

Cognitive Behavioral Therapy (CBT) Outcome Studies and Major Empirical Reviews

Cognitive Behavioral Therapy (CBT) has been demonstrated in hundreds of studies to be an effective treatment for a variety of disorders and problems for adults, older adults, children and adolescents. The list below is just a sample of the published studies. Please contact info@academyofct.org with additional references for these disorders or other psychiatric/psychological/medical disorders or problems. This list will be periodically updated.

ADULTS

CBT has been clinically demonstrated through randomized controlled trials to be an effective treatment for the following disorders and problems:

Depression

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Covi L, Lipman RS. (1987). Cognitive behavioral group psychotherapy combined with imipramine in major depression. *Psychopharmacol Bull*, 23, 173–176.

DeRubeis, R. J., Hollon, S. D., Amsterdam, J.D., et al. (2005). Cognitive Therapy vs Medications in the Treatment of Moderate to Severe Depression. *Arch Gen Psychiatry*. 62(4):409-416. doi:10.1001/archpsyc.62.4.409.

Elkin I, Shea MT, Watkins JT, Imber SD, Sotsky SM, Collins JF, et al. (1989). National Institute of Mental Health Treatment of Depression Collaborative Research Program. General effectiveness of treatments. *Arch Gen Psychiatry*, 46, 971–982.

Gloaguen, V., Cottraux, J., Cucherat, M., & Blackburn, I. (1998). A meta-analysis of the effects of cognitive therapy in depressed patients. *Journal of Affective Disorders*, 49, 59-72.

Hollon SD, DeRubeis RJ, Evans MD, Wiemer MJ, Garvey MJ, Grove WM, et al. (1992). Cognitive therapy and pharmacotherapy for depression: singly and in combination. *Arch Gen Psychiatry*, 49, 774–781.

Hollon, S. D., Derubeis, R. J., Fawcett, J., Amsterdam, J. D., Shelton, R. C., Zajecka, J., . . . Gallop, R. (2015). Effect of Cognitive Therapy With Antidepressant Medications vs Antidepressants Alone on the Rate of Recovery in Major Depressive Disorder. *JAMA Psychiatry*, 71(10), 1157-1164.

Rush AJ, Beck AT, Kovacs M, Hollon SD. (1977). Comparative efficacy of cognitive therapy and pharmacotherapy in the treatment of depressed outpatients. *Cognit Ther Res*, 1, 17–37.

Lustman PJ, Griffith LS, Freedland KE, Kissel SS, Clouse RE. (1998). Cognitive behavior therapy for depression in type 2 diabetes mellitus. A randomized, controlled trial. *Ann Intern Med*, 129, 613–621.

Dimidjian S, Hollon SD, Dobson KS, Schmaling KB, Kohlenberg RJ, Addis ME, et al. (2006). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *J Consult Clin Psychol*, 74, 658–670.

Jacobson NS, Dobson KS, Truax PA, Addis ME, Koerner K, Gollan JK, et al. (1996). A component analysis of cognitive-behavioral treatment for depression. *J Consult Clin Psychol*, 64, 295–304.

Jarrett RB, Schaffer M, McIntire D, Witt-Browder A, Kraft D, Risser RC. (1999). Treatment of atypical depression with cognitive therapy or phenelzine: a double-blind, placebo-controlled trial. *Arch Gen Psychiatry*, 56, 431–437.

Miranda J, Chung JY, Green BL, Krupnick J, Siddique J, Revicki DA, et al. (2003). Treating depression in predominantly low-income young minority women: a randomized controlled trial. *JAMA*, 290, 57–65.

Mohr DC, Boudewyn AC, Goodkin DE, Bostrom A, Epstein L. (2001). Comparative outcomes for individual cognitive-behavior therapy, supportive-expressive group psychotherapy, and sertraline for the treatment of depression in multiple sclerosis. *J Consult Clin Psychol*, 69, 942–949.

Murphy GE, Simons AD, Wetzel RD, Lustman PJ. (1984). Cognitive therapy and pharmacotherapy. Singly and together in the treatment of depression. *Arch Gen Psychiatry*, 41, 33–41.

Geriatric Depression

Chambless, Diane L., Ollendick, & Thomas H. (2001). “Empirically Supported Psychological Interventions: Controversies and Evidence.” *Annu. Rev. Psychol.* 52:685-716.

Gould, R. L., Coulson, M. C., & Howard, R. J. (2012). Cognitive Behavioral Therapy for depression in older people: A meta-analysis and meta-regression of randomized controlled trials. *Journal of the American Geriatrics Society*, 60(10), 1817-1830.

Laidlaw, K., Davidson, K., Toner, H., Jackson, G., Clark, S., ... Cross, S. (2008). A randomized controlled trial of cognitive behaviour therapy vs treatment as usual in the treatment of mild to moderate late life depression. *International Journal of Geriatric Psychiatry*, 23(8), 843-850.

Strachowski D, Khaylis A, Conrad A, Neri E, Spiegel D, Taylor CB. (2008). The effects of cognitive behavior therapy on depression in older adults with cardiovascular risk. *Depress Anxiety*, 25, E1-E10.

Thompson LW, Gallagher D, Breckenridge JS. (1987). Comparative effectiveness of psychotherapies for depressed elders. *J Consult Clin Psychol*, 55, 385-390.

Thompson, L. W., Coon, D. W., Gallagher-Thompson, D., Sommer, B. R., & Koin, D. (2001). Comparison of desipramine and cognitive/behavioral therapy in the treatment of elderly outpatients with mild-to-moderate depression. *The American Journal of Geriatric Psychiatry*, 9(3), 225-240.

Wuthrich, V. M., & Rapee, R. M. (2013). Randomised controlled trial of group cognitive behavioural therapy for comorbid anxiety and depression in older adults. *Behaviour Research and Therapy*, (51)12, 779-786.

Seasonal Depression

Rohan RJ, Roecklein KA, Tierney Lindsey K, Johnson LG, Lippy RD, Lacy TJ, et al. (2007). A randomized controlled trial of cognitive-behavioral therapy, light therapy and their combination for seasonal affective disorder. *J Consult Clin Psychol*, 75, 489-500.

Prepartum and Postpartum Depression

Ammerman, R. T., Putnam, F. W., Stevens, J., Bosse, N. R., Short, J. A., Bodley, A. L., & Ginkel, J. B. (2010). An Open Trial of In-Home CBT for Depressed Mothers in Home Visitation. *Maternal and Child Health Journal*, 15(8), 1333-1341.

Chabrol, H., Teissedre, F., Saint-Jean, M., Teisseyre, N., Rogé, B., & Mullet, E. (2002). Prevention and treatment of post-partum depression: a controlled randomized study on women at risk. *Psychological Medicine*, 32, 1039-1047.

