Clinical Health Psychology/Behavioral Medicine

377 The Efficacy of Guided Self-instruction for Patients With Idiopathic Chronic Fatigue: A Randomized Controlled Trial
A. Janse, J. F. Wiborg, G. Bleijenberg, M. Tummers, and H. Knoop
This study suggests that guided self-instruction, based on the principles of cognitive behavior therapy for chronic fatigue syndrome, is an evidence-based treatment option for the large group of patients with medically unexplained chronic fatigue with moderate impairment levels or fewer than 4 additional symptoms. In the context of constant health care budget cuts and limited treatment capacity, being able to offer an effective, low-intensive treatment for impaired chronic fatigued patients is highly relevant.

389 A Randomized Clinical Trial of a Parent-Focused Social-Cognitive Processing Intervention for Caregivers of Children Undergoing Hematopoietic Stem Cell Transplantation
Sharon Manne, Laura Mee, Abraham Bartell, Stephen Sands, and Deborah A. Kashy
A brief cognitive–behavioral intervention for caregivers of children undergoing hematopoietic stem cell transplant reduced caregiver distress during the transplant hospitalization. Long-term effects on caregiver distress were found for more anxious caregivers as well as caregivers of children who developed graft-versus-host disease after the transplant.

Eating Disorders

402 Reducing Eating Disorder Onset in a Very High Risk Sample With Significant Comorbid Depression: A Randomized Controlled Trial
C. Barr Taylor, Andrea E. Kass, Mickey Trockel, Darby Cunning, Hannah Weisman, Jakki Bailey, Meghan Sinton, Vandana Aspen, Kenneth Schecthman, Corinna Jacobi, and Denise E. Wilfley
This study suggests that an online prevention program might reduce ED onset and reduce depressive symptomatology among college-age women at highest risk of developing EDs.

Posttraumatic Stress Disorder

415 Changes in Temporal Attention Inhibition Following Prolonged Exposure and Sertraline in the Treatment of PTSD
Aileen Echiverri-Cohen, Lori A. Zoellner, Robert Gallop, Norah Feeny, Jeffrey Jaeger, and Michele Bedard-Gilligan
Inhibitory processes, particularly related to temporal attention, may play a critical role in response to exposure therapy for posttraumatic stress disorder (PTSD). The main finding that individuals with PTSD who made more clinical improvement showed faster improvement in inhibition over the course of exposure therapy supports the utility of novel therapeutic interventions that specifically target attentional inhibition and better patient-treatment matching.

Social Anxiety

427 Group CBT Versus MBSR for Social Anxiety Disorder: A Randomized Controlled Trial
This study suggests that both CBT and MBSR are efficacious treatments for adults with social anxiety disorder, with equivalent outcome 1-year posttreatment.

(Contents continue)
Youth/Adolescents

438 Mechanisms of Personality-Targeted Intervention Effects on Adolescent Alcohol Misuse, Internalizing and Externalizing Symptoms
Maeve O’Leary-Barrett, Natalie Castellanos-Ryan, Robert O. Pihl, and Patricia J. Conrod
This study suggests that long term personality-targeted intervention effects on problematic drinking in youth are largely accounted for by early changes in drinking behaviors, and are not mediated by changes in mental health symptoms or personality risk factors. Short-term intervention effects on early onset alcohol use may serve as proximal markers of longer-term intervention effects on both substance and nonsubstance related problems.

453 The Role of Setting Versus Treatment Type in Alliance Within Youth Therapy
Bryce D. McLeod, Amanda Jensen-Doss, Carrie B. Tully, Michael A. Southam-Gerow, John R. Weisz, and Philip C. Kendall
This study suggests that the child–therapist alliance may be stronger in university-based research setting compared to community-based mental health settings. It may be more difficult to form as strong of a child–therapist alliance in community-based mental health settings.

Brief Report

465 Long-Term Outcomes of Brief, Intensive CBT for Specific Phobias: The Negative Impact of ADHD Symptoms
Thorhildur Halldorsdottir and Thomas H. Ollendick
The results of this study indicate that anxious youth with co-occurring ADHD symptoms respond less well to brief, intensive cognitive–behavioral therapies for specific phobias. If confirmed, cognitive–behavioral treatment for anxiety may need to be augmented or prolonged for youth with co-occurring ADHD.

Other
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