Indigenous Populations

1023 Empirical Findings From Psychotherapy Research With Indigenous Populations: A Systematic Review
Andrew Pomerville, Rachel L. Burrage, and Joseph P. Gone

The works in this review suggest that the incorporation of cultural education and cultural practices into therapy with Indigenous clients may be protective of client retention, but further research is required to clarify these effects. Programs that tailor psychotherapy to address the needs of Indigenous clients may be improved by core structural changes to therapeutic practice which take into account specific practices of local Indigenous communities. Research on Indigenous clients in psychotherapy is slim and a significant research push is needed to make more confident empirically-backed recommendations for Indigenous psychotherapy clients than is possible at this time.

Clinical Health Psychology/Behavioral Medicine

1039 The SENSE Study: Post Intervention Effects of a Randomized Controlled Trial of a Cognitive–Behavioral and Mindfulness-Based Group Sleep Improvement Intervention Among At-Risk Adolescents
Matthew Blake, Joanna M. Waloszek, Orli Schwartz, Monika Raniti, Julian G. Simmons, Laura Blake, Greg Murray, Ronald E. Dahl, Richard Bootzin, Paul Dudgeon, John Trinder, and Nicholas B. Allen

Given the high prevalence of adolescent sleep and internalizing problems, the implications of an effective adolescent sleep intervention for clinical practice and public policy are potentially significant. However, changing sleep behavior, especially objective measures, in this age group has been challenging. This paper shows that the Sleep-SENSE program can improve objective and subjective indices of sleep, as well as anxiety symptoms, when compared with an active control intervention. Furthermore, the program is likely to be cost-effective—it involves a simple screening process and a group intervention format—and could be disseminated to a wide range of clinical and nonclinical settings in primary care, mental health, adolescent health, and sleep medicine, and may assist in the treatment and prevention of adolescent sleep and mental health problems. The intervention also lends itself to flexible modes of delivery (e.g., nonspecialist practitioners, group settings, individual settings, school based, Internet, and other e-health modes of delivery), further enhancing its translational potential.

1052 A Meta-Intervention to Increase Completion of an HIV-Prevention Intervention: Results From a Randomized Controlled Trial in the State of Florida
Dolores Albarracín, Kristina Wilson, Marta R. Durantini, Aashna Sunderrajan, and William Livingood

This study shows that presenting a video that connects HIV-prevention counseling with outcomes and services that are important to clients (e.g., access to information about jobs, access to unrelated health services, opportunities to discuss emotional concerns) at the end of the first session increases completion of a 3-session counseling program. Treatment completion enhances outcomes in many domains, including HIV prevention.

Youth/Adolescence

1066 In-Session Caregiver Behavior Predicts Symptom Change in Youth Receiving Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
Carly Yasinski, Adele M. Hayes, C. Beth Ready, Jorden A. Cummings, Ilana S. Berman, Thomas McCauley, Charles Webb, and Esther Deblinger

This study highlights the importance of assessing and targeting caregiver behavior during Trauma-Focused Cognitive Behavioral Therapy, a well-established treatment for youth trauma, as these behaviors are associated with long-term youth outcomes.
Families with a teenager with ADHD may benefit from engaging in behavioral parent training around the transition to independent driving, especially via reductions in negative parenting. Teenagers with ADHD self-reported fewer risky driving behaviors within the family-focused intervention, but these findings were not replicated on objective observations of driving.

### Parenting

1094 A Randomized Trial of Methods to Engage Mexican American Parents Into a School-Based Parenting Intervention

Emily B. Winslow, Elizabeth Poloskov, Rachelle Begay, Jenn-Yun Tein, Irwin Sandler, and Sharlene Wolchik

This study suggests that an engagement package increased parenting program attendance among families who could most benefit. The package could help optimize the public health impact of evidence-based parenting programs by increasing attendance.

### Psychotherapy Implementation

1094 Does Timing Matter? Examining the Impact of Session Timing on Outcome

Cassidy A. Gutner, Michael K. Suvak, Denise M. Sloan, and Patricia A. Resick

This study suggests that more frequent spaced sessions of psychotherapy for PTSD results in greater reductions in symptoms during the course of treatment.

1108 Implementation of Transdiagnostic Cognitive Therapy in Community Behavioral Health: The Beck Community Initiative


Access to EBPs in community settings has been a long-sought but slow process, and the Beck Community Initiative suggests a practical model for EBP increasing access in a large CBH network.

### Therapist-Patient Factors

1127 Therapist–Client Agreement in Assessments of Clients’ Functioning

Eran Bar-Kalifa, Dana Atzil-Slonim, Eshkol Rafaeli, Tuvia Peri, Julian Rubel, and Wolfgang Lutz

This study found that therapists’ reports regarding their clients’ functioning are temporally congruent with their clients’ reports over time. It also suggests that such temporal congruence facilitates clients’ progress in therapy.

### Depression

1135 Change in Patients’ Interpersonal Impacts as a Mediator of the Alliance-Outcome Association in Treatment for Chronic Depression

Michael J. Constantino, Holly B. Laws, Alice E. Coyne, Roger P. Greenberg, Daniel N. Klein, Rachel Manber, Barbara O. Rothbaum, and Bruce A. Arnow

This study provides empirical support for CBASP’s theory of how chronically depressed patients change. In particular, the results isolate a candidate interpersonal change mechanism (i.e., patient reduction in hostile-submissiveness) of how a good early patient-therapist alliance relates to final session depression. Clinically, CBASP therapists may need to focus more centrally and explicitly on understanding change through the interpersonal experiences in the patient-therapist relationship versus the more typical functional analysis of extratherapy relationships. This revised focus could have implications for improving CBASP’s impact.
Brief Report

1145 A Randomized Controlled Trial of the Marriage Checkup Adapted for Private Practice

Tea Trillingsgaard, Hanne N. Fentz, Matt Hawrilenko, and James V. Cordova

There is a high need for disseminating preventive interventions that lower the barriers for couples who do not seek traditional forms of couple therapy. In this effectiveness study, couples who received two annual relationship health checkups experienced small to medium intervention effects on relationship health when compared to couples receiving movie tickets. These findings were obtained with a manual adapted to match constraints of independent practice (MC-P). Effects were comparable in size to those found in previous efficacy studies of the Marriage Checkup.

Other

v Acknowledgment of Ad Hoc Reviewers
1115 Additional Journal Information
1065 Call for Nominations
1093 Correction to Rakovshik et al. (2016)
1077 E-Mail Notification of Your Latest Issue Online!
iv Instructions to Authors
1126 New Editors Appointed, 2018–2023
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