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.

A Randomized Trial for Hazardous Drinking and Smoking Cessation for Callers to a Quitline

*Benjamin A. Toll, Steve Martino, Stephanie S. O’Malley, Lisa M. Fucito, Sherry A. McKee, Christopher W. Kahler, Alana M. Rojewski, Martin C. Mahoney, Run Wu, Paula Celestino, Srinivasa Seshadri, James Koutsky, Andrew Hyland, and K. Michael Cummings*

http://dx.doi.org/10.1037/a0038183

Brief alcohol and tobacco counseling provided via a telephone smoking cessation quitline service improves smoking cessation among smokers who also report heavy drinking. This approach could be implemented with quitlines across the country, and the potential benefit of providing this low-cost, easily accessible treatment may be substantial.

Remote Versus In-Lab Computer-Delivered Personalized Normative Feedback Interventions for College Student Drinking

*Lindsey M. Rodriguez, Clayton Neighbors, Dipali V. Rinker, Melissa A. Lewis, Brenda Lazarowitz, Rubi G. Gonzales, and Mary E. Larimer*

http://dx.doi.org/10.1037/a0039030

This research highlights the importance of intervention delivery method for computer-delivered brief alcohol interventions. Results across six studies provide evidence of better outcomes for personalized normative feedback (PNF) delivered in person over remote delivery.

Standard Magnitude Prize Reinforcers Can Be as Efficacious as Larger Magnitude Reinforcers in Cocaine-Dependent Methadone Patients

*Nancy M. Petry, Sheila M. Alessi, Danielle Barry, and Kathleen M. Carroll*

http://dx.doi.org/10.1037/a0037888

This study shows that even relatively low magnitude reinforcement interventions can reduce cocaine use in methadone patients. Adoption of these interventions in treatment settings can improve outcomes of these patients.

Initial Abstinence Status and Contingency Management Treatment Outcomes: Does Race Matter?

*LaTrice Montgomery, Kathleen M. Carroll, and Nancy M. Petry*

http://dx.doi.org/10.1037/a0039021

Contingency management, an empirically based treatment that rewards clinically appropriate behaviors (e.g., submission of drug-negative urine samples), does not appear equally effective in reducing drug use among all subgroups, specifically African Americans who are using cocaine upon treatment entry. This study highlights the need for additional research on effective treatments for this population.

Fitting in and Standing out: Increasing the Use of Alcohol Protective Behavioral Strategies With a Deviance Regulation Intervention

*Robert D. Dvorak, Matthew R. Pearson, Clayton Neighbors, and Matthew P. Martens*

http://dx.doi.org/10.1037/a0038902

This study of college student drinkers who received either a positively or negatively framed message about utilizing protective strategies found that a deviance regulation intervention might be effective at increasing responsible alcohol use, but only among students with a high acceptance of the intervention message.

The Efficacy of a Personalized Feedback-Only Intervention for At-Risk College Gamblers

*Matthew P. Martens, Brooke J. Arterberry, Stephanie K. Takamatsu, Joan Masters, and Kim Dude*

http://dx.doi.org/10.1037/a0038843

This study suggests that personalized feedback, even when delivered in the absence of a meeting with a clinician, can be effective at reducing harmful gambling-related behaviors among college students. This type of intervention might be relatively easy and inexpensive to disseminate.

Efficacy of Personalized Normative Feedback as a Brief Intervention for College Student Gambling: A Randomized Controlled Trial

*Clayton Neighbors, Lindsey M. Rodriguez, Dipali V. Rinker, Rubi G. Gonzales, Maigen Agana, Jennifer L. Tackett, and Dawn W. Foster*

http://dx.doi.org/10.1037/a0039125

This research demonstrates efficacy of personalized normative feedback as a brief web-based intervention for problem gambling college students. The intervention effect was mediated by perceived norms and moderated by identification with other student gamblers.

