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 Psychological Therapies / 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

Developing and disseminating effective psychological treatments: Science, practice and economics.
Citation: Canadian Psychology/Psychologie canadienne, February 2013, vol./is. 54/1(12-21), 0708-5591;1878-7304 (Feb 2013)
Author(s): Clark, David M
Source: PsycINFO
Full Text: Available from ProQuest in Canadian Psychology

Cost-effectiveness and long-term effectiveness of Internet-based cognitive behaviour therapy for severe health anxiety.
Citation: Psychological Medicine, February 2013, vol./is. 43/2(363-374), 0033-2917;1469-8978 (Feb 2013)
Author(s): Hedman, E; Andersson, E; Lindefors, N; Andersson, G; Ruck, C; Ljotsson, B
Source: PsycINFO
Full Text: Available from Psychological Medicine in University of Cambridge Medical Library Available from ProQuest in Psychological Medicine

Psychological treatment of anxiety in primary care: A meta-analysis.
Citation: Psychological Medicine, February 2013, vol./is. 43/2(351-361), 0033-2917;1469-8978 (Feb 2013)
Author(s): Seekles, W; Cuijpers, P; Kok, R; Beekman, A; van Marwijk, H; van Straten, A
Source: PsycINFO
Full Text: Available from Psychological Medicine in University of Cambridge Medical Library Available from ProQuest in Psychological Medicine

Telephone monitoring and support after discharge from residential PTSD treatment: A randomized Controlled trial.
Citation: Psychiatric Services, January 2013, vol./is. 64/1(13-20), 1075-2730 (Jan 1, 2013)
Author(s): Rosen, Craig S; Tiet, Quyen Q; Harris, Alex H. S; Julian, Terri F; McKay, James R; Moore, William

Source: Psychological Science/Psychologie canadienne
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Mark; Owen, Richard R; Rogers, Susan; Rosito, Olga; Smith, Dale E; Smith, Mark W; Schnurr, Paula P
Source: PsycINFO
Full Text: Available from Psychiatric Services in Fulbourn Hospital Library

The relationship between use of CBT skills and depression treatment outcome: A theoretical and methodological review of the literature.
Citation: Behavior Therapy, March 2013, vol./is. 44/1(12-26), 0005-7894 (Mar 2013)
Author(s): Hundt, Natalie E; Mignogna, Joseph; Underhill, Cathy; Cully, Jeffrey A
Source: PsycINFO
Full Text: Available from Behavior Therapy in Fulbourn Hospital Library

A randomized controlled trial of a self-guided, multimedia, stress management and resilience training program.
Citation: Behaviour Research and Therapy, February 2013, vol./is. 51/2(106-112), 0005-7967 (Feb 2013)
Author(s): Rose, Raphael D; Buckey, Jay C Jr.; Zbozinek, Tomislav D; Motivala, Sarosh J; Glenn, Daniel E; Cartreine, James A; Craske, Michelle G
Source: PsycINFO
Full Text: Available from Behaviour Research and Therapy in University of Cambridge Medical Library

Anxiety sensitivity moderates the relationship of changes in physiological arousal with flight anxiety during in vivo exposure therapy.
Citation: Behaviour Research and Therapy, February 2013, vol./is. 51/2(98-105), 0005-7967 (Feb 2013)
Author(s): Busscher, Bert; Spinhooven, Philip; van Gerwen, Lucas J; de Geus, Eco J.C
Source: PsycINFO
Full Text: Available from Behaviour Research and Therapy in University of Cambridge Medical Library

Internet-delivered attention modification training as a treatment for social phobia: A randomized controlled trial.
Citation: Behaviour Research and Therapy, February 2013, vol./is. 51/2(87-97), 0005-7967 (Feb 2013)
Author(s): Neubauer, Karolin; von Auer, Maxie; Murray, Eileen; Petermann, Franz; Helbig-Lang, Sylvia; Gerlach, Alexander L
Source: PsycINFO
Full Text: Available from Behaviour Research and Therapy in University of Cambridge Medical Library

Citation: Behaviour Research and Therapy, February 2013, vol./is. 51/2(82-86), 0005-7967 (Feb 2013)
Author(s): DiMauro, Jennifer; Domingues, Janine; Fernandez, Geraldine; Tolin, David F
Source: PsycINFO
Full Text: Available from Behaviour Research and Therapy in University of Cambridge Medical Library

Behavior change through automated e-mails: Mediation analysis of self-help strategy use for depressive symptoms.
Citation: Behaviour Research and Therapy, February 2013, vol./is. 51/2(57-62), 0005-7967 (Feb 2013)
Author(s): Morgan, Amy J; Mackinnon, Andrew J; Jorm, Anthony F
Source: PsycINFO
Full Text: Available from Behaviour Research and Therapy in University of Cambridge Medical Library