Hayden T, Perantie DC, Nix BD, Barnes LD, Mostello DJ, Holcomb WL, et al. (2012). Treating prepartum depression to improve infant developmental outcomes: a study of diabetes in pregnancy. *J Clin Psychol Med Settings*, 19, 285-292.

Le, H.-N., Perry, D. F., & Stuart, E. A. (2011). Randomized controlled trial of a preventive intervention for perinatal depression in high-risk Latinas. *Journal of Consulting and Clinical Psychology*, 79(2), 135-141.

O'Mahen, H., Himle, J. A., Fedock, G., Henshaw, E. and Flynn, H. (2013). A pilot randomized controlled trial of cognitive behavioral therapy for perinatal depression adapted for women with low incomes. *Depress. Anxiety*, 30, 679–687.

Relapse Prevention for Depression

Dobson, K. S., Hollon, S. D., Dimidjian, S., Schmaling, K. B., Kohlenberg, R. J., Gallop, R. J., . . . Jacobson, N. S. (2008). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the prevention of relapse and recurrence in major depression. *Journal of Consulting and Clinical Psychology*, 76(3), 468-477.

Fava G.A., Rafanelli C., Grandi S., et al. (1998). Prevention of recurrent depression with cognitive behavioral therapy. Preliminary findings. *Arch Gen Psychiatry*. 55:816–20.

Hollon SD, DeRubeis RJ, Shelton RC, et al. Prevention of Relapse Following Cognitive Therapy vs Medications in Moderate to Severe Depression. *Arch Gen Psychiatry*. 2005;62(4):417-422. doi:10.1001/archpsyc.62.4.417.

Paykel, E.S., Scott, J., Teasdale, J., Johnson, A.L. et al. (1999). Prevention of Relapse in Residual Depression by Cognitive Therapy. *Arch Gen Psychiatry*. 56:829-835.

Generalized Anxiety Disorder

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, Diane L., Ollendick, & Thomas H. (2001). “Empirically Supported Psychological Interventions: Controversies and Evidence.” *Annu. Rev. Psychol.* 52:685-716.

Gould, R. A., Otto, M. W., Pollack, M. H., & Yap, L. (1997). Cognitive behavioral and pharmacological treatment of generalized anxiety disorder: A preliminary meta-analysis. *Behavior Therapy*, 28, 285-305.

Borkovec, T. D., Newman, M. G., Pincus, A. L., & Lytle, R. (2002). A component analysis of cognitive– behavioral therapy for generalized anxiety disorder and the role of interpersonal problems. *Journal of Consulting and Clinical Psychology*, 70, 288–298.

Kohli, A., Nehra, V., & Nehra, R. (2000). Comparison of efficacy of psychorelaxation and pharmacotherapy in generalized anxiety disorder. *Journal of Personality and Clinical Studies*, 16, 43–48.

Ladouceur, R., Dugas, M. J., Freeston, M. H., Le’ger, E., Gagnon, F., & Thibodeau, N. (2000). Efficacy of cognitive– behavioral treatment of generalized anxiety disorder:

Evaluation in a controlled clinical trial. *Journal of Consulting and Clinical Psychology*, 68, 957–964.

Öst, L.-G., & Breitholtz, E. (2000). Applied relaxation vs. cognitive therapy in the treatment of generalized anxiety disorder. *Behaviour Research and Therapy*, 38, 777-790.

Borkovec, T. D., & Costello, E. (1993). Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, 61, 611–619.

Barlow, D. H., Rapee, R. M., & Brown, T. A. (1992). Behavioral treatment of generalized anxiety disorder. *Behavior Therapy*, 23, 551–570.

White, J., Keenan, M., & Brooks, N. (1992). Stress control: A controlled comparative investigation of large group therapy for generalized anxiety disorder. *Behavioural Psychotherapy*, 20, 97–114.

Butler, G., Fennell, M., Robson, P., & Gelder, M. (1991). Comparison of behavior therapy and cognitive behavior therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, 59, 167–175.

Power, K. G., Simpson, R. J., Swanson, V., & Wallace, L. A. (1990). A controlled comparison of cognitive-behaviour therapy, diazepam, and placebo, alone and in combination, for the treatment of generalized anxiety disorder. *Journal of Anxiety Disorders*, 4, 267–292.

Borkovec, T. D., Mathews, A. M., Chambers, A., Ebrahimi, S., Lytle, R., & Nelson, R. (1987). The effects of relaxation training with cognitive or nondirective therapy and the role of relaxation-induced anxiety in the treatment of generalized anxiety. *Journal of Consulting and Clinical Psychology*, 55, 883–888.

Panic Disorder

Apeldoorn, F. J., Timmerman, M. E., Mersch, P. P., Wiljo J. P. J. Van Hout, Visser, S., Dyck, R. V., & Boer, J. A. (2010). A Randomized Trial of Cognitive-Behavioral Therapy or Selective Serotonin Reuptake Inhibitor or Both Combined for Panic Disorder With or Without Agoraphobia. *The Journal of Clinical Psychiatry*, 71(05), 574-586.

Barlow DH, Gorman JM, Shear M, Woods SW. (2000). Cognitive-Behavioral Therapy, Imipramine, or Their Combination for Panic Disorder: A Randomized Controlled Trial. *JAMA*, 283(19), 2529-2536.

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

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Gould, R. A., Otto, M. W., & Pollack, M. H. (1995). A meta-analysis of treatment outcome for panic disorder. *Clinical Psychology Review*, 15(8), 819-844.

Otto, M. W., & Deveney, C. (2005). Cognitive-behavioral therapy and the treatment of panic disorder: efficacy and strategies. *J Clin Psychiatry*, 66(4),28-32.

Roy-Byrne, P. P., Craske, M. G., Stein, M. B., et al. (2012). A Randomized Effectiveness Trial of Cognitive-Behavioral Therapy and Medication for Primary Care Panic Disorder. *Arch Gen Psychiatry*. 62(3):290-298.

Schmidt, N. B., & Keough, M. E. (2010). Treatment of Panic. *Annual Review of Clinical Psychology*, 6, 241 -256

Agoraphobia and Panic Disorder with Agoraphobia

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Mitte, K. (2005). A meta-analysis of the efficacy of psycho- and pharmacotherapy in panic disorder with and without agoraphobia. *Journal of Affective Disorders*, 88(1), 27-45.

Oei, T. P. S., Llamas, M., & Devilly, G. J. (1999). The efficacy and cognitive processes of cognitive behaviour therapy in the treatment of panic disorder with agoraphobia. *Behavioural and Cognitive Psychotherapy*, 27, 63-88.

Social Anxiety / Social Phobia

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Clark, D. M., Ehlers, A., McManus, F., Hackmann, A., Fennell, M., Campbell, H., Flower, T., Davenport, C., & Louis, B. (2003). Cognitive Therapy Versus Fluoxetine in

Generalized Social Phobia: A Randomized Placebo-Controlled Trial. *Journal of Consulting and Clinical Psychology*, 71(6), 1058-1067.