CBT for Anxiety Disorders in Children With and Without Autism Spectrum Disorders

*F. J. A. van Steensel and S. M. Bügels*

http://dx.doi.org/10.1037/a0039108

This study highlights the importance of treating comorbid anxiety disorders in children with autism spectrum disorder (ASD). Treatment effectiveness of cognitive–behavioral therapy (CBT) was not different for children with and without ASD on most outcome measures.
Predicting Suicide Attempts by Time-Varying Frequency of Nonsuicidal Self-Injury Among Chinese Community Adolescents
Jianing You and Min-Pei Lin
http://dx.doi.org/10.1037/a0039055
This study suggests that nonsuicidal self-injury is an important risk factor for future suicide attempts among female adolescents. Suicide prevention programs for female adolescents should take into account the identification and treatment of nonsuicidal self-injury.

Preliminary Evaluation of a Multimodal Early Intervention Program for Behaviorally Inhibited Preschoolers
http://dx.doi.org/10.1037/a0039043
This study provides encouraging preliminary support for the Turtle Program for behaviorally inhibited preschool-age children. The Turtle Program improved child anxiety symptoms across home and school settings, and increased observed maternal positive affect and sensitivity.

Efficacy and Moderators of a Family Group Cognitive–Behavioral Preventive Intervention for Children of Parents With Depression
Bruce E. Compas, Rex Forehand, Jennifer Thigpen, Emily Hardcastle, Emily Garai, Laura McKee, Gary Keller, Jennifer P. Dunbar, Kelly H. Watson, Aaron Rakow, Alexandra Bettis, Michelle Reising, David Cole, and Sonya Sterba
http://dx.doi.org/10.1037/a0039053
This study provides strong support for the efficacy of a family group cognitive–behavioral preventive intervention for children of parents with a history of major depressive disorder. The intervention led to reduced internalizing and externalizing symptoms and prevented the onset of major depression over a period of 2 years.

Randomized Comparative Efficacy Study of Parent-Mediated Interventions for Toddlers With Autism
Connie Kasari, Amanda Gulsrud, Tanya Paparella, Gerhard Hellemann, and Kathleen Berry
http://dx.doi.org/10.1037/a0039080
To improve outcomes associated with core impairments of toddlers with ASD, this study highlights the impact of direct, hands-on parent coaching of techniques to facilitate child social development. Parents also benefit from expert-delivered educational consultation, as shown by reduced parenting stress, but this treatment is less likely to improve child outcomes.

Treating Insomnia Improves Mood State, Sleep, and Functioning in Bipolar Disorder: A Pilot Randomized Controlled Trial
Allison G. Harvey, Adrianne M. Soehner, Kate A. Kaplan, Kerrie Hein, Jason Lee, Jennifer Kanady, Descartes Li, Sophia Rabe-Hesketh, Terence A. Ketter, Thomas C. Neylan, and Daniel J. Buysse
http://dx.doi.org/10.1037/a0038655
This study suggests that an intervention to improve sleep and circadian functioning reduces risk of relapse and improves sleep and overall functioning among individuals who meet diagnostic criteria for bipolar disorder.

A Diary-Based Modification of Symptom Attributions in Pathological Health Anxiety: Effects on Symptom Report and Cognitive Biases
Tobias Kerstner, Michael Witthoft, Daniela Mier, Carsten Diener, Fred Rist, and Josef Bailer
http://dx.doi.org/10.1037/a0039056
This study provide strong evidence that an electronic diary-based 2-week attribution training is effective in reducing health anxiety and associated cognitive biases in patients with pathological health anxiety. This training therefore represents a promising add-on for existing treatments.

Diagnoses, Intervention Strategies, and Rates of Functional Improvement in Integrated Behavioral Health Care Patients
http://dx.doi.org/10.1037/a0038941
This study suggests brief behavioral health interventions delivered in integrated primary care target specific patient concerns (rather than provide only generic support) and improve patient functioning, even across 2–3 sessions.

Motivational Deficits Differentially Predict Improvement in a Randomized Trial of Self-System Therapy for Depression
Kari M. Eddington, Paul J. Silvia, Tamara E. Foxworth, Ariana Hoet, and Thomas R. Kwapis
http://dx.doi.org/10.1037/a0039058
The results from this study provide corroborating evidence that system therapy is an effective short-term treatment for adult patients with depression at varying levels of severity. For those patients with deficits in self-regulation, self-system therapy was shown to be more effective than cognitive–behavioral therapy.

