Therapist Effectiveness/Alliance

473 Predicting Therapist Effectiveness From Their Own Practice-Based Evidence
David R. Kraus, Jordan H. Bentley, Pamela C. Alexander, James F. Boswell, Michael J. Constantino, Elizabeth E. Baxter, and Louis G. Castonguay

Therapist effectiveness in treating different domains of client functioning can be predicted from past performance, and using this actuarial information in clinical decision making holds promise for improving the percentage of clients who experience a positive treatment effect.

484 The Relationship Between Alliance and Outcome: Analysis of a Two-Person Perspective on Alliance and Session Outcome
Sigal Zilcha-Mano, J. Christopher Muran, Clara Hungr, Catherine F. Eubanks, Jeremy D. Safran, and Arnold Winston

The study demonstrates that within-treatment changes in patient reports of the alliance may predict not only their own but also their therapists’ reported subsequent session outcome. Within-treatment changes in therapist reports of the alliance as well as differences between patients and therapists in their average ratings of alliance levels across treatment predict outcome as reported by the specific individual. Additionally, dyads with the highest pooled level of alliance from both partners fared best on session outcome.

Couples/Families

497 A Randomized Clinical Trial of Group Versus Standard Behavioral Couples Therapy Plus Individually Based Treatment for Patients With Alcohol Dependence
Timothy J. O’Farrell, Jeremiah A. Schumm, Laura J. Dunlap, Marie M. Murphy, and Patrice Muchowski

This study showed that when compared to a new rolling admission group format, a standard one couple at a time format for delivering behavioral couples therapy produced more lasting benefits for reducing substance use problems and improving relationships.

511 A Church-Based Intervention for Families to Promote Mental Health and Prevent HIV Among Adolescents in Rural Kenya: Results of a Randomized Trial
Eve S. Puffer, Eric P. Green, Kathleen J. Sikkema, Sherryl A. Broverman, Rose A. Ogwang-Odhiambo, and Jessica Pian

This study highlights the benefits of a culturally grounded, behavioral family-based intervention to improve family communication in low-resource settings. Results further suggest that religious organizations hold potential as community-based settings for interventions targeting family well-being and HIV prevention.

526 A Randomized, Controlled Trial of the Family Check-Up Model in Public Secondary Schools: Examining Links Between Parent Engagement and Substance Use Progressions From Early Adolescence to Adulthood
Marie-Hélène Véronneau, Thomas J. Dishion, Arin M. Connell, and Kathryn Kavanagh

This study suggests that family centered interventions designed to be embedded within the public school service system can have long-term preventive effects on reducing risk for marijuana use especially, but also tobacco and alcohol. By actively and respectfully encouraging at-risk families to participate, those most likely to benefit will engage and have motivation to change; thus, optimizing the use of resources while maintaining the significant impact of the intervention.

(Contents continue)
Suicidal/Nonsuicidal Self-Injury

A Brief Mobile App Reduces Nonsuicidal and Suicidal Self-Injury: Evidence From Three Randomized Controlled Trials
Joseph C. Franklin, Kathryn R. Fox, Christopher R. Franklin, Evan M. Kleiman, Jessica D. Ribeiro, Adam C. Jaroszewski, Jill M. Hooley, and Matthew K. Nock

Across 3 studies, we found that a brief mobile app generated moderate reductions in nonsuicidal and suicidal self-injury. These findings suggest that mobile interventions may have the potential to impact SITBs on a large scale.

Brief Report

Heated Hatha Yoga to Target Cortisol Reactivity to Stress and Affective Eating in Women at Risk for Obesity-Related Illnesses: A Randomized Controlled Trial
Lindsey B. Hopkins, Johnna L. Medina, Scarlett O. Baird, David Rosenfield, Mark B. Powers, and Jasper A. J. Smits

By targeting key behavioral and physiological mechanisms, yoga interventions may help address the obesity epidemic. This study provides initial support for the use of heated hatha yoga for improving cortisol reactivity and affective eating among women at risk for weight gain and obesity-related illnesses.

Other

Additional Journal Information
Correction to Juvonen et al. (2016)
Correction to Michalak et al. (2015)
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