The following articles are now available and may be helpful to inform your daily practice and achieve improved outcomes for IAPT service users. This evidence-based practice update has been produced for the IAPT workstream in partnership with our host Trust (Cambridgeshire and Peterborough Foundation Trust – CPFT).

The articles listed below are available to NHS staff through their Athens accounts or to CPFT staff on the shelf at Fulbourn Library. To sign up for an Athens account, go to http://www.library.nhs.uk and click on “Register for NHS Athens”. If you are having problems with your Athens account, do not work for CPFT, or would like a copy of one of our print articles, please contact the library by phone on 01223 884 440 or by email at fulbourn.library@cpft.nhs.uk for further advice or assistance. Articles made available are for your personal work or educational use.

The full abstracts for the citations below are included on the IAPT website:

http://www.rcpsych.ac.uk/workinpsychiatry/qualityimprovement/managedclinicalnetwork/iaptworkstream/resourcelibrary.aspx

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**Cognitive Behaviour Therapy for Anxiety & Depression**

**Cognitive behavioural therapy as an adjunct to pharmacotherapy for primary care based patients with treatment resistant depression: Results of the CoBALT randomised controlled trial.**

**Citation:** The Lancet, February 2013, vol./is. 381/9864(375-384), 0140-6736 (Feb 2, 2013)

**Author(s):** Wiles, Nicola, Thomas, Laura, Abel, Anna, Ridgway, Nicola, Turner, Nicholas, Campbell, John, Garland, Anne, Hollinghurst, Sandra, Jerrom, Bill, Kessler, David, Kuyken, Willem, Morrison, Jill, Turner, Katrina, Williams, Chris, Peters, Tim, Lewis, Glyn

**Full Text:** Available from ProQuest in Lancet, The; Available from Lancet in University of Cambridge Medical Library

**CBT for treatment resistant depression.**

**Citation:** The Lancet, February 2013, vol./is. 381/9864(352-353), 0140-6736 (Feb 2, 2013)

**Author(s):** Otto, Michael W, Wisniewski, Stephen R

**Full Text:** Available from ProQuest in Lancet, The; Available from Lancet in University of Cambridge Medical Library

**The relationship between therapist competence and homework compliance in maintenance cognitive therapy for recurrent depression: Secondary analysis of a randomized trial.**

**Citation:** Behavior Therapy, March 2013, vol./is. 44/1(162-172), 0005-7894 (Mar 2013)

**Author(s):** Weck, Florian, Richtberg, Samantha, Esch, Sebastian, Hofling, Volkmar, Stangier, Ulrich

**Full Text:** Available from Behavior Therapy in Fulbourn Hospital Library

**Cognitive behavioural therapy for depression and anxiety in adults with acquired brain injury. What works for whom?**

**Citation:** Neuropsychological Rehabilitation, January 2013, vol./is. 23/1(64-101), 0960-2011;1464-0694 (Jan 2013)

**Author(s):** Waldron, Brian, Casserly, Lisa Marie, O’Sullivan, Clodagh

**Full Text:** Available from Neuropsychological Rehabilitation in University of Cambridge Medical Library
Acute phase cognitive therapy for recurrent major depressive disorder: Who drops out and how much do patient skills influence response?
**Citation:** Behaviour Research and Therapy, May 2013, vol./is. 51/4-5(221-230), 0005-7967 (May 2013)
**Author(s):** Jarrett, Robin B, Minhajuddin, Abu, Kangas, Julie L, Friedman, Edward S, Callan, Judith A, Thase, Michael E
**Full Text:** Available from *Behaviour Research and Therapy* in [University of Cambridge Medical Library](https://www.bioline.co.uk)

Cognitive behavioral therapy (CBT) in a depression/alcohol use disorder group: A qualitative study.
**Citation:** Alcoholism Treatment Quarterly, January 2013, vol./is. 31/1(50-66), 0734-7324;1544-4538 (Jan 2013)
**Author(s):** Besenius, Claude, Beirne, Kevin, Grogan, Sarah, Clark-Carter, David

