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.

Redesigning Community Mental Health Services for Urban Children: Supporting Schooling to Promote Mental Health
Marc S. Atkins, Elisa S. Sernoff, Stacy L. Frazier, Sonja K. Schoenwald, Elise Cappella, Ane Marinez-Lora, Tara G. Mehta, Davielle Lakiind, Grace Cua, Rana Bhaulik, and Dulal Bhaulik
http://dx.doi.org/10.1037/a0039661
This study leveraged the influence of key opinion leader teachers and parent advocates to redesign community mental health services to target the empirical predictors of children’s learning for children referred for disruptive behavior disorders living in high-poverty urban communities. Results suggest that this model increases the accessibility, effectiveness, and sustainability of mental health services relative to community mental health services as usual.

Bounce Back: Effectiveness of an Elementary School-Based Intervention for Multicultural Children Exposed to Traumatic Events
Audra K. Langley, Araceli Gonzalez, Catherine A. Sugar, Diana Solis, and Lisa Jaycox
http://dx.doi.org/10.1037/a0039537
This study found an association between social risk environments and tobacco and marijuana use across adolescence and into adulthood. Additionally, genetic characteristics and the social environment appear to interact in predicting membership in tobacco- and marijuana-use trajectories in adolescence and young adulthood. These findings will play an important role in future developments of prevention and treatment efforts.

LGB-Affirmative Cognitive-Behavioral Therapy for Young Adult Gay and Bisexual Men: A Randomized Controlled Trial of a Transdiagnostic Minority Stress Approach
John E. Pachankis, Mark L. Hatzenbuehler, H. Jonathon Rendina, Steven A. Safren, and Jeffrey T. Parsons
http://dx.doi.org/10.1037/a0039537
This population-based study suggests that the mental health of sexual minority men and women depends on whether and how long ago they first disclosed their sexual orientation. Sexual minority men who have recently come out are at particularly high risk of experiencing major depression and generalized anxiety disorder. For women, those who stay in the closest are at high risk for depression but not when they have recently come out. Given its important implications for mental health, sexual orientation and its concealment and disclosure should be incorporated into standard mental health assessments of the general population.

Effectiveness of Internet-Based Cognitive–Behavioral Therapy for Social Anxiety Disorder in Clinical Psychiatry
Samir El Alaoui, Erik Hedman, Viktor Kald, Hugo Hesser, Martin Kruepellen, Evelyn Andersson, Christian Ruck, Gerhard Andersson, Björn Ljotsson, and Nils Lindefors
http://dx.doi.org/10.1037/a0039198
This study suggests that Internet-based cognitive–behavioral therapy for social anxiety disorder can be effective when delivered within the context of routine psychiatric care. This method of delivering psychological treatments can significantly increase public access to evidence-based care for a debilitating and common disorder.

Adult Attachment as a Moderator of Treatment Outcome for Generalized Anxiety Disorder: Comparison Between Cognitive–Behavioral Therapy (CBT) Plus Supportive Listening and CBT Plus Interpersonal and Emotional Processing Therapy
Michelle G. Newman, Louis G. Castonguay, Nicholas C. Jacobson, and Ginger A. Moore
http://dx.doi.org/10.1037/a0039359
When choosing a treatment for individuals with generalized anxiety disorder, this study suggests the potential importance of taking adult attachment into account.
We examined factors associated with treatment outcome in the first randomized controlled trial comparing risperidone versus cognitive–behavioral therapy (CBT) augmentation of serotonin reuptake inhibitors (SRIs) for patients with obsessive–compulsive disorder (OCD). CBT was more effective, and we found that the superiority of CBT over risperidone increased with baseline OCD severity. This suggests that CBT should be the SRI augmentation strategy of choice, even for patients with severe OCD.

A Randomized Controlled Trial of the Efficacy of Mindfulness-Based Cognitive Therapy and a Group Version of Cognitive Behavioral Analysis System of Psychotherapy for Chronically Depressed Patients

The results show that the group version of the cognitive behavioral analysis system of psychotherapy (CBASP) is an effective treatment for chronically depressed patients. Results for mindfulness-based cognitive therapy (MBCT) were more equivocal for this patient group.

