

Cognitive Behaviour Therapy

Current Awareness Bulletin
February 2022



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3. [Efficacy of internet-based interventions for common mental disorder symptoms and psychosocial problems in older adults: A systematic review and meta-analysis.](#) Dworschak C, Internet Interv. 2022 Jan 28;27:100498. **Free PMC article.**
4. [A cognitive behavioural intervention for low self-esteem in young people who have experienced stigma, prejudice, or discrimination: An uncontrolled acceptability and feasibility study.](#) Langford K, Psychol Psychother. 2022 Mar;95(1):34-56.
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6. [Improvement of Insomnia Symptoms following a Single 4-Hour CBT-I Workshop.](#) Okun ML, Behav Sleep Med. 2022 Feb 12:1
7. [Internet-Based Audiologist-Guided Cognitive Behavioral Therapy for Tinnitus: Randomized Controlled Trial.](#) Beukes E, J Med Internet Res. 2022 Feb 14;24(2):e27584
8. [Fatigue Perpetuating Factors as Mediators of Change in a Cognitive Behavioral Intervention for Targeted Therapy-Related Fatigue in Chronic Myeloid Leukemia: A Pilot Study.](#) Hyland KA, Ann Behav Med. 2022 Feb 11;56(2):137-145
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14. [A new short version of the Cognitive Therapy Scale Revised \(CTSR-4\): preliminary psychometric evaluation.](#) Alfnsson S, BMC Psychol. 2022 Feb 4;10(1) **Free PMC article.**
15. [Efficacy of Email-delivered Versus Face-to-face Group Cognitive Behavioral Therapy for Insomnia in Youths: A Randomized Controlled Trial.](#) Chan NY, J Adolesc Health. 2022 Feb 3:
16. [A comparison of emotion-focused therapy and cognitive-behavioral therapy in the treatment of generalized anxiety disorder: Results of a feasibility randomized controlled trial.](#) Timulak L, Psychotherapy (Chic). 2022 Feb 3.
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18. [Neuroimaging Mechanism of Cognitive Behavioral Therapy in Pain Management.](#)



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[19. Group cognitive behavioural therapy with virtual reality exposure versus group cognitive behavioural therapy with in vivo exposure for social anxiety disorder and agoraphobia: a protocol for a randomised clinical trial.](#)

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