Do client attributes moderate the effectiveness of a group cognitive behavioral therapy for depression in addiction treatment?
**Citation:** The Journal of Behavioral Health Services & Research, January 2013, vol./is. 40/1(57-70), 1094-3412 (Jan 2013)
**Author(s):** Hunter, Sarah B, Paddock, Susan M, Zhou, Annie, Watkins, Katherine E, Hepner, Kimberly A

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**Non-CBT Modalities**

The effectiveness of individual interpersonnal psychotherapy as a treatment for major depressive disorder in adult outpatients: A systematic review.
**Citation:** BMC Psychiatry, January 2013, vol./is. 13/, 1471-244X (Jan 11, 2013)
**Author(s):** van Hees, Madelon L. J. M, Rotter, Thomas, Ellermann, Tim, Evers, Silvia M. A. A
**Full Text:** Available from *National Library of Medicine* in *BMC Psychiatry*; Available from *BioMedCentral* in *BMC Psychiatry*; Available from *EBSCOhost* in *BMC Psychiatry*

**Group Interventions**

Do personality traits matter when choosing a group therapy for early psychosis?
**Citation:** Psychology and Psychotherapy: Theory, Research and Practice, March 2013, vol./is. 86/1(19-32), 1476-0835;2044-8341 (Mar 2013)
**Author(s):** Beauchamp, Marie-Chantal, Lecomte, Tania, Lecomte, Conrad, Leclerc, Claude, Corbiere, Marc
**Full Text:** Available from *Psychology and Psychotherapy: Theory Research and Practice* in [Fulbourn Hospital Library](http://fulbournhospitallibrary.com)

Group treatment for depression in mothers of young children compared to standard individual therapy.
**Citation:** Psychopathology, February 2013, vol./is. 46/2(94-101), 0254-4962;1423-033X (Feb 2013)
**Author(s):** Frisch, Ulrike, Hofecker-Fallahpour, Maria, Stieglitz, Rolf-Dieter, Riecher-Rossler, Anita

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**Hard to Reach Groups**

Underserved women in a women’s health clinic describe their experiences of depressive symptoms and why they have low uptake of psychotherapy.
**Citation:** Community Mental Health Journal, February 2013, vol./is. 49/1(50-60), 0010-3853;1573-2789 (Feb 2013)
**Author(s):** Poleshuck, Ellen L, Cerrito, Beth, Leshoure, Nicole, Finocan-Kaag, Gillian, Kearney, Margaret H

Substance misuse in depression and bipolar disorder: A review of psychological interventions and considerations for clinical practice.
**Citation:** Mental Health and Substance Use, February 2013, vol./is. 6/1(76-93), 1752-3281;1752-3273 (Feb 2013)
**Author(s):** Richardson, Thomas H

**Citation:** Mental Health and Substance Use, February 2013, vol./is. 6/1(59-75), 1752-3281;1752-3273 (Feb 2013)
**Author(s):** Delgadillo, Jaime, Godfrey, Christine, Gilbody, Simon, Payne, Scott

Evaluation of the impact of a CBT-based group on maternal postnatal mental health difficulties.
**Citation:** Journal of Reproductive and Infant Psychology, February 2013, vol./is. 31/1(72-80), 0264-6838;1469-672X
**Author(s):** Marrs, Jennifer
Older Adults

Prevalence of depression and anxiety in older users of formal Dutch intellectual disability services.
Citation: Journal of Affective Disorders, January 2013, vol./is. 144/1-2(94-100), 0165-0327 (Jan 10, 2013)
Author(s): Hermans, Heidi, Beekman, Aartjan T. F, Evenhuis, Heleen M
Full Text: Available from Journal of Affective Disorders in University of Cambridge Medical Library

The relationship between social integration and depression in non-demented primary care patients aged 75 years and older.
Citation: Journal of Affective Disorders, February 2013, vol./is. 145/2(172-178), 0165-0327 (Feb 20, 2013)
Author(s): Schwarzbach, Michaela, Lupa, Melanie, Sikorski, Claudia, Fuchs, Angela, Maier, Wolfgang, van den Bussche, Hendrik, Pentzek, Michael, Riedel-Heller, Steffi G
Full Text: Available from Journal of Affective Disorders in University of Cambridge Medical Library

