Clinical Trial Registration

753  Improving Transparency and Reproducibility Through Registration: The Status of Intervention Trials Published in Clinical Psychology Journals

Lukasz Cybulski, Evan Mayo-Wilson, and Sean Grant

This study shows that most trials of psychological interventions in clinical psychology journals are not registered in advance, and most registered trials do not define their outcomes completely. The widespread failure to define research hypotheses in advance threatens the validity of trials and meta-analyses, and this has negative impacts on clinical care. Journals should require prospective and complete registration of trials to fulfill ethical obligations to research participants, improve transparency and reproducibility, and reduce publication and outcome reporting bias. All trial reports should state their registration status in the abstract and, if applicable, include their registration number.

Anxiety Disorders

768  Integrating Motivational Interviewing With Cognitive-Behavioral Therapy for Severe Generalized Anxiety Disorder: An Allegiance-Controlled Randomized Clinical Trial

Henny A. Westra, Michael J. Constantino, and Martin M. Antony

This study highlights that assimilating MI strategies into CBT for GAD results in better longer-term outcomes than CBT alone. Thus, standard CBT for this debilitating condition can be improved by training therapists to notice markers of client resistance and ambivalence, and to shift in these moments to interventions marked by empathy, collaboration, and client-centeredness.

783  Responsive Management of Early Resistance in Cognitive–Behavioral Therapy for Generalized Anxiety Disorder

Adi Aviram, Henny A. Westra, Michael J. Constantino, and Martin M. Antony

This study reinforces the clinical importance of client resistance as a marker for therapist responsiveness. Moreover, the findings suggest that the systematic incorporation of MI relational skills for managing resistance holds significant promise for improving CBT for GAD. Therapists learning to provide even modestly more empathic, evocative, and autonomy-supportive responses during moments of client resistance can potentially yield large dividends.

795  Attention Bias Dynamics and Symptom Severity During and Following CBT for Social Anxiety Disorder

Michelle L. Davis, David Rosenfield, Amit Bernstein, Ariel Zvielli, Andrea Reinecke, Christopher G. Beevers, Ernst H. W. Koster, and Jasper A. J. Smits

This study suggests that attentional dysregulation may not be a mechanism for change in cognitive–behavioral therapy, an effective treatment for social anxiety disorder. Though data are still preliminary, our finding that cognitive–behavioral therapy did not lead to changes in attentional avoidance leaves open the possibility that targeting attentional avoidance alongside cognitive–behavioral therapy may enhance its efficacy.

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Substance Use

803 Processes of Change in Preventing Alcohol Exposed Pregnancy: A Mediation Analysis
Danielle E. Parrish, Kirk von Sternberg, Yessenia Castro, and Mary M. Velasquez

This study explicates the mechanisms of behavior change in an efficacious intervention for preventing alcohol-exposed pregnancies. It provides support for the processes of change identified by the transtheoretical model as mediators of treatment, with reduced risk drinking and adoption of effective contraception as target behaviors. Understanding the role of the processes of change in both changing a negative behavior and in adopting a positive behavior may serve to inform the development of future behavioral interventions in order to increase their efficiency and effectiveness.

813 A Self-Awareness Intervention Manipulation for Heavy-Drinking Men's Alcohol-Related Aggression Toward Women
Kathryn E. Gallagher and Dominic J. Parrott

This study suggests that techniques that increase self-awareness effectively reduce alcohol-related aggression toward women for heavy-drinking men who report lower, but not higher, levels of masculine gender role stress.

824 Efficacy of Mindfulness-Based Addiction Treatment (MBAT) for Smoking Cessation and Lapse Recovery: A Randomized Clinical Trial
Jennifer Irvin Vidrine, Claire Adams Spears, Whitney L. Heppner, Lorraine R. Reitzel, Marianne T. Marcus, Paul M. Cinciripini, Andrew J. Waters, Yisheng Li, Nga Thi To Nguyen, Yumei Cao, Hilary A. Tindle, Micki Fine, Linda V. Safranek, and David W. Wetter

Although there were no significant differences in overall abstinence between Mindfulness-Based Addiction Treatment (MBAT) and traditional Guideline-based treatments within a diverse and relatively low SES sample of smokers, MBAT may be more efficacious than CBT or UC in facilitating lapse recovery.

Brief Report

839 Cognitive Models for Panic Disorder With Agoraphobia: A Study of Disaggregated Within-Person Effects
Asle Hoffart

This study found that reductions of catastrophic cognitions (physical, loss of control, and social) predicted subsequent decreases of anxiety in panic disorder with agoraphobia patients over the course of cognitive and guided mastery therapy. Thus, catastrophic cognitions seem to be useful targets for intervention.

Other

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