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.

Cognitive Therapy Versus Exposure Therapy for Hypochondriasis (Health Anxiety): A Randomized Controlled Trial
Florian Weck, Julia M. B. Neng, Samantha Richtberg, Marion Jakob, and Ulrich Stangier
http://dx.doi.org/10.1037/ccp0000013
This study strongly suggests that both cognitive therapy and exposure therapy are effective treatments for hypochondriasis. Moreover, both treatments demonstrated large follow-up effect sizes, which was a deficit of former studies. Long-term efficacy might be achieved with the implementation of booster sessions.

Brief Cognitive–Behavioral and Relaxation Training Interventions for Breast Cancer: A Randomized Controlled Trial
http://dx.doi.org/10.1037/ccp0000020
Lisa M. Gudenkauf, Michael H. Antoni, Jamie M. Stagl, Suzanne C. Lechner, Devika R. Jutagir, Laura C. Bouchard, Bonnie B. Blomberg, Stefan Glick, Robert P. Derhagopian, Gladys L. Giron, Eli Avisar, Manuel A. Torres-Salichs and Charles S. Carver
The present study suggests that brief stress management group interventions may be helpful in promoting stress management skills and improving psychological adaptation among women with nonmetastatic breast cancer, especially during the early period of adjuvant treatment. These brief stress management interventions may be easier to incorporate into clinical settings than previously validated longer interventions and may therefore be able to be offered to a broader population.

Motivational Enhancement Mitigates the Effects of Problematic Alcohol Use on Treatment Compliance Among Partner Violent Offenders: Results of a Randomized Clinical Trial
Cory A. Crane, Christopher I. Eckhardt, and Robert C. Schlauch
http://dx.doi.org/10.1037/a0039301
This study shows that therapist satisfaction with using a treatment protocol varied as a function of how the protocol was designed. Therapists valued both effectiveness and responsiveness of treatments—features that were best balanced using a modular treatment design with an intermediate level of flexibility. For treatments to be effective and sustained in practice settings, treatment developers should consider design features that increase the appeal to the therapists who are ultimately responsible for using them.

Evidence-Based Preventive Intervention for Preadolescent Aggressive Children: One-Year Outcomes Following Randomization to Group Versus Individual Delivery
John E. Lochman, Thomas J. Dishion, Nicole P. Powell, Caroline L. Boxmeyer, Lixin Qu, and Meghann Sallee
http://dx.doi.org/10.1037/ccp0000030
This study finds that group formats for aggressive children can limit intervention effects in school settings for some children.
This study is the first to compare 2 CB adolescent depression prevention interventions with a minimal intervention control in real-world settings. The brief CB group program appeared more effective in preventing adolescent MDD than a bibliotherapy approach, but was not superior to an educational brochure, suggesting that more refinements are needed to effectively deliver evidence-based prevention outside of tightly controlled research trials.

The Effectiveness of Clinician Feedback in the Treatment of Depression in the Community Mental Health System
Mary Beth Connolly Gibbons, John E. Kurtz, Donald L. Thompson, Rachel A. Mack, Jacqueline K. Lee, Aileen Rothbard, Susan V. Eisen, Robert Gallop, and Paul Cris-Christoph
http://dx.doi.org/10.1037/a0039302
This study suggests that therapist performance feedback is an effective intervention for the treatment of depression in the community mental health setting.

Cognitive–Behavioral Therapy (CBT) Versus Acceptance and Commitment Therapy (ACT) for Dementia Family Caregivers With Significant Depressive Symptoms: Results of a Randomized Clinical Trial
Andrés Losada, María Márquez-González, Rosa Romero-Moreno, Brent T. Mausbach, Javier López, Virginia Fernández-Fernández, and Celia Nogales-González
http://dx.doi.org/10.1037/ccp0000028
One of every four dementia caregivers treated with acceptance and commitment therapy (ACT) or cognitive–behavioral therapy (CBT) shows a clinically significant reduction in depressive and anxiety symptoms at postintervention as compared with caregivers in the control group. The findings suggest that adding booster sessions may consolidate the outcomes of brief ACT and CBT interventions for dementia caregivers. ACT may be an appropriate alternative to CBT for helping dementia caregivers with high depressive symptoms.

Therapeutic Bond Judgments: Congruence and Incongruence
Dana Atzil-Slonim, Eran Bar-Kalifa, Eshkol Rafaeli, Wolfgang Lutz, Julian Rubel, Ann-Kathrin Schiefele, and Tuvia Peri
http://dx.doi.org/10.1037/ccp0000015
This study advances the idea that therapists who adopt a vigilant approach may be more attuned to their clients’ changing experience. Additionally, it highlights the risk of misattributing symptomatic change to factors within the therapeutic relationship.

Dynamic Longitudinal Relations Between Emotion Regulation Difficulties and Anorexia Nervosa Symptoms Over the Year Following Intensive Treatment
Sarah E. Racine and Jennifer E. Wildes
http://dx.doi.org/10.1037/ccp0000011
Difficulties with emotion regulation predict the maintenance of anorexia nervosa (AN) symptoms over the year following intensive treatment. Findings provide support for recently developed treatments for AN that target emotion dysregulation in hopes of improving outcomes for this debilitating disorder.

The Maudsley Outpatient Study of Treatments for Anorexia Nervosa and Related Conditions (MOSAIC): Comparison of the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) With Specialist Supportive Clinical Management (SSCM) in Outpatients With Broadly Defined Anorexia Nervosa: A Randomized Controlled Trial
http://dx.doi.org/10.1037/ccp0000019
This study shows that both MANTRA and SSCM have promise as first-line outpatient treatments of AN in adults. MANTRA, a novel, targeted treatment based on experimental medicine principles, may have advantages in terms of overall acceptability and credibility, and weight outcomes in more severely ill patients.

Internet-Based Cognitive–Behavior Therapy for Procrastination: A Randomized Controlled Trial
Alexander Rozental, Erik Forsell, Andreas Svensson, Gerhard Andersson, and Per Carlbring
http://dx.doi.org/10.1037/ccp0000023
Procrastination is a common behavioral problem associated with personal distress and decreased well-being, but the lack of research on treatment interventions prevents the general public from receiving adequate care. The current study is one of the first to investigate the usefulness of cognitive–behavior therapy for procrastination, and to explore whether it can be delivered via the Internet. The results provide preliminary evidence for its efficacy, indicating that Internet-based cognitive–behavior therapy can be helpful for individuals suffering from self-reported difficulties due to procrastination.

Toward a Dynamic Model of Psychological Assessment: Implications for Personalized Care
Aaron J. Fisher
http://dx.doi.org/10.1037/ccp0000026
The present article provides a model for personalized assessment and intervention that could improve the impact of psychosocial interventions by targeting person-relevant dimensions of psychological distress and dysfunction. Moreover, the targeted nature of this model has the potential to allow treating clinicians to eschew unnecessary or irrelevant therapeutic elements for more efficient treatment delivery.