

Cognitive Behaviour Therapy

Current Awareness Bulletin
August 2021

NHS
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3. [Does Treatment Preference Affect Outcome in a Randomized Trial of a Mindfulness Intervention versus Cognitive Behaviour Therapy for Social Anxiety Disorder?](#) Koszycki D., Clin Psychol Psychother. 2021 Aug 13
4. [Effects of a Modified Mindfulness-Based Cognitive Therapy for Family Caregivers of People With Dementia: A Randomized Clinical Trial.](#) Kor PPK., Gerontologist. 2021 Aug 13;61(6):977-990
5. [Audit of a Mindfulness-Based Cognitive Therapy Course Within a Prison.](#) Maroney M., J Correct Health Care. 2021 Aug 9.
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7. [Change in Brain Oscillations as a Mechanism of Mindfulness-Meditation, Cognitive Therapy, and Mindfulness-Based Cognitive Therapy for Chronic Low Back Pain.](#) Day MA., Pain Med. 2021 Aug 6;22(8):1804-1813.
8. [The efficacy of randomised controlled trials of cognitive behaviour therapy for perfectionism: a systematic review and meta-analysis.](#) Galloway R., Cogn Behav Ther. 2021 Aug 4:1-15
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12. [A cross-sectional study of Auditory Verbal Hallucinations experienced by people with a diagnosis of Borderline Personality Disorder.](#) Hayward M., Clin Psychol Psychother. 2021 Jul 28
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14. [Utilisation and predictors of use of exposure therapy in the treatment of anxiety, OCD and PTSD in an Australian sample: a preliminary investigation.](#) Moses K., BMC Psychol. 2021 Jul 27;9(1):111. **Free PMC article.**
15. [Putting mindfulness-based cognitive therapy to the test in routine clinical practice: A transdiagnostic panacea or a disorder specific intervention?](#) Geurts DEM., J Psychiatr Res. 2021 Jul 24;142:144-152
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17. [Cognitive behavioral therapy for depressive disorders: Outcomes from a multi-state, multi-site primary care practice.](#) Bogucki OE, J Affect Disord. 2021 Jul 19;294:745-752.



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18. An ongoing process of reconnection: A qualitative exploration of mindfulness-based cognitive therapy for adults in remission from depression. Williams K,.Psychol Psychother. 2021 Jul 17

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