Using the Theory of Planned Behavior to Improve Treatment Adherence in Chronically Depressed Patients

This study demonstrated that a culturally informed family intervention improved treatment outcomes for Mexican Americans with schizophrenia.

Relapse Prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy Versus an Active Control Condition

Specifically, 2 distinct interpersonal profiles in panic disorder patients were identified, nonassertive and domineering–intrusive. Classifying panic disorder patients according to these interpersonal profiles contributes unique information about these individuals and has implications for treatment.

Identifying Moderators of the Adherence-Outcome Relation in Cognitive Therapy for Depression

This study suggests that therapist adherence in cognitive therapy for depression is not uniformly related to outcome across all patients. The relation of specific aspects of adherence and outcome varied as a function of patients’ gender, level of pretreatment anxiety, and prior depressive episodes. If replicated, these findings will facilitate personalizing the delivery of cognitive therapy on the basis of patient characteristics.

Augmenting Serotonin Reuptake Inhibitors in Obsessive–Compulsive Disorder: What Moderates Improvement?

We examined factors associated with treatment outcome in the first randomized controlled trial comparing risperidone versus cognitive–behavioral therapy (CBT) augmentation of serotonin reuptake inhibitors (SRIs) for patients with obsessive–compulsive disorder (OCD). CBT was more effective, and we found that the superiority of CBT over risperidone increased with baseline OCD severity. This suggests that CBT should be the SRI augmentation strategy of choice, even for patients with severe OCD.

Are There Subtypes of Panic Disorder? An Interpersonal Perspective

This study demonstrated the importance of taking into account interpersonal dysfunction when treating individuals with panic disorder. Specifically, 2 distinct interpersonal profiles in panic disorder patients were identified, nonassertive and domineering–intrusive. Classifying panic disorder patients according to these interpersonal profiles contributes unique information about these individuals and has implications for treatment.

A Randomized Controlled Trial of the Efficacy of Mindfulness-Based Cognitive Therapy and a Group Version of Cognitive Behavioral Analysis System of Psychotherapy for Chronically Depressed Patients

This is the first randomized controlled trial that compares MBCT to a structurally equivalent active comparison condition that may have cost and dissemination advantages. Our investigation is additionally designed to help isolate specific versus nonspecific therapeutic components of MBCT.

Relapse Prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy Versus an Active Control Condition

This study demonstrated that a culturally informed family intervention improved treatment outcomes for Mexican Americans with schizophrenia.

Identifying Moderators of the Adherence-Outcome Relation in Cognitive Therapy for Depression

This study suggests that therapist adherence in cognitive therapy for depression is not uniformly related to outcome across all patients. The relation of specific aspects of adherence and outcome varied as a function of patients’ gender, level of pretreatment anxiety, and prior depressive episodes. If replicated, these findings will facilitate personalizing the delivery of cognitive therapy on the basis of patient characteristics.

Using the Theory of Planned Behavior to Improve Treatment Adherence in Chronically Depressed Patients

This study demonstrated that a culturally informed family intervention improved treatment outcomes for Mexican Americans with schizophrenia.

Direct-to-Consumer Marketing of Psychological Treatments: A Randomized Controlled Trial

This is the first randomized controlled trial evaluating the potential utility of direct-to-consumer marketing of psychological treatments. This study demonstrated that increasing consumer knowledge of psychological treatments may be a worthwhile complement to current dissemination and implementation efforts, which frequently target providers.

Children of Divorce–Coping With Divorce: A Randomized Control Trial of an Online Prevention Program for Youth Experiencing Parental Divorce

Parental divorce is a highly prevalent risk factor for multiple mental health and substance abuse problems for children and youth. This randomized experimental trial provides suggestive evidence that the CoD-CoD program (a web-based coping program) reduces short-term mental health problems for youth from divorced homes who have higher levels of problems when they enter the program. Given the potential of web-based programs to reach a large proportion of the population, the program is seen as having high potential public health significance.

The Trajectory of Fidelity in a Multiyear Trial of the Family Check-Up Predicts Change in Child Problem Behavior

This study suggests that continual assessment of provider fidelity to evidence-based protocol delivery is integral to ensuring positive treatment outcomes.