Davidson, J. T., Foa, E. B., Huppert, J. D., et al. (2004). Fluoxetine, Comprehensive Cognitive Behavioral Therapy, and Placebo in Generalized Social Phobia. *Arch Gen Psychiatry*, 61(10):1005-1013.

Gordon, D., Wong, J. and Heimberg, R. G. (2014) Cognitive-Behavioral Therapy for Social Anxiety Disorder: The State of the Science, in *The Wiley Blackwell Handbook of Social Anxiety Disorder* (ed J. W. Weeks), John Wiley & Sons, Ltd, Chichester, UK.

Gould, R. A., Buckminster, S., Pollack, M. H., Otto, M.W., & Yap, L. (1997). Cognitive-behavioral and pharmacological treatment for social phobia: A meta-analysis. *Clinical Psychology: Science & Practice*, 4, 291-306.

Hoffman, S. G. (2004). Cognitive Mediation of Treatment Change in Social Phobia. *Journal of Consulting and Clinical Psychology*, 72(3), 392-399.

Obsessive-Compulsive Disorder

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Foa, E. B., Liebowitz, M. R., Kozak, M. J., Davies, S., Campeas, R., Franklin, M. E., Huppert, J. D., Kjernisted, K., Rowan, V., Schmidt, A. B., Simpson, H. B., & Tu, X. (2007). Randomized, Placebo-Controlled Trial of Exposure and Ritual Prevention, Clomipramine, and Their Combination in the Treatment of Obsessive-Compulsive Disorder. *FOCUS*, 5(3), 368-380.

Foa, E. B., Simpson, H. B., Liebowitz, M. R., Powers, M. B., Rosenfield, D., Cahill, S. P., ... Williams, M. T. (2013). Six-Month Follow-Up of a Randomized Controlled Trial Augmenting Serotonin Reuptake Inhibitor Treatment With Exposure and Ritual Prevention for Obsessive-Compulsive Disorder. *The Journal of Clinical Psychiatry*, 74(5), 464-469.

Olatunji, B. O., Davis, M. L., Powers, M. B., & Smits, J. A. J. (2013). Cognitive-behavioral therapy for obsessive-compulsive disorder: A meta-analysis of treatment outcome and moderators, *Journal of Psychiatric Research*, 47(1), 33-41.

Simpson, H. B., Foa, E. B., Liebowitz, M. R., et al. (2008). A Randomized, Controlled Trial of Cognitive-Behavioral Therapy for Augmenting Pharmacotherapy in Obsessive-Compulsive Disorder. *American Journal of Psychiatry*, 165(5), 621-630

Simpson, H. B., Foa, E. B., Liebowitz, M. R., Huppert, J. D., Cahill, S., Maher, M. J., ... Campeas, R. (2013). Cognitive-Behavioral Therapy vs Risperidone for Augmenting Serotonin Reuptake Inhibitors in Obsessive-Compulsive Disorder: A Randomized Clinical Trial. *JAMA Psychiatry*, 70(11), 1190–1199.

Post-Traumatic Stress Disorder (Trauma)

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Ehlers A, Clark DM, Hackmann A, et al (2003).. A Randomized Controlled Trial of Cognitive Therapy, a Self-help Booklet, and Repeated Assessments as Early Interventions for Posttraumatic Stress Disorder. *Arch Gen Psychiatry*, 60(10):1024-1032.

Ehlers, A., Hackmann, A., Grey, N., Wild, J., Liness, S., Albert, I., . . . Clark, D. M. (2014). A Randomized Controlled Trial of 7-Day Intensive and Standard Weekly Cognitive Therapy for PTSD and Emotion-Focused Supportive Therapy. *American Journal of Psychiatry*, 171(3), 294-304.

Foa, E. B. (2011), Prolonged exposure therapy: past, present, and future. *Depress. Anxiety*, 28: 1043–1047.

Foa EB, Yusko DA, McLean CP, et al. (2013). Concurrent Naltrexone and Prolonged Exposure Therapy for Patients With Comorbid Alcohol Dependence and PTSD: A Randomized Clinical Trial. *JAMA*.310(5):488-495.

Kaysen, D., Schumm, J., Pedersen, E. R., Seim, R. W., Bedard-Gilligan, M., & Chard, K. (2014). Cognitive Processing Therapy for veterans with comorbid PTSD and alcohol use disorders. *Addictive Behaviors*, 39(2), 420-427.

McDonagh, A., Friedman, M., McHugo, G., Ford, J., Sengupta, A., Mueser, K., . . . Descamps, M. (2005). Randomized Trial of Cognitive-Behavioral Therapy for Chronic Posttraumatic Stress Disorder in Adult Female Survivors of Childhood Sexual Abuse. *Journal of Consulting and Clinical Psychology*, 73(3), 515-524.

Monson, C. M.,; Schnurr, P. P., Resick, P. A., Friedman, M. J., Young-Xu, Y., & Stevens, S. P. (2006). Cognitive processing therapy for veterans with military-related posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, 74(5), 898-907.

Morland, L. A., Mackintosh, M., Greene, C. J., Rosen, C. S., Chard, K. M., Resick, P., & Frueh, B. C. (2014). Cognitive Processing Therapy for Posttraumatic Stress Disorder Delivered to Rural Veterans via Telemental Health. *The Journal of Clinical Psychiatry*, 75(05), 470-476.

- Mueser, K. T., Rosenberg, S. D., Xie, H., Jankowski, M. K., Bolton, E. E., Lu, W., . . . Wolfe, R. (2008). A randomized controlled trial of cognitive-behavioral treatment for posttraumatic stress disorder in severe mental illness. *Journal of Consulting and Clinical Psychology, 76*(2), 259-271.
- National Institute for Health and Clinical Excellence (2005). CG26 Post-traumatic stress disorder (PTSD): Information for the public. *Retrieved from:* <http://www.nice.org.uk/download.aspx?o=CG026publicinfo&template=download.aspx>.
- Resick, P. A., Nishith, P., Weaver, T. L., Astin, M. C., & Feuer, C. A. (2002). A comparison of cognitive-processing therapy with prolonged exposure and a waiting condition for the treatment of chronic posttraumatic stress disorder in female rape victims. *Journal of Consulting and Clinical Psychology, 70*(4), 867-879.
- Resick, P. A., Williams, L. F., Suvak, M. K., Monson, C. M., & Gradus, J. L. (2012). Long-Term Outcomes of Cognitive–Behavioral Treatments for Posttraumatic Stress Disorder Among Female Rape Survivors. *Journal of Consulting and Clinical Psychology, 80*(2), 201–210.
- Resick, P. A., Uhlmansiek, M. O., Clum, G. A., Galovski, T. E., Scher, C. D., & Young-Xu, Y. (2008). A Randomized Clinical Trial to Dismantle Components of Cognitive Processing Therapy for Posttraumatic Stress Disorder in Female Victims of Interpersonal Violence. *Journal of Consulting and Clinical Psychology, 76*(2), 243–258.
- Shnaider, P., Vorstenbosch, V., Macdonald, A., Wells, S. Y., Monson, C. M. and Resick, P. A. (2014), Associations Between Functioning and PTSD Symptom Clusters in a Dismantling Trial of Cognitive Processing Therapy in Female Interpersonal Violence Survivors. *J. Traum. Stress, 27*, 526–534.
- Surís, A., Link-Malcolm, J., Chard, K., Ahn, C. and North, C. (2013), A Randomized Clinical Trial of Cognitive Processing Therapy for Veterans With PTSD Related to Military Sexual Trauma. *J. Traum. Stress, 26*, 28–37.