Risk Moderates the Outcome of Relationship Education: A Randomized Controlled Trial
Hannah C. Williamson, Ronald D. Rogge, Rebecca J. Cobb, Matthew D. Johnson, Erika Lawrence, and Thomas N. Bradbury
http://dx.doi.org/10.1037/a0038621
Among couples beginning their first marriage, those reporting some difficulties in their relationship generally respond better to educational interventions than those entering marriage with stronger relationships.
Well-functioning couples may not need intensive, skills-based relationship education, and it may actually hurt their relationship. Classifying couples on the basis of their strengths and weaknesses would help ensure that the nature and intensity of their intervention corresponds with their area of need.

Online Suicide Risk Screening and Intervention With College Students: A Pilot Randomized Controlled Trial
Cheryl A. King, Daniel Eisenberg, Kai Zheng, Ewa Czyz, Anne Kramer, Adam Horwitz, and Stephen Chermack
http://dx.doi.org/10.1037/a0038805
This study suggests that completion of an online mental health screen, accompanied by personalized feedback and the option of brief online counseling, may facilitate readiness to consider and obtain mental health services among college students at elevated risk for suicidal behavior.

Therapeutic Alliance in a Randomized Clinical Trial for Bulimia Nervosa
Erin C. Accurso, Ellen E. Fitzsimmons-Craft, Anna Ciao, Li Cao, Ross D. Crosby, Tracey L. Smith, Marjorie H. Klein, James E. Mitchell, Scott J. Crow, Stephen A. Wonderlich, and Carol B. Peterson
http://dx.doi.org/10.1037/ccp0000021
This study highlights the importance of a strong therapeutic alliance for good treatment outcome in bulimia nervosa. Individuals' improvements in alliance over the course of treatment did not specifically predict subsequent symptom improvement, but individuals with stronger overall alliances had superior symptom reductions overall.

Self-Harm and Suicidal Behavior in Borderline Personality Disorder With and Without Bulimia Nervosa
Deborah L. Reas, Geir Pedersen, Sigmund Karterud, and Øyvind Rø
http://dx.doi.org/10.1037/ccp0000014
This study found that co-occurring bulimia nervosa is uniquely and significantly associated with increased risk of suicidal behavior among women being treated for borderline personality disorder. Findings underscore the importance of routinely screening for bulimia nervosa among women seeking treatment for borderline personality disorder, as co-occurring bulimia appears to be a significant marker for immediate life-threatening behaviors in this already high-risk population.

Rapid Response in Psychological Treatments for Binge Eating Disorder
Anja Hilbert, Thomas Hildebrandt, W. Stewart Agras, Denise E. Wilfley, and G. Terence Wilson
http://dx.doi.org/10.1037/ccp0000018
This study provides evidence for rapid response as a treatment-specific positive prognostic indicator of long-term remission in cognitive–behavioral guided self-help (CBTgsh), a low-intensity, low-cost treatment for binge eating disorder. In contrast, interpersonal psychotherapy (IPT), a specialty treatment, was comparably efficacious for both rapid and nonrapid responders, whereas nonrapid responders in CBTgsh and rapid and nonrapid responders in behavioral weight loss treatment showed the lowest remission rates. Monitoring rapid response can provide guidance regarding a switch from a low-intensity treatment (e.g., CBTgsh) to a more intensive treatment (e.g., IPT) to promote successful outcomes in individuals diagnosed with binge eating disorder.

Mechanisms of Symptom Reduction in a Combined Treatment for Comorbid Posttraumatic Stress Disorder and Alcohol Dependence
Carmen P. McLean, Yi-Jen Su, and Edna B. Foa
http://dx.doi.org/10.1037/ccp0000024
This study found that the mechanism by which combined NAL and PE therapy reduces alcohol use among those with comorbid AD and PTSD is the reduction of both PTSD symptoms and alcohol craving. Our findings shed light on the mechanisms of the combined treatment and highlight the crucial role of PTSD symptomatology in the maintenance of alcohol craving and use in patients with comorbid AD and PTSD.