Substance Use

103 Mandated College Students’ Response to Sequentially Administered Alcohol Interventions in a Randomized Clinical Trial Using Stepped Care
Brian Borsari, Molly Magill, Nadine R. Mastrolo, John T. P. Hustad, Tracy O’Leary Tevyaw, Nancy P. Barnett, Christopher W. Kahler, Erica Eaton, and Peter M. Monti
This study indicates that for mandated college students, the personal reaction to the referral event may have clinical utility in identifying which individuals benefit from treatments of varying content and intensity. In the context of stepped care, the findings provide support for the sequential delivery of 2 efficacious yet relatively low-intensity approaches that can be widely implemented with this at-risk population.

113 A Brief Manualized Treatment for Problematic Caffeine Use: A Randomized Control Trial
Daniel P. Evatt, Laura M. Juliano, and Roland R. Griffiths
This study suggests that a brief manualized treatment is efficacious at reducing caffeine consumption in individuals seeking treatment for problematic caffeine use.

122 Enhancing the Efficacy of Computerized Feedback Interventions for College Alcohol Misuse: An Exploratory Randomized Trial
Mary Beth Miller, Eleanor L. Leavens, Ellen Meier, Nathaniel Lombardi, and Thad R. Leffingwell
This study suggests that descriptive normative comparisons are sufficient to elicit changes in college alcohol misuse and that select additional feedback components do not yield statistically significant improvements in outcomes of computerized PFIs. Findings suggest that norms interventions incorporating feedback on the monetary and caloric costs of alcohol use and strategies to limit risk may yield small but consistent improvements in college alcohol misuse, specifically in regard to drinking quantity, peak BAC, and alcohol-related problems. This study highlights computerized normative feedback interventions as an ideal first step in the prevention and treatment of college alcohol misuse.

Depression

134 Staying Well During Pregnancy and the Postpartum: A Pilot Randomized Trial of Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse/Recurrence
Sona Dimidjian, Sherryl H. Goodman, Jennifer N. Felder, Robert Gallop, Amanda P. Brown, and Arne Beck
This study’s findings support MBCT-PD as a viable nonpharmacological approach to preventing depressive relapse/recurrence among pregnant women with histories of depression.

Anxiety

146 Dynamic Relationships of Therapist Alliance and Group Cohesion in Transdiagnostic Group CBT for Anxiety Disorders
Peter J. Norton and Nikolaos Kazantzis
This study strongly suggests that the relationships between therapist alliance and group CBT outcomes remains consistent. The influence of group cohesiveness on group therapy outcomes increases later in treatment.
Couples Treatment

156 Effects of Relationship Education on Couple Communication and Satisfaction: A Randomized Controlled Trial With Low-Income Couples
Hannah C. Williamson, Noemi Altman, JoAnn Hsueh, and Thomas N. Bradbury

For married couples with children, relationship education programs generate small improvements in relationship satisfaction. For couples who are younger, with less education and lower incomes, these programs produce small improvements in the quality of communication as well. Although improvements in communication do not necessarily lead to improvements in satisfaction, both types of change might enable couples to have stronger, healthier families.

Sleep Impairment

167 Augmenting Cognitive Processing Therapy to Improve Sleep Impairment in PTSD: A Randomized Controlled Trial
Tara E. Galovski, Juliette M. Harik, Leah M. Blain, Lisa Elwood, Chelsea Gloth, and Thomas D. Fletcher

This study suggests that hypnosis may be a viable treatment option in a stepped-care approach for treating sleep impairment in individuals suffering from PTSD.

Brief Reports

178 Predictors and Moderators of Treatment Outcome in a Randomized Clinical Trial for Adults With Symptoms of Bulimia Nervosa
Erin C. Accurso, Stephen A. Wonderlich, Ross D. Crosby, Tracey L. Smith, Marjorie H. Klein, James E. Mitchell, Scott J. Crow, Kelly C. Berg, and Carol B. Peterson

This study suggests that for individuals with high affective lability and stimulus seeking, integrative cognitive-affective therapy may be a more efficacious psychological treatment for bulimia nervosa than is enhanced cognitive behavior therapy. Furthermore, additional treatment may be indicated for individuals with greater depressive symptoms, regardless of treatment type received. However, the hypotheses generated through this exploratory study require direct testing and replication.

185 Longitudinal Findings From a Randomized Clinical Trial of Naltrexone for Young Adult Heavy Drinkers
Young adult heavy drinkers can maintain reductions in alcohol consumption made during treatment up to 1 year after the end of treatment. A brief behavioral intervention, combined either with medication therapy or placebo, and subsequent monitoring produced more lasting changes in drinking than have been seen with only 1 behavioral treatment session. Medication therapy with naltrexone, when combined with a behavioral intervention, produced greater reductions in drinking during active treatment.

Other

145 Additional Journal Information
133 E-Mail Notification of Your Latest Issue Online!
112 Instructions to Authors
155 Subscription Order Form