Public Health Significance Statements

In an effort to increase dissemination and usage by larger and diverse audiences, articles appearing in the *Journal of Consulting and Clinical Psychology* now include a brief statement regarding the public health significance of the study or meta-analysis described in the article. Those articles in this issue are listed below along with their respective public health significance statements.

**Trajectories of Change in Youth Anxiety During Cognitive—Behavior Therapy**
*Tara S. Peris, Scott N. Compton, Philip C. Kendall, Boris Birmaher, Joel Sherrill, John March, Elizabeth Gosch, Golda Ginsburg, Moira Rynn, James T. McCracken, Courtney P. Keeton, Dara Sakolsky, Cynthia Suveg, Sasha Aschenbrand, Daniel Almirall, Satish Iyengar, John T. Walkup, Anne Marie Albano, and John Piacentini*
http://dx.doi.org/10.1037/a0038402

The present findings suggest that cognitive restructuring and exposure tasks are critical components of CBT for youth anxiety but that relaxation training may have relatively less impact. These findings may be used to inform future efforts to make treatment more potent and efficient.

**Suicide Attempts in a Longitudinal Sample of Adolescents Followed Through Adulthood: Evidence of Escalation**
*David B. Goldston, Stephanie S. Daniel, Alaattin Erkanli, Nicole Heilbron, Otima Doyle, Bridget Weller, Jeffrey Sapyta, Andrew Mayfield, and Madelaine Faulkner*
http://dx.doi.org/10.1037/a0038657

Some individuals attempt suicide on multiple occasions during adolescence and young adulthood. As they make repeated attempts, the severity of their intention to die increases, and the amount of time between their suicide attempts decreases on average. These findings underscore the need for effective interventions to prevent and interrupt this cycle of escalation in suicidal behavior.

**Trajectories of Suicide Ideation and Nonsuicidal Self-injury Among Adolescents in Mainland China: Peer Predictors, Joint Development, and Risk for Suicide Attempts**
*Matteo Giletta, Mitchell J. Prinstein, John R. Z. Abela, Brandon E. Gibb, Andrea L. Barrocas, and Benjamin L. Hankin*
http://dx.doi.org/10.1037/a0038652

This study suggests that peer victimization is a powerful antecedent of adolescent chronic engagement in nonsuicidal self-injury and suicide ideation, which in turn, conjointly, increase risk for suicide attempt. Therefore, adolescent history of peer victimization should be assessed and monitored in clinical and school settings.

**Effects of Behavioral and Pharmacological Therapies on Peer Reinforcement of Deviancy in Children With ADHD-Only, ADHD and Conduct Problems, and Controls**
http://dx.doi.org/10.1037/a0038505

This study found that children with behavior disorders reinforced their peers’ deviant behaviors much more than typically developing children. However, behavior modification and medication treatments both reduced reinforcement rates, indicating that peer contagion can easily be managed in group-based treatments for children.

**Electrodermal Responding Predicts Responses to, and May Be Altered by, Preschool Intervention for ADHD**
*Theodore P. Beauchaine, Emily Neuhau, Lisa M. Gutzke-Kopp, M. Jamila Reid, Jane Chipman, Austin Brekke, Amanda Olliges, Shelby Shoemaker, and Carolyn Webster-Stratton*
http://dx.doi.org/10.1037/a0038405

This study demonstrates that not all children benefit equally from behavioral treatments for ADHD, and that future work should develop more effective interventions for children who are not helped as much by current approaches.

**Expanding the Efficacy of Project UPLIFT: Distance Delivery of Mindfulness-Based Depression Prevention to People With Epilepsy**
*Nancy J. Thompson, Archana H. Patel, Linda M. Selva, Shelley C. Stoll, Charles E. Begley, Erica K. Johnson, and Robert T. Fraser*
http://dx.doi.org/10.1037/a0038404

Using distance delivery, Project UPLIFT prevented episodes of MDD and further reduced depressive symptoms among people with epilepsy and mild-to-moderate depressive symptoms. Easily adapted for people with other chronic diseases, many of whom suffer increased rates of depression, interventions like Project UPLIFT have the potential to significantly decrease the prevalence of depression in the population.

**Depression Treatment for Impoverished Mothers by Point-of-Care Providers: A Randomized Controlled Trial**
*Lisa S. Segre, Rebecca L. Brock, and Michael W. O’Hara*
http://dx.doi.org/10.1037/a0038495
This study shows that LV, delivered by home visitors or ob-gyn clinic nursing staff, are an effective first-line treatment for depression among low-income and ethnic-minority mothers. Acceptability of LV was demonstrated by the fact that 82% of women attended between 4 and 6 sessions as well as their high ratings of treatment satisfaction.

Substance Use Among Lesbian, Gay, and Bisexual Clients Entering Substance Abuse Treatment: Comparisons to Heterosexual Clients
Annesa Flentje, Nicholas C. Heck, and James L. Sorensen
http://dx.doi.org/10.1037/a0038724
This study suggests that it is important to consider the sexual orientation of individuals entering substance abuse treatment as it may be an indicator of different patterns of substance use, particularly among gay men.

