Public Health Significance Statements

In an effort to increase dissemination and usage by larger and diverse audiences, articles appearing in the *Journal of Consulting and Clinical Psychology* now include a brief statement regarding the public health significance of the study or meta-analysis described in the article. Those articles in this issue are listed below along with their respective public health significance statements.

The Enhancing Connections Program: A Six-State Randomized Clinical Trial of a Cancer Parenting Program
Frances Marcus Lewis, Patricia A. Brandt, Barbara B. Cochrane, Kristin A. Griffith, Marcia Grant, Joan E. Haase, Arlene D. Houldin, Janice Post-White, Ellen H. Zahlis, and Mary Ellen Shands
http://dx.doi.org/10.1037/a0038219
The Clinical Trial results show that a brief intervention to mothers with breast cancer can significantly reduce the burden of cancer on both the child and the ill parent.

Comorbidity Effects on Cocaine Dependence Treatment and Examination of Reciprocal Relationships Between Abstinence and Depression
Jesse B. Milby, Kimberly Conti, Dennis Wallace, Stephen Mennemeyer, Sylvie Mrug, and Joseph E. Schumacher
http://dx.doi.org/10.1037/a0037960
This randomized clinical trial found that treatment targeted specifically for substance abuse problems, such as cocaine dependency, can also lead to significant decreases in depression.

Group Motivational Interviewing for Adolescents: Change Talk and Alcohol and Marijuana Outcomes
Elizabeth J. D’Amico, Jon M. Houck, Sarah B. Hunter, Jeremy N. V. Miles, Karen Chan Osilla, and Brett A. Ewing
http://dx.doi.org/10.1037/a0038155
In motivational interviewing groups focusing on adolescent alcohol and drug use, use of open-ended questions and reflections of change talk by the facilitator were associated with increased change talk in the group and with positive outcomes at 3 months. Use of motivational interviewing in groups may help adolescents change their substance use.

Memory for Therapy in Bipolar Disorder and Comorbid Insomnia
Jason Y. Lee and Allison G. Harvey
http://dx.doi.org/10.1037/a0037911
This study highlights the importance of taking into consideration the role of patients’ memory for therapy contents while delivering therapy. Improving patients’ memory for therapy might be a pathway to improving outcome.

Prediction of Treatment Response at 5-Year Follow-Up in a Randomized Clinical Trial of Behaviorally Based Couple Therapies
Brian R. Baucom, David C. Atkins, Lorelei Simpson Rowe, Brian D. Doss, and Andrew Christensen
http://dx.doi.org/10.1037/a0038005
This study indicates that couples who begin marital therapy with higher levels of commitment are the least likely to get divorced and most likely to report improvements in relationship satisfaction 5 years after ending treatment. In addition, it appears that the impact of wives’ desired closeness depended on the type of treatment that moderately distressed couples received.

Intrapersonal Positive Future Thinking Predicts Repeat Suicide Attempts in Hospital-Treated Suicide Attempters
Rory C. O’Connor, Roger Smyth, and J. Mark G. Williams
http://dx.doi.org/10.1037/a0037846
This study highlights the importance of positive future thinking as a predictor of future suicidal behavior. Clinicians ought to consider the content of positive future thinking, as not all types of positive future thinking are protective over time.

Improving Mental Health in Health Care Practitioners: Randomized Controlled Trial of a Gratitude Intervention
Sheung-Tak Cheng, Pui Ki Tsui, and John H. M. Lam
http://dx.doi.org/10.1037/a0037895
This study revealed that an intervention involving writing gratitude events led to a reduction in perceived stress and depressive symptoms among health care practitioners. It is possible that such positive effects among these professionals can also lead to an improvement in both productivity and quality of patient services.

One Minute of Grief: Emotional Processing in Short-Term Dynamic Psychotherapy for Adjustment Disorder
Ueli Kramer, Antonio Pascual-Leone, Jean-Nicolas Despland, and Yves de Roten
http://dx.doi.org/10.1037/a0037979
This study found that the experience of adaptive grief by adults during short-term psychodynamic psychotherapy was related to better outcome. A short moment of such productive grief at the right moment of psychotherapy may be enough for symptom change. Patients who benefit from symptom relief present a typical sequence of emotional processes in a good therapy session, which is less the case in patients with less optimal results.
A Randomized Controlled Trial of Acceptance and Commitment Therapy for Aggressive Behavior
Amie Zarling, Erika Lawrence, and James Marchman
http://dx.doi.org/10.1037/a0037946
This study suggests that a form of psychotherapy, termed *Acceptance and Commitment Therapy*, can be effective in reducing physical and psychological aggression toward a partner.

Parental Psychopathology and Treatment Outcome for Anxious Youth: Roles of Family Functioning and Caregiver Strain
Jessica L. Schleider, Golda S. Ginsburg, Courtney P. Keeton, John R. Weisz, Boris Birmaher, Phillip C. Kendall, John Piacentini, Joel Sherrill, and John T. Walkup
http://dx.doi.org/10.1037/a0037935
Improvements in family functioning and caregiver strain can facilitate treatment outcomes for anxious youths, especially in families with more psychiatrically distressed parents.

Posttreatment Motivation and Alcohol Treatment Outcome 9 Months Later: Findings From Structural Equation Modeling
Sarah Cook, Nick Heather, and Jim McCambridge
http://dx.doi.org/10.1037/a0037981
This study found that those individuals who reported that they were ready to change their drinking at the end of a treatment program were much more likely to show positive outcomes 9 months subsequently than were persons not indicating such a readiness to change. This suggests that attempting to enhance motivation throughout the process may be an important component of successful alcohol treatment.