Withdrawal from Anti-Anxiety Medications

- Baillargeon, L., Landreville, P., Verreault, R., Beauchemin, J-P., Gregoire, J-P., & Morin, C. M. (2003). Discontinuation of benzodiazepines among older insomniac adults treated with cognitive-behavioural therapy combined with gradual tapering: A randomized trial. *Canadian Medical Association Journal, 169*(10), 1015-1020.
- Chambless, Diane L., Ollendick, & Thomas H. (2001). “Empirically Supported Psychological Interventions: Controversies and Evidence.” *Annu. Rev. Psychol. 52*:685-716.

Gosselin, P., Ladouceur, R., Morin, C. M., Dugas, M. J., & Baillargeon, L. (2006). Benzodiazepine discontinuation among adults with GAD: A randomized trial of cognitive-behavioral therapy. *Journal of Consulting and Clinical Psychology, 74*(5), 908-919.

Morin, C. M., Bastien, C., Guay, B., Radouco-Thomas, M., Leblanc, J., & Vallières, A. (2004). Randomized Clinical Trial of Supervised Tapering and Cognitive Behavior Therapy to Facilitate Benzodiazepine Discontinuation in Older Adults With Chronic Insomnia. *American Journal of Psychiatry, 161*(2), 332-342.

Otto, M. W., Mchugh, R. K., Simon, N. M., Farach, F. J., Worthington, J. J., & Pollack, M. H. (2010). Efficacy of CBT for benzodiazepine discontinuation in patients with panic disorder: Further evaluation. *Behaviour Research and Therapy, 48*(8), 720-727.

Otto, M. W., Pollack, M., Sachs, G., Reiter, S. R., Meltzer-Brody, S., & Rosenbaum, J. F. (1993). Discontinuation of benzodiazepine treatment: Efficacy of cognitive- behavioral therapy for patients with panic disorder. *American Journal of Psychiatry, 150*(10), 1485-1490.

Dental Phobia

Berggren, U. (2001) Long-Term Management of the Fearful Adult Patient Using Behavior Modification and Other Modalities. *Journal of Dental Education. 65:12.*

Getka, E. J., & Glass, C. R. (1992). Behavioral and cognitive-behavioral approaches to the reduction of dental anxiety, *Behavior Therapy, (23)3*, 433-448.

Thom, A., Sartory, G., & Jöhren, P. (2000). Comparison between one-session psychological treatment and benzodiazepine in dental phobia. *Journal of Consulting and Clinical Psychology, 68*(3), 378-387.

Vika, M., Skaret, E., Raadal, M., Öst, L.-G. and Kvale, G. (2009), One- vs. five-session treatment of intra-oral injection phobia: a randomized clinical study. *European Journal of Oral Sciences, 117: 279–285.*

Bipolar Disorder (in combination with medication)

Ball, J. R., Mitchell, P. B., Corry, J. C., Skillecorn, A., Smith, M., & Malhi, G. S. (2006). A Randomized Controlled Trial of Cognitive Therapy for Bipolar Disorder. *The Journal of Clinical Psychiatry, 67*(02), 277-286.

Lam D.H., Watkins E.R., Hayward P., Bright J., et al. (2003) A randomized controlled study of cognitive therapy for relapse prevention for bipolar affective disorder: outcome of the first year. *Arch Gen Psychiatry. 60*(2):145-52.

Scott, J., Paykel, E., Morriss, R., Bentall, R., Kinderman, P., Johnson, T., Abbott, R., & Hayhurst, H. (2006). Cognitive-behavioural therapy for severe and recurrent bipolar disorders. *The British Journal of Psychiatry*, 188(4), 313-320.

Binge-eating disorder

Agras WS, Telch CF, Arnow B, Eldredge K, Wilfley DE, Raeburn SD, et al. (1994). Weight loss, cognitive-behavioral, and desipramine treatments in binge eating disorder: An additive design. *Behav Ther*, 25, 225-238.

Grilo CM, Masheb RM, Wilson GT. (2005). Efficacy of cognitive behavioral therapy and fluoxetine for the treatment of binge eating disorder: A randomized double-blind placebo-controlled comparison. *Biol Psychiatry*, 57, 301-309.

Grilo CM, Masheb RM, Salant SL. (2005). Cognitive behavioral therapy guided self-help and orlistat for the treatment of binge eating disorder: A randomized, double-blind, placebo-controlled trial. *Biol Psychiatry*, 57, 1193-1201.

Bulimia

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Agras, W.S., Walsh, T., Fairburn, C.G., Wilson, GT, & Kraemer, H.C. (2000). A multicenter comparison of cognitive-behavioral therapy and interpersonal psychotherapy for bulimia nervosa. *Archives of General Psychiatry*, 57(5), 459-466.

Fairburn CG, Cooper Z, Doll HA, O'Connor ME, Bohn K, Hawker DM, Wales JA, Palmer RL. (2009). Transdiagnostic cognitive behavioral therapy for patients with eating disorders: A two-site trial with 60-week follow-up. *American Journal of Psychiatry*, 166: 311-319.

Fairburn, C.G., Norman, P.A., Welch, S.L., O'Connor, M.E., Doll, H.A., & Peveler, R.C. (1995). A prospective study of outcome in bulimia nervosa and the long-term effects of three psychological treatments. *Archives of General Psychiatry*, 52, 304-312.

Fairburn, C. G., Jones, R., Peveler, R. C., Hope, R. A., & O'Connor, M. (1993). Psychotherapy and bulimia nervosa: The longer-term effects of interpersonal psychotherapy, behaviour therapy and cognitive behaviour therapy. *Arch Gen Psychiatry*, 50, 419-428.

Mitchell JE, Agras S, Crow S, Halmi K, Fairburn CG, Bryson S, Kraemer H. (2011). Stepped care and cognitive-behavioural therapy for bulimia nervosa: randomised trial. *British Journal of Psychiatry*, 198: 391-397.

