

APPENDIX 2.1: RESOURCES AND SUGGESTIONS FOR FURTHER READING

- Antony, M., & Roemer, L. (2011). *Theories of psychotherapy series: Behavior therapy*. Washington, DC: American Psychological Association.
- Craske, G. M. (2010). *Theories of psychotherapy series: Cognitive-behavioral therapy*. Washington, DC: American Psychological Association.
- Craske, G. M., & Barlow, D. H. (2006). *Treatments that work series: Mastery of your anxiety and worry* (2nd ed.). New York, NY: Oxford University Press.
- Davis, M., McKay, M., & Eshelman, E. R. (2008). *The relaxation & stress reduction workbook* (6th ed.). Oakland, CA: New Harbinger.
- Dobson, K. (2011). *Theories of psychotherapy series: Cognitive therapy*. Washington, DC: American Psychological Association.
- D’Zurilla, T., & Nezu, A. M. (2006). *Problem-solving therapy: A positive approach to clinical intervention* (3rd ed.). New York, NY: Springer.
- Laidlaw, K., Thompson, L. W., Gallagher-Thompson, D., & Dick-Siskin, L. (2003). *Cognitive behaviour therapy with older people*. Hoboken, NJ: Wiley.
- Novalis, P. N., Rojcewicz, S. J., & Peele, R. (1993). *Clinical manual of supportive psychotherapy*. Washington, DC: American Psychiatric Press.
- Sorocco, K. H., & Lauderdale, S. (in press). *Implementing CBT for older adults: Interdisciplinary guide*. New York, NY: Springer.
- Stanley, M. A., Diefenbach, G. J., & Hopko, D. R. (2004). Cognitive behavioral treatment for older adults with generalized anxiety disorder: A therapist manual for primary care settings. *Behavior Modification*, 28, 73–117.
- University of Washington, Advancing Integrated Mental Health Solutions. (n.d.) *Impact: Evidence-based depression care*. Retrieved from <http://impact-uw.org/>

General Assessment Instruments

Beck Anxiety Inventory (Beck & Steer, 1993): 21 items, somatic emphasis; Geriatric Anxiety Inventory (Pachana, Byrne, Siddle, Koloski, Harley, & Arnold, 2007): 20 items, yes/no format may be helpful for cognitively impaired, newly developed

State–Trait Anxiety Inventory (Spielberger, Gorsuch, & Lushene, 1970): 20 items each subscale, may measure neuroticism more than anxiety

Anxiety and Depression Assessment Instruments

Brief Symptom Inventory-18 (Derogatis, 2001): 6 items each for depression, anxiety, somatic symptoms on separate subscale

Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983): 7 items each subscale, somatic items omitted

Specialized Assessment Instruments

PTSD Checklist (Blanchard, Jones-Alexander, Buckley, & Forneris, 1996): 17 items, 6-item short form

GAD-7 (Spitzer, Kroenke, Williams, & Bernd Löwe, 2006): 7 items, assesses worry plus some associated symptoms

Penn State Worry Questionnaire (Meyer, Miller, Metzger, & Borkovec, 1990): 16- and 8-item forms, measures pathological worry rather than GAD, per se, heavily used in research

Fear Questionnaire (Marks & Mathews, 1979): 5 items per subscale, agoraphobia, blood-injury phobia, social phobia

Obsessive-Compulsive Inventory–Revised (Foa, 2002): 16 items, OCD symptoms

Savings Inventory–Revised (Frost, Steketee, & Grisham, 2004): 23 items, 3 subscales for clutter, acquisition, and ability to discard

Organizational Websites

Anxiety Disorders Association of America: <http://www.adaa.org>

Association for Behavioral and Cognitive Therapies: <http://www.abct.org>

International OCD Foundation: <http://www.ocdfoundation.org>

Research and Training Sites

Late-life anxiety research program: Melinda Stanley, PhD, Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, <http://www.bcm.edu/psychiatry/anxietycare/>

Late-life compulsive hoarding: Catherine Ayers, PhD, ABPP, VA San Diego Healthcare System/University of California, San Diego, cayers@ucsd.edu

Late-life generalized anxiety and stress: Julie Wetherell, PhD, VA San Diego Healthcare System/University of California, San Diego, jwetherell@ucsd.edu

Late-life posttraumatic stress disorder: Steven Thorp, PhD, VA San Diego Healthcare System/University of California, San Diego, sthorp@ucsd.edu