

1. [Implementation trial of a cognitive behavioural therapy programme for reducing student stress in the final year of secondary school.](#)Jagiello T, Br J Educ Psychol. 2021 Sep 26
2. [Esoteric power, useless, useful: considerations about dreams in cognitive-behavioural therapy.](#)Carcione A, Res Psychother. 2021 Aug 30;24(2):543. **Free PMC article.**
3. ["Thinking About Thinking" in Insomnia Disorder: The Effect of Cognitive-Behavioral Therapy for Insomnia on Sleep-Related Metacognition.](#)Galbiati A, Front Psychol. 2021 Sep 9;12:705112. **Free PMC article.**
4. [Editorial: Contemporary Issues in Defining the Mechanisms of Cognitive Behavior Therapy.](#)Strunk DR, Front Psychiatry. 2021 Sep 8;12:755136. **Free PMC article.**
5. [Hybrid Cognitive Behavioral Therapy With Interoceptive Exposure for Irritable Bowel Syndrome: A Feasibility Study.](#)Funaba M, Front Psychiatry. 2021 Sep 9;12:673939. **Free PMC article.**
6. [TMS and CBT-I for comorbid depression and insomnia. Exploring feasibility and tolerability of transcranial magnetic stimulation \(TMS\) and cognitive behavioral therapy for insomnia \(CBT-I\) for comorbid major depressive disorder and insomnia during the COVID-19 pandemic.](#)Norred MA, Brain Stimul. 2021 Sep 23:S1935-861X(21)00238-2.
7. [A controlled trial of Cognitive Behavioural Therapy-based strategies for insomnia among in-school adolescents in southern Nigeria.](#)Egbegi DR, Child Adolesc Psychiatry Ment Health. 2021 Sep 25;15(1):52.
8. [A Cognitive Behavioral Therapy-, Biofeedback-, and Game-Based eHealth Intervention to Treat Anxiety in Children and Young People With Long-Term Physical Conditions \(Starship Rescue\): Co-design and Open Trial.](#)Thabrew H, JMIR Serious Games. 2021 Sep 24;9(3):e26084
9. [Mindfulness-based cognitive therapy for depression in people with dementia: A qualitative study on participant, carer and facilitator experiences.](#)Douglas S, Dementia (London). 2021 Sep 24:14713012211046150.
10. [Survivor Guilt: A Cognitive Approach.](#)Murray H, Cogn Behav Therap. 2021 Sep 16;14:e28. **Free PMC article.**
11. [Utilizing the couple relationship to prevent suicide: A preliminary examination of Treatment for Relationships and Safety Together.](#)Khalifian CE, J Clin Psychol. 2021 Sep 24.
12. [The effect of caregiver key opinion leaders on increasing caregiver demand for evidence-based practices to treat youth anxiety: protocol for a randomized control trial.](#)Crane ME, Implement Sci Commun. 2021 Sep 23;2(1):107. **Free PMC article.**
13. [Internet-based cognitive behavioural therapy for tinnitus in Spanish: a global feasibility trial.](#)Beukes EW, Int J Audiol. 2021 Sep 23:1-10
14. [Effect of Acupuncture on Cognitive Function of Insomnia Patients Compared with Drugs: A Protocol for Meta-analysis and Systematic Review.](#)Qin S, Behav Neurol. 2021 Sep 11;2021:6158275. **Free PMC article.**
15. [Therapeutic Strategies to Tackle Burnout and Emotional Exhaustion in Frontline Medical Staff: Narrative Review.](#)McFarland DC, Psychol Res Behav Manag. 2021 Sep 15;14:1429-1436. **Free PMC article.**
16. [Long-term outcomes of therapist-guided Internet-delivered cognitive behavior therapy for pediatric obsessive-compulsive disorder.](#)Lenhard F, NPJ Digit Med. 2020 Sep 23;3(1):124. **Free article.**
17. [Radically open dialectical behaviour therapy adapted for adolescents: a case series.](#)Baudinet J, BMC Psychiatry. 2021 Sep 22;21(1):462. **Free PMC article.**



18. [The impact of mindfulness on suicidal behavior: a systematic review.](#)

Aguiar KR,. Trends Psychiatry Psychother. 2021 Aug 11. **Free article.**

19. [The Shape of Change: Determining When Mechanisms of Behavior Change Are Active in **Cognitive Behavioral** Treatment for Alcohol Use Disorder Using Time-Varying Effect Modeling \(TVEM\).](#)Linn BK,. J Stud Alcohol Drugs. 2021 Sep;82(5):629-637.

20. [Role-Play Assessment of Therapist Adherence and Skill in Implementation of Trauma-Focused **Cognitive-Behavioral Therapy.**](#)Marriott BR Adm Policy Ment Health. 2021 Sep 21.