The effects of psychotherapy on reducing depression in residential aged care: A meta-analytic review.
Citation: Clinical Gerontologist: The Journal of Aging and Mental Health, January 2013, vol./is. 36/1(46-69), 0731-7115;1545-2301 (Jan 2013)
Author(s): Cody, Robyn Ann, Drysdale, Karen

Self-help Interventions

Effects of two forms of Internet-delivered cognitive behaviour therapy for depression on future thinking.
Citation: Cognitive Therapy and Research, February 2013, vol./is. 37/1(29-34), 0147-5916;1573-2819 (Feb 2013)
Author(s): Andersson, Gerhard, Sarkohi, Ali, Karlsson, Johan, Bjarehed, Jonas, Hesser, Hugo

Web-based guided self-help for employees with depressive symptoms (Happy@Work): Design of a randomized controlled trial.
Citation: BMC Psychiatry, February 2013, vol./is. 13/, 1471-244X (Feb 18, 2013)
Author(s): Geraedts, Anna S, Kleiboer, Annet M, Wiezer, Noortje M, van Mechelen, Willem, Cuijpers, Pim
Full Text: Available from National Library of Medicine in BMC Psychiatry; Available from BioMedCentral in BMC Psychiatry; Available from EBSCOhost in BMC Psychiatry

Children & Young People

Associations between adolescent depression and parental mental health, before and after treatment of adolescent depression.
Citation: European Child & Adolescent Psychiatry, January 2013, vol./is. 22/1(3-11), 1018-8827;1435-165X (Jan 2013)
Author(s): Wilkinson, Paul O, Harris, Claire, Kelvin, Raphael, Dubicka, Bernadka, Goodyer, Ian M

A cognitive-behavioral treatment for depression in rural American Indian middle school students.
Citation: American Indian and Alaska Native Mental Health Research, 2013, vol./is. 20/1(16-34), 0893-5394; 1533-7731 (2013)
Author(s): Listug-Lunde, Lori, Vogeltanz-Holm, Nancy, Collins, John
Full Text: Available from EBSCOhost in American Indian and Alaska Native Mental Health Research: The Journal of the National Center

The role of positive schemas in child psychopathology and resilience.
Citation: Cognitive Therapy and Research, February 2013, vol./is. 37/1(97-108), 0147-5916;1573-2819 (Feb 2013)
Author(s): Keyfitz, L, Lumley, M. N, Hennig, K. H, Dozois, D. J. A

Maternal depression and treatment gains following a cognitive behavioral intervention for posttraumatic stress in preschool children.
Citation: Journal of Anxiety Disorders, January 2013, vol./is. 27/1(140-146), 0887-6185 (Jan 2013)
Author(s): Weems, Carl F, Scheeringa, Michael S
### Long Term Conditions

**Telephonic-based physical activity counseling for major depression in people with multiple sclerosis.**
**Citation:** Journal of Consulting and Clinical Psychology, February 2013, vol./is. 81/1(89-99), 0022-006X;1939-2117  
**Author(s):** Bombardier, Charles H, Ehde, Dawn M, Gibbons, Laura E, Wadhwani, Roini, Sullivan, Mark D, Rosenberg, Dori E, Kraft, George H  
**Full Text:** Available from *Journal of Consulting and Clinical Psychology* in Fulbourn Hospital Library

### Severe Mental Illness:

**Exploring service users’ perceptions of Cognitive Behavioral Therapy for psychosis: A user led study.**  
**Citation:** Behavioural and Cognitive Psychotherapy, January 2013, vol./is. 41/1(89-102), 1352-4658;1469-1833  
**Author(s):** Kilbride, Martina, Byrne, R, Price, Jason, Wood, Lisa, Barratt, Sarah, Welford, Mary, Morrison, Anthony P