Poulsen S, Lunn S, Daniel SIF, Folke S, Mathiesen BB, Katznelson H, Fairburn CG. (2014). A randomized controlled trial of psychoanalytic psychotherapy versus cognitive behavior therapy for bulimia nervosa. *American Journal of Psychiatry*, 171: 109-116.

Anorexia (after weight is gained)

Roth A.D., Fonagy P. (1996). *What Works for Whom? A Critical Review of Psychotherapy Research*. New York: Guilford.

Pike, K.M., Walsh, B.T., Vitousek, K., Wilson, G.T., and Bauer, J. (2003). Cognitive behavior therapy in the posthospitalization treatment of anorexia nervosa. *American Journal of Psychiatry*, 160, 2046-2049.

McIntosh VVW, Jordan J, Carter F, Luty SE, McKenzie JM, Bulik CM, Frampton CMA, Joyce PR (2005). Three psychotherapies for anorexia nervosa: A randomized, controlled trial. *Am J Psychiatry* 162: 741-747

Zipfel, S., Wild, B., Groß, G., Friederich, H., Teufel, M., Schellberg, D., . . . Herzog, W. (2014). Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in outpatients with anorexia nervosa (ANTOP study): Randomised controlled trial. *The Lancet*, 383(9912), 127-137.

Body Dysmorphic Disorder (extreme dissatisfaction with body image)

Veale D, Anson M, Miles S, Pieta M, Costa A, Ellison N. (2014). Efficacy of Cognitive Behaviour Therapy versus Anxiety Management for Body Dysmorphic Disorder: A Randomised Controlled Trial. *Psychother Psychosom*, 83, 341-353.

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Somatization Disorder

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Cocaine abuse (CBT relapse prevention is effective)

Carroll KM, Fenton LR, Ball SA, et al. (2004). Efficacy of Disulfiram and Cognitive Behavior Therapy in Cocaine-Dependent Outpatients: A Randomized Placebo-Controlled Trial. *Arch Gen Psychiatry*, 61(3), 264-272.

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Methamphetamine Dependence

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Opiate Dependence

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Smoking Cessation (Group CBT is effective, as well as CBT that has multiple treatment components, in combination with relapse prevention)

Baker, A. (2006). A Randomized Controlled Trial of a Smoking Cessation Intervention Among People With a Psychotic Disorder. *American Journal of Psychiatry*, 163(11), 1934-1942.

Hall SM Muñoz RF Reus VI (1994). Cognitive-behavioral intervention increases abstinence rates for depressive-history smokers. *J Consult Clin Psychol*, 62, 141- 146.

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Anger

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Borderline Personality Disorder

- Brown, G.K., Newman, C.F., Charlesworth, S.E., Crits-Christoph, P. & Beck, A.T. (2004). An open clinical trial of cognitive therapy for borderline personality disorder. *Journal of personality disorders, 18(3): 257-271.*
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Atypical sexual practices/sex offenders

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- Kirsch, L. G., & Becker, J. V. (2006). Sexual offending: Theory of problem, theory of change, and implications for treatment effectiveness. *Aggression and Violent Behavior*, 11, 208-224
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Medically related disorders:

Chronic pain (CBT, in combination with physical therapy, is effective for chronic pain in many medical conditions)

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- Turner, J. A., Mancl, L., & Aaron, L. A. (2006). Short- and long-term efficacy of brief cognitive-behavioral therapy for patients with chronic temporomandibular disorder pain: A randomized, controlled trial. *Pain*, 121(3), 181-194.
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Chronic back pain

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Chronic headaches

Holroyd, KA, Nash, JM, Pingel, JD, Cordingley, GE, & Jerome, A. (1991). A comparison of pharmacological (amitriptyline HCL) and nonpharmacological (cognitive-behavioral) therapies for chronic tension headaches. *Journal of Consulting and Clinical Psychology*, 59, 387-393.

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Holroyd, KA, Andrasik, F., & Westbrook, T. (1977). Cognitive control of tension headache. *Cognitive Therapy and Research*, 1, 121-133.

Fatigue and functional impairments among cancer survivors

Gielissen, M. F., Verhagen, C. A. H. H. V. M., & Bleijenberg, G. (2007). Cognitive behaviour therapy for fatigued cancer survivors: Long-term follow-up. *British Journal of Cancer*, 97(5), 612-618.

Goedendorp, M. M., Peters, M. E., Gielissen, M. F., Witjes, J. A., Leer, J. W., C. A. H. H. V. M. Verhagen, & Bleijenberg, G. (2010). Is Increasing Physical Activity Necessary to Diminish Fatigue During Cancer Treatment? Comparing Cognitive Behavior Therapy and a Brief Nursing Intervention with Usual Care in a Multicenter Randomized Controlled Trial. *The Oncologist*, 15(10), 1122-1132.

Jooris, D., & Cohen, L. (2015). Randomized Controlled Trial of a Cognitive-Behavioral Therapy Plus Hypnosis Intervention to Control Fatigue in Patients Undergoing Radiotherapy for Breast Cancer. *Breast Diseases: A Year Book Quarterly*, 26(1), 30-31.

Marieke F.M. Gielissen, Stans Verhagen, Fred Witjes, Gijs Bleijenberg. (2006). Effects of Cognitive Behavior Therapy in Severely Fatigued Disease-Free Cancer Patients Compared With Patients Waiting for Cognitive Behavior Therapy: A Randomized Controlled Trial. *Journal of Clinical Oncology*. 24(30): 4882-48

Sickle cell disease pain (CBT that has multiple treatment components is effective)

Anie KA, Green J. (2012). Psychological therapies for sickle cell disease and pain. *Cochrane Database of Systematic Reviews*, 2. Art. No.: CD001916. DOI: 10.1002/14651858.CD001916.pub2

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Thomas, V. J., Gruen, R., & Shu, S. (2001). Cognitive–Behavioural Therapy for the Management of Sickle Cell Disease Pain: Identification and Assessment of Costs. *Ethnicity & Health*, 6(1), 59-67.

Physical complaints not explained by a medical condition (Somatoform disorders)

Andersson, G., Cuijpers, P., Carlbring, P., Riper, H. and Hedman, E. (2014), Guided Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: a systematic review and meta-analysis. *World Psychiatry*, 13: 288–295.

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Irritable-bowel syndrome

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Katzka, D. (2008). How Does Cognitive Behavior Therapy for Irritable Bowel Syndrome Work? A Mediation Analysis of a Randomized Clinical Trial. *Yearbook of Gastroenterology*, 2008, 38-39.

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Mussell, M., Bocker, U., Nagel, N., Olbrich, R., et al. (2003). Reducing psychological distress in patients with inflammatory bowel disease by cognitive-behavioural treatment: exploratory study of effectiveness. *Scand J Gastroenterol.* 38(7):755-62.