Treatment of social anxiety disorder using online virtual environments in Second Life.
Citation: Behavior Therapy, March 2013, vol./is. 44/1(51-61), 0005-7894 (Mar 2013)
Author(s): Yuen, Erica K; Herbert, James D; Forman, Evan M; Goetter, Elizabeth M; Comer, Ronald; Bradley, Jean-Claude
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Source: PsycINFO
Full Text: Available from *Behavior Therapy* in *Fulbourn Hospital Library*

Telephone-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 (Feb 2013)
Author(s): Bombardier, Charles H; Ehde, Dawn M; Gibbons, Laura E; Wadhwani, Roini; Sullivan, Mark D; Rosenberg, Dori E; Kraft, George H
Source: PsycINFO
Full Text: Available from *Journal of Consulting and Clinical Psychology* in *Fulbourn Hospital Library*

Effectiveness of and dropout from outpatient cognitive behavioral therapy for adult unipolar depression: A meta-analysis of nonrandomized effectiveness studies.
Citation: Journal of Consulting and Clinical Psychology, February 2013, vol./is. 81/1(75-88), 0022-006X;1939-2117 (Feb 2013)
Author(s): Hans, Eva; Hiller, Wolfgang
Source: PsycINFO
Full Text: Available from *Journal of Consulting and Clinical Psychology* in *Fulbourn Hospital Library*

Defining treatment response and remission in child anxiety: Signal detection analysis using the Pediatric Anxiety Rating Scale.
Citation: Journal of the American Academy of Child & Adolescent Psychiatry, January 2013, vol./is. 52/1(57-67), 0890-8567;1527-5418 (Jan 2013)
Author(s): Caporino, Nicole E; Brodman, Douglas M; Kendall, Philip C; Alban, Anne Marie; Sherrill, Joel; Piacentini, John; Sakolsky, Dara; Birmaher, Boris; Compton, Scott N; Ginsburg, Golda; Rynn, Moira; McCracken, James; Gosch, Elizabeth; Keeton, Courtney; March, John; Walkup, John T
Source: PsycINFO
Full Text: Available from *Journal of the American Academy of Child and Adolescent Psychiatry* in *Fulbourn Hospital Library* Available from *Journal of the American Academy of Child and Adolescent Psychiatry* in *University of Cambridge Medical Library*

Sudden gains in cognitive therapy and interpersonal therapy for social anxiety disorder.
Citation: Journal of Consulting and Clinical Psychology, February 2013, vol./is. 81/1(177-182), 0022-006X;1939-2117 (Feb 2013)
Author(s): Bohn, Christiane; Aderka, Idan M; Schreiber, Franziska; Stangier, Ulrich; Hofmann, Stefan G
Source: PsycINFO
Full Text: Available from *Journal of Consulting and Clinical Psychology* in *Fulbourn Hospital Library*

An investigation of the relationship between positive affect regulation and depression.
Citation: Behaviour Research and Therapy, January 2013, vol./is. 51/1(46-56), 0005-7967 (Jan 2013)
Author(s): Werner-Seidler, Aliza; Banks, Rosie; Dunn, Barnaby D; Moulds, Michelle L
Source: PsycINFO
Full Text: Available from *Behaviour Research and Therapy* in *Fulbourn Hospital Library* Available from *Behaviour Research and Therapy* in *University of Cambridge Medical Library*

Friendship quality predicts treatment outcome in children with anxiety disorders.
Citation: Behaviour Research and Therapy, January 2013, vol./is. 51/1(31-36), 0005-7967 (Jan 2013)
Author(s): Baker, J.R; Hudson, J.L
Source: PsycINFO
Full Text: Available from *Behaviour Research and Therapy* in *Fulbourn Hospital Library* Available from *Behaviour Research and Therapy* in *University of Cambridge Medical Library*

Cognitive-behavior therapy resolves implicit fear associations in generalized anxiety disorder.
Citation: Behaviour Research and Therapy, January 2013, vol./is. 51/1(15-23), 0005-7967 (Jan 2013)
Author(s): Reinecke, Andrea; Rinck, Mike; Becker, Eni S; Hoyer, Jurgen
Source: PsycINFO
Full Text: Available from *Behaviour Research and Therapy* in *Fulbourn Hospital Library* Available from
Intrusive mental imagery in patients with persecutory delusions.

Citation: Behaviour Research and Therapy, January 2013, vol./is. 51/1(7-14), 0005-7967 (Jan 2013)

Author(s): Schulze, Katja; Freeman, Daniel; Green, Catherine; Kuipers, Elizabeth

Source: PsycINFO

Full Text: Available from Behaviour Research and Therapy in Fulbourn Hospital Library Available from Behaviour Research and Therapy in University of Cambridge Medical Library

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