Comparison of a Smartphone App for Alcohol Use Disorders With an Internet-Based Intervention Plus Bibliotherapy: A Pilot Study
Vivian M. Gonzalez and Patrick L. Dulun
http://dx.doi.org/10.1037/a0038620
Technology-based interventions for individuals with alcohol use disorders hold the potential to help bridge the wide gap between those needing treatment and those actually receiving it. This study found that both an Internet-based intervention supplemented with an information pamphlet and a smartphone-based intervention resulted in decreased alcohol use over the 6-week trial.

Concurrent Alcohol and Tobacco Treatment: Effect on Daily Process Measures of Alcohol Relapse Risk
Ned L. Cooney, Mark D. Litt, Kevin A. Sevarino, Lucienne Levy, Linda S. Kranitz, Helen Sackler, and Judith L. Cooney
http://dx.doi.org/10.1037/a0038633
Study results support conveying a message to alcohol dependent smokers that smoking abstinence is accompanied by favorable changes in alcohol use, craving, mood, confidence, and motivation.

Combining Seeking Safety With Sertraline for PTSD and Alcohol Use Disorders: A Randomized Controlled Trial
Denise A. Hien, Frances Rudnick Levin, Lesia M. Rugglass, Teresa Lopez-Castro, Santiago Papini, Mei-Chen Hu, Lisa Renee Cohen, and Abigail Herron
http://dx.doi.org/10.1037/a0038719
For individuals with PTSD and AUD, this study demonstrated that the combination of Seeking Safety, a present-focused trauma therapy, and sertraline, enhanced PTSD symptom reduction when compared to Seeking Safety and placebo. Drinking outcomes were significantly improved with and without sertraline. These findings suggest the benefit of an integrated cognitive–behavioral treatment and SSRI approach to co-occurring PTSD and AUD.

Defining and Characterizing Differences in College Alcohol Intervention Efficacy: A Growth Mixture Modeling Application
James M. Henson, Matthew R. Pearson, and Kate B. Carey
http://dx.doi.org/10.1037/a0038897
This study suggests that there are distinct subgroups of college students defined by how they respond to alcohol intervention, and that interventions need to target freshmen men and those who play drinking games. Although most students initially respond to interventions, most also show decay over the next 12 months, which suggests that we need to determine ways of improving the long-term effects of alcohol interventions.

Gender Differences in Clinical Trials of Binge Eating Disorder: An Analysis of Aggregated Data
Rebecca M. Shingleton, Heather Thompson-Brenner, Douglas R. Thompson, Elizabeth M. Pratt, and Debra L. Franko
http://dx.doi.org/10.1037/a0038849
The current study highlights the importance of improving recruitment of men, particularly from lower socioeconomic status and minority ethnic backgrounds, in binge eating disorder treatment trials. The findings also underscore the importance of taking into consideration gender when treating binge eating disorder.

Predicting Meaningful Outcomes to Medication and Self-Help Treatments for Binge-Eating Disorder in Primary Care: The Significance of Early Rapid Response
Carlos M. Grilo, Marney A. White, Robin M. Masheb, and Ralitza Gueorguieva
http://dx.doi.org/10.1037/a0038635
When treating individuals with binge-eating disorder who also have excess weight in primary care, this study demonstrated the importance of an early rapid response to treatment. Individuals who responded quickly to initial treatments achieved good clinical outcomes that were well maintained for a year after finishing treatments.

Decentering as a Potential Common Mechanism Across Two Therapies for Generalized Anxiety Disorder
Sarah A. Hayes-Skelton, Amber Calloway, Elizabeth Roemer, and Susan M. Orsillo
http://dx.doi.org/10.1037/a0038305
Findings indicate that changes in the ability to more objectively view thoughts and emotions precedes changes in anxiety for individuals receiving these two treatments for generalized anxiety disorder. Directly targeting this ability may help to increase the efficiency and effectiveness of treatments for generalized anxiety disorder.
Improvements in Closeness, Communication, and Psychological Distress Mediate Effects of Couple Therapy for Veterans

Brian D. Doss, Alexandra Mitchell, Emily J. Georgia, Judith N. Biesen, and Lorelei Simpson Rowe

http://dx.doi.org/10.1037/a0038541

This study identifies specific aspects of the relationship that, if improved through couple therapy, lead to subsequent improvements in relationship satisfaction. Additionally, when treating veterans, results show that improvements in mental health may lead to—and result from—improvements in relationship satisfaction.

Effectiveness of Hospital-Based Video Interaction Guidance on Parental Interactive Behavior, Bonding, and Stress After Preterm Birth: A Randomized Controlled Trial

Hannah N. Hoffenkamp, Anneke Tooten, Ruby A. S. Hall, Johan Bracken, Marij P. J. Eliëns, Ad J. J. M. Vingerhoets, and Hedwig J. A. van Bakel

http://dx.doi.org/10.1037/a0038401

This study suggests that hospital-based Video Interaction Guidance is an effective intervention to support the early parent-infant relationship after preterm birth, especially after traumatic preterm birth. For parents with highly intrusive behavior, additional support may be necessary.

Personalized Drinking Feedback: A Meta-Analysis of In-Person Versus Computer-Delivered Interventions

Jennifer M. Cadigan, Angela M. Haeny, Matthew P. Martens, Cameron C. Weaver, Stephanie K. Takamatsu, and Brooke J. Arterberry

http://dx.doi.org/10.1037/a0038394

The study suggests that computer-delivered PFIs and in-person PFIs are viable strategies for alcohol interventions. In-person PFIs demonstrated some advantages over computer-delivered PFIs in long-term effects.