**Core issues in the treatment of personality-disordered patients.**  
**Citation:** Journal of the American Psychoanalytic Association, February 2013, vol./is. 61/1(10-23), 0003-0651;1941-2460  
**Author(s):** Buie, Dan H

**A multi-center, randomized controlled trial of a group psychological intervention for psychosis with comorbid cannabis dependence over the early course of illness.**  
**Citation:** Schizophrenia Research, January 2013, vol./is. 143/1(138-142), 0920-9964 (Jan 2013)  
**Author(s):** Madigan, Kevin, Brennan, Daria, Lawlor, Elizabeth, Turner, Niall, Kinsella, Anthony, O’Connor, John J, Russell, Vincent, Waddington, John L, O’Callaghan, Eadbhard

**Cognitive behaviour therapy for psychosis can be adapted for minority ethnic groups: A randomised controlled trial.**  
**Citation:** Schizophrenia Research, February 2013, vol./is. 143/2-3(319-326), 0920-9964 (Feb 2013)  
**Author(s):** Rathod, Shanaya, Phiri, Peter, Harris, Scott, Underwood, Charlotte, Thagadur, Mahesh, Padmanab, Uma, Kingdon, David

**The influence of perceived social support on medication adherence in first-episode psychosis.**  
**Citation:** The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie, January 2013, vol./is. 58/1(59-65), 0706-7437;1497-0015 (Jan 2013)  
**Author(s):** Rabinovitch, Mark, Cassidy, Clifford, Schmitz, Norbert, Joob, Ridha, Malla, Ashok  
**Full Text:** Available from ProQuest in *Canadian Journal of Psychiatry*: Available from EBSCOHost in *Canadian Journal of Psychiatry*

**Assessing suitability for short-term cognitive-behavioral therapy in psychiatric outpatients with psychosis: A comparison with depressed and anxious outpatients.**  
**Citation:** Journal of Psychiatric Practice, January 2013, vol./is. 19/1(29-41), 1527-4160;1538-1145 (Jan 2013)  
**Author(s):** Myhr, Gail, Russell, Jennifer J, Saint-Laurent, Marie, Tagalakis, Vicky, Belisle, Dominique, Khodary, Fatima, Faridi, Kia, Pinard, Gilbert

**Group therapy for borderline personality disorder: A non- psychodynamic approach.**  
**Citation:** International Journal of Group Psychotherapy, January 2013, vol./is. 63/1(139-145), 0020-7284 (Jan 2013)  
**Author(s):** Joyce, Anthony S

**A brief cognitive-behavioral social skills training for stabilised outpatients with schizophrenia: A preliminary study.**  
**Citation:** Schizophrenia Research, February 2013, vol./is. 143/2-3(327-336), 0920-9964 (Feb 2013)  
**Author(s):** Rus-Calafell, Mar, Gutierrez-Maldonado, Jose, Ortega-Bravo, Monica, Ribas-Sabate, Joan, Caqueo-Urizar, Alejandro

**Cognitive behavioral therapy for negative symptoms (CBT-n) in psychotic disorders: A pilot study.**  
**Citation:** Journal of Behavior Therapy and Experimental Psychiatry, September 2013, vol./is. 44/3(300-306), 0005-7916  
**Author(s):** Staring, Anton B.P, ter Huurne, Mary-Ann B, van der Gaag, Mark
Expanding the scope of treatment for borderline personality disorder.

**Citation:** Journal of Nervous and Mental Disease, February 2013, vol./is. 201/2(143-144), 0022-3018;1539-736X

**Author(s):** Paris, Joel

**Full Text:** Available from Ovid in *Journal of Nervous and Mental Disease*; Available from *Journal of Nervous and Mental Disease* in University of Cambridge Medical Library

Improving access in borderline therapy for difficult-to-engage patients: A clinical description.

**Citation:** Journal of Nervous and Mental Disease, February 2013, vol./is. 201/2(136-142), 0022-3018;1539-736X

**Author(s):** Lingam, Ravi

**Full Text:** Available from Ovid in *Journal of Nervous and Mental Disease*; Available from *Journal of Nervous and Mental Disease* in University of Cambridge Medical Library