

# Cognitive Behaviour Therapy

Current Awareness Bulletin  
July 2021

NHS  
Greater Manchester  
Mental Health  
NHS Foundation Trust

1. [Return on investment of internet delivered exposure therapy for irritable bowel syndrome: a randomized controlled trial.](#) Wallén H,.BMC Gastroenterol. 2021 Jul 13;21(1):289.
2. [Brief Coping Strategy Enhancement for the treatment of distressing voices in the context of Borderline Personality Disorder: A comparison with outcomes in the context of psychosis.](#) Morrice F,.Clin Psychol Psychother. 2021 Jul 13
3. [The impact of internet-based cognitive behaviour therapy for perfectionism on different measures of perfectionism: a randomised controlled trial.](#) Grieve P,.Cogn Behav Ther. 2021 Jul 13:1-13
4. [Does age matter? Initial treatment goals of older adults with major depression in outpatient cognitive behavioral therapy.](#) Sittler MC,.Clin Psychol Psychother. 2021 Jul
5. [Preventing depression in older people with multimorbidity: 24-month follow-up of a trial of internetdelivered cognitive behaviour therapy.](#) Read JR,.Age Ageing. 2021 Jul 12
6. [Amplification of Positivity Therapy for Co-occurring Alcohol Use Disorder with Depression and Anxiety Symptoms: Pilot Feasibility Study and Case Series.](#) Akeman E,.Behav Modif. 2021 Jul 12
7. [Randomized Controlled Trials of Mindfulness and Acceptance-Based Interventions Over the Past Two Decades: A Bibliometric Analysis.](#) Ma Y,.J Altern Complement Med. 2021 Jul 12
8. [Prevalence of somatic and pain complaints and associations with sleep disturbance in adolescents with insomnia presenting to a behavioral sleep medicine clinic.](#) Van Dyk TR,.J Clin Sleep Med. 2021 Jul 12.
9. [Targeting dietary restraint to reduce binge eating: a randomised controlled trial of a blended internet- and smartphone app-based intervention.](#) Linardon J,.Psychol Med. 2021 Jul
10. [Long-term efficacy of metacognitive therapy and cognitive behavio](#)
- ur therapy for depression.
- Carter JD,.Aust N Z J Psychiatry. 2021 Jul 10:
11. [Testing the effects of a prenatal depression preventive intervention on parenting and young children's self-regulation and functioning \(EPIC\): protocol for a longitudinal observational study.](#) Diebold A,.BMC Public Health. 2021 Jul 10;21(1):1368
12. [Adolescent depressed mood and difficulties with emotion regulation: Concurrent trajectories of change.](#) Defayette AB,.J Adolesc. 2021 Jul 9;91:1-14.
13. [Preliminary Support for Group Cognitive Behavioral Therapy \(CBT\) to Reduce Psychological Distress in Patients with Spontaneous Coronary Artery Dissection \(SCAD\).](#) Vaca KC,.J Clin Psychol Med Settings. 2021 Jul 9:1-7. **Free PMC article.**
14. [Treating co-morbid insomnia and social anxiety disorder with sequential CBT protocols: a single-case experimental study.](#) Wallsten D,.Behav Cogn Psychother. 2021 Jul 9
15. [The effects of the type of delivery of cognitive-behavioral therapy for healthcare workers: A systematic review.](#) Yoo IG,.J Clin Psychol. 2021 Jul 9
16. [Comparison of a theoretically driven cognitive therapy \(the Feeling Safe Programme\) with befriending for the treatment of persistent persecutory delusions: a parallel, single-blind, randomised controlled trial.](#) Freeman D,.Lancet Psychiatry. 2021 Jul 8:
17. [From anxious loneliness to meditation: a mental health self-care strategy to cope with the COVID-19 pandemic.](#) Deguma MC,.J Public Health (Oxf). 2021 Jul 8
18. [Exposure-enhanced cognitive behavioral therapy for adolescents with binge eating: An initial case series.](#) Manasse SM,.Clin Child Psychol Psychiatry. 2021 Jul 8
19. [Technology-delivered cognitive-behavioral therapy for pediatric anxiety disorders: a meta-analysis of remission, posttreatment anxiety, and functioning.](#)



# Cognitive Behaviour Therapy

Current Awareness Bulletin  
July 2021

NHS

Greater Manchester  
Mental Health  
NHS Foundation Trust

Cervin M,.J Child Psychol Psychiatry. 2021 Jul 7

20. Outcomes from a pilot online Acceptance and Commitment Therapy program for dementia family caregivers. Fauth EB,.Aging Ment Health. 2021 Jul 7:1-10.

21. Improving perinatal sleep via a scalable cognitive behavioural intervention: findings from a randomised controlled trial from pregnancy to 2 years postpartum.  
Bei B,.Psychol Med. 2021 Jul 7:1-11