Obesity

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Cooper Z, Doll HA, Hawker DM, Byrne S, Bonner G, Eeley E, O'Connor ME, Fairburn CG. Testing a new cognitive behavioural treatment for obesity: a randomized controlled trial with three-year follow-up. *Behaviour Research and Therapy* 2010; 48: 706-713.

Linde JA, Simon GE, Ludman EJ, Ichikawa LE, Opersalski BH. (2011). A randomized controlled trial of behavioral weight loss treatment versus combined weight loss/depression treatment among women with comorbid obesity and depression. *Ann Behav Med*, 41, 119–130.

Asthma with Coexisting Panic Disorder (in combination with asthma education)

Ross, C.J.M., Davis, T.M.A., Macdonald, G.F. (2005). Cognitive-Behavioral Treatment Combined With Asthma Education for Adults With Asthma and Coexisting Panic Disorder. *Clinical Nursing Research.* 14(2): 131-157.

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complications of asthma: Prospective randomised trial. *Respiratory Medicine*, 106(6), 802-810.

Rheumatic disease pain (CBT that has multiple treatment components is effective)

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Leibing, E., Pflingsten, M., Bartmann, U., Rueger, U., Schuessler, G. (1999). Cognitive-behavioral treatment in unselected rheumatoid arthritis outpatients. *Clinical Journal of Pain*, 15(1):58-66.

Keefe, FJ, Caldwell, DS, Williams, DA, Gil KM, Mitchell, D., Robertson, C., Martinez, S., Nunley, J., Beckham, JC, Helms, M. (1990a). Pain coping skills training in the management of osteoarthritic knee pain: A comparative study. *Behavior Therapy*, 21, 49-62.

Keefe, FJ, Caldwell, DS, Williams, DA, Gil KM, Mitchell, D., Robertson, C., Martinez, S., Nunley, J., Beckham, JC, Helms, M. (1990b). Pain coping skills training in the management of osteoarthritic knee pain -II: Follow-up results. *Behavior Therapy*, 21, 435-447.

Parker, J.C., Frank, R.G., Beck, NC, Smarr, KL, Buescher, KL, Phillips, LR, Smith, EI, Anderson, SK, Walker, SE. (1988). Pain management in rheumatoid arthritis patients: A cognitive-behavioral approach. *Arthritis and Rheumatism*, 31, 593-601.

Temporomandibular Disorder pain

Turner, J.A., Mancl, L., & Aaron, L.A. (2006). Short- and long-term efficacy of brief cognitive-behavioral therapy for patients with chronic temporomandibular disorder pain: A randomized, controlled trial. *Pain. Feb 20*.

Erectile dysfunction (CBT is effective for reducing sexual anxiety and improving communication)

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Vaginismus and Vulvodynia

Bergeron, S., Binik, Y. M., Khalifé, S., Pagidas, K., Glazer, H. I., Meana, M., & Amsel, R. (2001). A randomized comparison of group cognitive-behavioral therapy, surface electromyographic biofeedback, and vestibulectomy in the treatment of dyspareunia resulting from vulvar vestibulitis. *Pain*, 91(3), 297-306.

Dow, M. G. T. (1983). A controlled comparative evaluation of conjoint counselling and self-help behavioural treatment for sexual dysfunction. Unpublished doctoral dissertation, University of Glasgow, Scotland.

Masheb, R. M., Kerns, R. D., Lozano, C., Minkin, M. J., & Richman, S. (2009). A randomized clinical trial for women with vulvodynia: Cognitive-behavioral therapy vs. supportive psychotherapy. *Pain*, 141(1), 31-40.

van Lankveld, J. J. D. M., ter Kuile, M. M., de Groot, H. E., Melles, R., Nefs, J., & Zandbergen, M. (2006). Cognitive-behavioral therapy for women with lifelong vaginismus: A randomized waiting-list controlled trial of efficacy. *Journal of Consulting and Clinical Psychology*, 74(1), 168-178.

Clinical CBT Trial (Unpublished data). Yale Depression Research Clinic, Yale University School of Medicine.

Uterovaginal Agenesis (Mayer-Rokitansky-Kuster-Hauser syndrome)

Heller-Boersma, J., Schmidt, U., & Edmonds, D. (2007). A randomized controlled trial of a cognitive-behavioural group intervention versus waiting-list control for women with uterovaginal agenesis (Mayer Rokitansky Kuster Hauser syndrome: MRKH). *Human Reproduction*, 22(8), 2296-2301.

Infertility (anovulation)

Berga, S. (Unpublished data). CBT can restore ovulation in infertile women. Presented at the 22nd annual conference of the European Society of Human Reproduction and Embryology, June 20, 2006.

Faramarzi, M., Alipour, A., Esmaelzadeh, S., Kheirkhah, F., Poladi, K., & Pash, H. (2008). Treatment of depression and anxiety in infertile women: Cognitive behavioral therapy versus fluoxetine. *Journal of Affective Disorders*, 108(1-2), 159-164.

Faramarzi, M., Kheirkhah, F., Esmaelzadeh, S., Alipour, A., Hjiahmadi, M., & Rahnama, J. (2008). Is psychotherapy a reliable alternative to pharmacotherapy to promote the mental health of infertile women? A randomized clinical trial. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 141(1), 49-53.

Tuschen-Caffier B, Florin I, Krause W, Pook M. (1999). Cognitive-Behavioral Therapy for Idiopathic Infertile Couples. *Psychother Psychosom*, 68, 15-21

Sleep disorders

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Geriatric sleep disorders

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Insomnia

Chesson, A.L. Jr., Anderson, W. M., Littner, M., Davila, D., Hartse, K., Johnson, S., Wise, M. & Rafecas, J. (1999). Practice Parameters for the Nonpharmacologic Treatment of Chronic Insomnia. *SLEEP*, 22(8), 1128-1133.

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Manber R, Edinger JD, Gress JL, San Pedro-Salcedo MG, Kuo TF, Kalista T. (2008). Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia. *Sleep*, 31, 489-495.

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Chronic fatigue syndrome

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INITIAL STUDIES

CBT has been clinically demonstrated to be an effective treatment in case series, same-investigator studies, or studies without a control group for the following problems and disorders (among adults unless otherwise noted):

Geriatric Anxiety

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Schizophrenia (in combination with medication)

- Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.
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- Rector, N. A., & Beck, A. T. (2001). Cognitive-behavioral therapy for schizophrenia: An empirical review. *Journal of Nervous and Mental Disease*, 189, 278-287.
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Dissociative Disorders

Goldstein, L. H., Deale, A. C., O'Malley, S. J., Toone, B. K., & Mellers, J. D. (2004). An Evaluation of Cognitive Behavioral Therapy as a Treatment for Dissociative Seizures. *Cognitive and Behavioral Neurology*, 17(1), 41-49.

