Children/Adolescents

1 Mediators of Change in the Child/Adolescent Anxiety Multimodal Treatment Study
Philip C. Kendall, Colleen M. Cummings, Marianne A. Villabø, Martina K. Narayanan, Kimberli Treadwell, Boris Birmaher, Scott Compton, John Piacentini, Joel Sherrill, John Walkup, Elizabeth Gosch, Courtney Keeton, Golda Ginsburg, Cindy Suveg, and Anne Marie Albano

These findings suggest that, within empirically supported treatments for anxiety in youth, the youth’s self-perceived ability to manage anxiety provoking situations plays a role in beneficial change.

15 Evaluation of a School-Based Treatment Program for Young Adolescents With ADHD
Steven W. Evans, Joshua M. Langberg, Brandon K. Schultz, Aaron Vaughn, Mekibib Altaye, Stephen A. Marshall, and Allison K. Zoromski

The results of this study suggest that the CHP interventions provided for approximately 5 hr per week may be an effective treatment for the academic impairment associated with adolescents with ADHD.

Posttraumatic Stress Disorder

31 Vets Prevail Online Intervention Reduces PTSD and Depression in Veterans With Mild-to-Moderate Symptoms
Stevan E. Hobfoll, Rebecca K. Blais, Natalie R. Stevens, Lisa Walt, and Richard Gengler

This study describes one of the first interactive online programs (Vets Prevail) offered anonymously to veterans. The study shows that Vets Prevail is effective for treating mild-to-moderate symptoms of PTSD and depression and may be effective for veterans with high combat exposure, female veterans, and veterans from ethnic minority groups.

43 Concurrent Treatment of Posttraumatic Stress Disorder and Alcohol Dependence: Predictors and Moderators of Outcome
Laurie J. Zandberg, David Rosenfield, Carmen P. McLean, Mark B. Powers, Anu Asnaani, and Edna B. Foa

This study suggests that, when treating comorbid PTSD and alcohol dependence, prolonged exposure therapy significantly improves PTSD outcomes for patients with moderate or severe PTSD symptoms. Individuals with mild PTSD symptoms may not derive additional benefit from prolonged exposure compared to supportive counseling alone. The opioid antagonist Naltrexone showed greatest effects among patients with longer histories of alcohol dependence.

Therapist Factors

57 A Prospective Study of Therapist Facilitative Interpersonal Skills as a Predictor of Treatment Outcome
Timothy Anderson, Andrew S. McClintock, Lina Himawan, Xiaoxia Song, and Candace L. Patterson

This study found that therapist facilitative interpersonal skills (FIS), as measured by a performance task in the initial weeks of their graduate training, predicted the outcomes of therapies they delivered more than 1 year later. Although therapists higher in FIS were generally more effective than therapists lower in FIS, this effect was not apparent for a small percentage of therapies that were longer-term.
Reflective Functioning as Predictor of Working Alliance and Outcome in the Treatment of Depression
Annika Ekeblad, Fredrik Falkenström, and Rolf Holmqvist

This study shows that the capacity for mentalization, that is, the capacity for understanding humans as being motivated by a more or less unobservable mental state (e.g., intentions, wishes, feelings, thoughts), is important for getting optimal results from interpersonal psychotherapy and cognitive–behavioral therapy in the treatment of depression. For depressed patients with severely restricted mentalization, some adaption of treatment or some other treatment may be preferred.

Brief Reports

Partner Accommodation Moderates Treatment Outcomes for Couple Therapy for Posttraumatic Stress Disorder
Steffany J. Fredman, Nicole D. Pukay-Martin, Alexandra Macdonald, Anne C. Wagner, Valerie Vorstenbosch, and Candice M. Monson

This study indicates that clinicians should consider the extent of intimate partner accommodation of PTSD symptoms during treatment planning for those with PTSD. Individuals with PTSD who have highly accommodating partners seem to benefit more from couple therapy for PTSD in terms of improvements in PTSD, as well as comorbid symptoms and relationship satisfaction.

Different Yet Similar: Examining Race and Ethnicity in Treatment-Seeking Adults With Binge Eating Disorder
Janet A. Lydecker and Carlos M. Grilo

This study indicates the importance of race and ethnicity in research treatment studies for binge eating disorder. Among treatment-seeking research participants, there are racial/ethnic differences in development trajectories (White individuals have younger ages of onset for dieting, binge eating, and obesity than Black and Hispanic individuals) and some clinical variables (Black individuals have higher body mass index and report more frequent binge eating than Whites and lower depression than White and Hispanic individuals). We observed no racial/ethnic differences, however, in associated eating-disorder psychopathology, and the patterns of similarities and differences remained unchanged after adjusting for demographic differences across groups.

The Influence of the Dissociative Subtype of Posttraumatic Stress Disorder on Treatment Efficacy in Female Veterans and Active Duty Service Members
Erika J. Wolf, Carole A. Lunney, and Paula P. Schnurr

This study found that female veterans and active duty service members with the dissociative subtype of posttraumatic stress disorder (PTSD) did not respond as well to PTSD treatment with prolonged exposure or present-centered therapy as did those without the subtype. However, both PTSD and dissociation symptoms did improve markedly in the dissociative group, suggesting that the dissociative subtype is not a contraindication for the use of empirically supported treatments for PTSD.

Other

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