisted Treatment.](#) Ormhaug SM, Res Child Adolesc Psychopathol. 2024 May 13.

23. [Preventing postpartum insomnia: findings from a three-arm randomised controlled trial of CBT for Insomnia, a responsive bassinet, and sleep hygiene.](#) Quin N, Sleep. 2024 May 13

24. [Predicting the Effectiveness of a Mindfulness Virtual Community Intervention for University Students: Machine Learning Model.](#) El Morr C, Interact J Med Res. 2024 May 13

25. [People with Inflammatory Bowel Disease Prefer CBT for Fatigue Management: A Conjoint Analysis.](#) Emerson C, Dig Dis Sci. 2024 May 11.

26. [Retrospective study of CBT for Obesity modified as FIRE method \(CBT-F\) in combination with medication for weight loss.](#) Egoshi M, Medicine (Baltimore). 2024 May 10;

27. [Feasibility and Acceptability of a Mobile App-Based TEAM-CBT \(Testing Empathy Assessment Methods-CBT\) Intervention \(Feeling Good\) for Depression: Secondary Data Analysis.](#) Bisconti N, JMIR Ment Health. 2024 May 10

28. [A Combined Kundalini Yoga and CBT Program for Posttraumatic Stress Disorder: A Pilot Study.](#) Staples JK, Psychol Rep. 2024 May 10

29. [CBT for insomnia works: but do we have product-market fit?](#) Meaklim H, Sleep. 2024 May 10;47(5)

30. ["The worst thing is lying in bed thinking 'I want a cigarette'" a qualitative exploration of smoker's and ex-smoker's perceptions of sleep during a quit attempt and the use of CBT for insomnia to aid cessation.](#) Matthews JA, PLoS One. 2024 May 8

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

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



# Cognitive Behaviour Therapy

Current Awareness Bulletin  
May 2024

**NHS**

Greater Manchester  
Mental Health  
NHS Foundation Trust

**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>



**Now**  
NORTH WEST NHS  
LIBRARIES



**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!