Hunter, E. C., Baker, D., Phillips, M. L., Sierra, M., & David, A. S. (2005). Cognitive-behaviour therapy for depersonalisation disorder: An open study. *Behaviour Research and Therapy*, 43(9), 1121-1130.

Nathan, P. E., & Gorman, J. M. (2002). *A Guide To Treatments That Work*, Second Edition. New York: Oxford University Press.

Suicide attempts

Brown, G.K., Have, T. T., Henriques, G.R., Xic, S.X., Hollander, J.E., & Beck, A.T. (2005). Cognitive Therapy for the Prevention of Suicide Attempts: A Randomized Controlled Trial. *JAMA*, 294, (5), 563-570.

Stanley, B., Brown, G., Brent, D. A., Wells, K., Poling, K., Curry, J., . . . Hughes, J. (2009). Cognitive-Behavioral Therapy for Suicide Prevention (CBT-SP): Treatment Model, Feasibility, and Acceptability. *Journal of the American Academy of Child & Adolescent Psychiatry*, 48(10), 1005-1013.

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Substance/alcohol abuse

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Attention deficit disorder (in combination with medication)

Emilsson, B., Gudjonsson, G., Sigurdsson, J. F., Baldursson, G., Einarsson, E., Olafsdottir, H., & Young, S. (2011). Cognitive behaviour therapy in medication-treated adults with ADHD and persistent Symptoms: A randomized controlled trial. *BMC Psychiatry*, 11(1), 116.

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Virta, M., Vedenpaa, A., Gronroos, N., Chydenius, E., Partinen, M., Vataja, R., . . . Iivanainen, M. (2008). Adults With ADHD Benefit From Cognitive--Behaviorally Oriented Group Rehabilitation: A Study of 29 Participants. *Journal of Attention Disorders*, 12(3), 218-226.

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Chang, B. L. (1999). Cognitive-Behavioral Intervention for Homebound Caregivers of Persons with Dementia. *Nursing Research*, 48(3), 173-182.

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Habit disorders

O'Connor, K.P., Brault, M., Robillard, S., Loiselle, J. et al. (2001). Evaluation of a cognitive-behavioural program for the management of chronic tic and habit disorders. *Behav Res Ther*. 39(6):667-81.

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Wilhelm S, Peterson AL, Piacentini J, et al. (2012). Randomized Trial of Behavior Therapy for Adults With Tourette Syndrome. *Arch Gen Psychiatry*, 69(8), 795-803.

Medically related disorders:

Migraine headaches

Andrasik, F. (2007). What does the evidence show? Efficacy of behavioural treatments for recurrent headaches in adults. *Neurological Sciences Neurol Sci*, 28(S2), S70-S77.

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Thorn, B. E., Pence, L. B., Ward, L. C., Kilgo, G., Clements, K. L., Cross, T. H., . . . Tsui, P. W. (2007). A Randomized Clinical Trial of Targeted Cognitive Behavioral Treatment to Reduce Catastrophizing in Chronic Headache Sufferers. *The Journal of Pain*, 8(12), 938-949.

Non-cardiac chest pain

Jonsbu, E., Dammen, T., Morken, G., Moum, T., & Martinsen, E. W. (2011). Short-term cognitive behavioral therapy for non-cardiac chest pain and benign palpitations: A randomized controlled trial. *Journal of Psychosomatic Research*, 70(2), 117-123.

Mayou, R.A., Bryant, B.M., Sanders, D., Bass, C. et al. (1997). A controlled trial of cognitive behavioural therapy for non-cardiac chest pain. *Psychol Med*. 27(5): 1021-31.

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Cancer pain

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol*. 52:685-716.

Pain relating to a disease that has no known cause (Idiopathic pain)

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol*. 52:685-716.

Nezu, A. M., Nezu, C. M., & Lombardo, E. R. (2001). Cognitive-behavior therapy for medically unexplained symptoms: A critical review of the treatment literature. *Behavior Therapy*, 32(3), 537-583.

Hypochondriasis, or the unsubstantiated belief that one has a serious medical condition

Barsky, A. J., & Ahern, D. K. (2004). Cognitive Behavior Therapy for Hypochondriasis: A randomized controlled trial. *Jama*, 291(12), 1464-1470.

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Markowitz, J. (2008). Cognitive Behavior Therapy and Paroxetine in the Treatment of Hypochondriasis: A Randomized Controlled Trial. *Yearbook of Psychiatry and Applied Mental Health*, 2008, 69-70.

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Chronic pain (among children/adolescents)

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[pull from above]

Hypertension (CBT is effective as an adjunctive treatment)

Shapiro D., Hui K.K., Oakley M.E., et al. (1997). Reduction in drug requirements for hypertension by means of a cognitive-behavioral intervention. *Am J Hypertens.* 10:9-17.

Recurrent Cardiovascular Events in Patients with Coronary Heart Disease

Gulliksson M, Burell G, Vessby B, Lundin L, Toss H, Svärdsudd K. (2011). Randomized Controlled Trial of Cognitive Behavioral Therapy vs Standard Treatment to Prevent Recurrent Cardiovascular Events in Patients With Coronary Heart Disease: Secondary Prevention in Uppsala Primary Health Care Project (SUPRIM). *Arch Intern Med*, 171(2), 134-140.

Fibromyalgia

Bernardy, K., Fuber, N., Kollner, V., & Hauser, W. (2010). Efficacy of Cognitive-Behavioral Therapies in Fibromyalgia Syndrome -- A Systematic Review and Metaanalysis of Randomized Controlled Trials. *The Journal of Rheumatology*, 37(10), 1991-2005.

Edinger, J.D., Wohlgenuth, W.K., Krystal, A.D., Rice, J.R. (2005). Behavioral Insomnia Therapy for Fibromyalgia Patients. *Arch Intern Med*. 165:2527-2535.

Goldenberg, D.L., Burckhardt, C, Crofford, L. (2004). Management of Fibromyalgia Syndrome. *JAMA*. 292:2388-2395.

Kashikar-Zuck, S., Ting, T. V., Arnold, L. M., Bean, J., Powers, S. W., Graham, T. B., Passo, M. H., Schikler, K. N., Hashkes, P. J., Spalding, S., Lynch-Jordan, A. M., Banez, G., Richards, M. M. and Lovell, D. J. (2012), Cognitive behavioral therapy for the treatment of juvenile fibromyalgia: A multisite, single-blind, randomized, controlled clinical trial. *Arthritis & Rheumatism*, 64: 297–305.

Gulf War Syndrome

Donta, S.T., Clauw, D.J., Engel, C.C. Jr., Guarino, P., et al. (2003). Cognitive behavioural therapy and aerobic exercise for Gulf War veterans' illnesses: a randomized controlled trial. *JAMA*. 289(11):1396-404.

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Tinnitus

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Hesser, H., Weise, C., Westin, V. Z., & Andersson, G. (2011). A systematic review and meta-analysis of randomized controlled trials of cognitive-behavioral therapy for tinnitus distress. *Clinical Psychology Review*, 31(4), 545-553.

Weise, C., Kleinstäuber, M., & Andersson, G. (2016). Internet-Delivered Cognitive-Behavior Therapy for Tinnitus. *Psychosomatic Medicine*, 1. doi: 10.1097/PSY.0000000000000310

CHILDREN AND ADOLESCENTS

CBT has been clinically demonstrated in randomized controlled trials to be an effective treatment for the following disorders and problems:

[Also, see <http://effectivechildtherapy.org/content/specific-evidence-based-treatment-programs#1>]

Depression (among adolescents and depressive symptoms among children)

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol.* 52:685-716.

Grossman, P. B., & Hughes, J. N. (1992). Self-control interventions with internalizing disorders: A review and analysis. *School Psychology Review*, 21(2), 229-245.

Reinecke, M. A., Ryan, N. E., DuBois, D. L. (1998). Cognitive-behavioral therapy of depression and depressive symptoms during adolescence: A review and meta-analysis. *Journal of the American Academy of Child & Adolescent Psychiatry*, 37(1), 26-34.

March, J., Silva, S., Petrycki, S., Curry, J., Wells, K., Fairbank, J., ... Treatment for Adolescents With Depression Study (TADS) Team. (2004). Fluoxetine, Cognitive-Behavioral Therapy, and Their Combination for Adolescents With Depression: Treatment for Adolescents With Depression Study (TADS) Randomized Controlled Trial. *JAMA*. 292(7):807-820. doi:10.1001/jama.292.7.807.

Stice, E., Rohde, P., Gau, J. M., & Wade, E. (2010). Efficacy trial of a brief cognitive-behavioral depression prevention program for high-risk adolescents: Effects a 1- and 2-year follow-up. *Journal of Consulting and Clinical Psychology*, 78(6), 856-867.

The Treatment for Adolescents with Depression Study (TADS) Team (2007). The Treatment for Adolescents with Depression Study (TADS): Long-term effectiveness and safety outcomes. *Archives of General Psychiatry*, 64, 1132-1144.

Anxiety disorders

Higa-McMillan, C. K., Francis, S. E., Rith-Najarian, L., & Chorpita. (in press). Evidence Base Update : 50 Years of Research on Treatment for Child and Adolescent Anxiety.

- Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review, 26*(1), 17-31.
- Chambless, Diane L., Ollendick, & Thomas H. (2001). "Empirically Supported Psychological Interventions: Controversies and Evidence." *Annu. Rev. Psychol. 52*:685-716.
- Flannery-Schroeder, E., Choudhury, M. S., & Kendall, P. C. (2005). Group and Individual Cognitive-Behavioral Treatments for Youth With Anxiety Disorders: 1-Year Follow-Up. *Cognitive Therapy and Research, 29*(2), 253-259.
- Groot, J. D., Cobham, V., Leong, J., & Mcdermott, B. (2007). Individual versus group family-focused cognitive-behaviour therapy for childhood anxiety: Pilot randomized controlled trial. *Australian and New Zealand Journal of Psychiatry, 41*(12), 990-997.
- Grossman, P. B., & Hughes, J. N. (1992). Self-control interventions with internalizing disorders: A review and analysis. *School Psychology Review, 21*(2), 229-245.
- Hirshfeld-Becker, D. R., Masek, B., Henin, A., Blakely, L. R., Pollock-Wurman, R. A., McQuade, J., . . . Biederman, J. (2010). Cognitive behavioral therapy for 4- to 7-year-old children with anxiety disorders: A randomized clinical trial. *Journal of Consulting and Clinical Psychology, 78*(4), 498-510.
- Hudson, J. L., Rapee, R. M., Deveney, C., Schniering, C. A., Lyneham, H. J., & Bovopoulos, N. (2009). Cognitive-Behavioral Treatment Versus an Active Control for Children and Adolescents With Anxiety Disorders: A Randomized Trial. *Journal of the American Academy of Child & Adolescent Psychiatry, 48*(5), 533-544.
- Kendall, P. C., Flannery-Schroeder, E., Panichelli-Mindel, S. M., Southam-Gerow, M., Henin, A., & Warman, M. (1997). Therapy for youths with anxiety disorders: A second randomized clinical trial. *Journal of Consulting and Clinical Psychology, 65*(3), 366-380.
- Kendall, P. C., Hudson, J. L., Gosch, E., Flannery-Schroeder, E., & Suveg, C. (2008). Cognitive-behavioral therapy for anxiety disordered youth: A randomized clinical trial evaluating child and family modalities. *Journal of Consulting and Clinical Psychology, 76*(2), 282-297.
- Ishikawa, S.-i., Okajima, I., Matsuoka, H. and Sakano, Y. (2007), Cognitive Behavioural Therapy for Anxiety Disorders in Children and Adolescents: A Meta-Analysis. *Child and Adolescent Mental Health, 12*: 164–172.

Manassis, K., Mendlowitz, S. L., Scapillato, D., Avery, D., Fiksenbaum, L., Freire, M., . . . Owens, M. (2002). Group and Individual Cognitive-Behavioral Therapy for Childhood Anxiety Disorders: A Randomized Trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 41(12), 1423-1430.

Storch, E. A., Arnold, E. B., Lewin, A. B., Nadeau, J. M., Jones, A. M., Nadai, A. S., . . . Murphy, T. K. (2013). The Effect of Cognitive-Behavioral Therapy Versus Treatment as Usual for Anxiety in Children With Autism Spectrum Disorders: A Randomized, Controlled Trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 52(2), 132-142.

Obsessive-compulsive disorder

Barrett, P., Healy-Farrell, L., & March, J. S. (2004). Cognitive-Behavioral Family Treatment of Childhood Obsessive-Compulsive Disorder: A Controlled Trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 43(1), 46-62.

Franklin, M. E., Sapyta, J., Freeman, J. B., et al. (2011). Cognitive Behavior Therapy Augmentation of Pharmacotherapy in Pediatric Obsessive-Compulsive Disorder: The Pediatric OCD Treatment Study II (POTS II) Randomized Controlled Trial. *JAMA*, 306(11), 1224-1232.

Freeman, J., Garcia, A., Frank, H., Benito, K., Conelea, C., Walther, M., & Edmunds, J. (2014). Evidence Base Update for Psychosocial Treatments for Pediatric Obsessive-Compulsive Disorder. *Journal of Clinical Child and Adolescent Psychology*, 43(1), 7-26.

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COGNITIVE BEHAVIORAL THERAPY IS ALSO USED FOR:

- Stress
- Low self-esteem
- Relationship difficulties

- Group therapy
- Family therapy
- Psychiatric Inpatients
- Work problems & procrastination
- Pre-menstrual syndrome
- Separation and Divorce
- Grief and loss
- Aging