Clinical Health Psychology/Behavioral Medicine

659 Impact of Comorbid Anxiety and Depressive Disorders on Treatment Response to Cognitive Behavior Therapy for Insomnia
Lynda Bélanger, Allison G. Harvey, Émilie Fortier-Brochu, Simon Beaulieu-Bonneau, Polina Eidelman, Lisa Talbot, Hans Ivers, Kerrie Hein, Manon Lamy, Adriane M. Soehner, Chantal Mérette, and Charles M. Morin

This study indicates that cognitive–behavior therapy is effective for treating insomnia disorder, even when there is a coexisting anxiety disorder or a depressive disorder of mild to moderate severity. Individuals with a coexisting anxiety disorder or mild to moderate depression disorder may also expect relief from their concurrent psychological symptoms even when treatment focuses specifically on insomnia. The findings suggest that it is important to include both the behavioral and cognitive components of CBT to optimize treatment outcomes.

668 A Randomized Clinical Trial of a Supportive Versus a Skill-Based Couple-Focused Group Intervention for Breast Cancer Patients
Sharon L. Manne, Scott D. Siegel, Carolyn J. Heckman, and Deborah A. Kashy

This study highlights the importance of targeting different types of group therapy to cancer patients with different levels of distress.

Youth/Adolescents

682 Group Parent–Child Interaction Therapy: A Randomized Control Trial for the Treatment of Conduct Problems in Young Children
Larissa N. Niec, Miya L. Barnett, Matthew S. Prewett, and Jenelle R. Shanley Chatham

Children and families who completed group parent–child interaction therapy (PCIT) demonstrated significant reductions in child conduct problems and increases in positive parenting skills that were not inferior to the treatment gains experienced by families in individual PCIT. Group PCIT may offer the potential to increase treatment availability for families in need of services.

699 Parent–Teen Behavior Therapy + Motivational Interviewing for Adolescents With ADHD
Margaret H. Sibley, Paulo A. Graziano, Aparajita B. Kuriyan, Stefany Coxe, William E. Pelham, Lourdes Rodriguez, Frances Sanchez, Karen Dereftko, Sarah Helseth, and Anthony Ward

A skills-based parent–teen behavior therapy blended with MI successfully engages families and leads to long-term improvement in parent-reported ADHD symptoms, organization skills, and parenting stress. Effects on school setting variables were less robust, requiring continued work to enhance these outcomes.

713 Aligning Organizational Priorities With ARC to Improve Youth Mental Health Service Outcomes
Charles Glisson, Nathaniel J. Williams, Anthony Hemmelgarn, Enola Proctor, and Philip Green

The ARC intervention improves the outcomes of community-based mental health services by aligning organizational priorities with 5 principles of effective service.

Depression

726 Sudden Gains in Cognitive–Behavior Therapy for Treatment-Resistant Depression: Processes of Change
Anna Abel, Adele M. Hayes, William Henley, and Willem Kuyken

This study suggests that helping patients with treatment resistant depression develop hope and emotionally process and make meaning of their experiences can improve long-term outcomes.

(Contents continue)
The improvement of the working alliance in a given session of interpersonal psychotherapy or cognitive behavioral therapy is likely to be followed by the reduction of depressive symptoms by the next session, and the deterioration of the alliance is likely to be followed by symptomatic deterioration by the next session. The improvement of symptoms since the previous session is associated with a stronger alliance in the current session, and the deterioration of symptoms from the previous session is associated with a weaker alliance in the current session. Therapists should be mindful of the interrelationships between fluctuations in the alliance and a patient’s symptoms throughout therapy to be optimally effective and to prevent vicious spirals: Deteriorating symptoms lead to a weakened alliance, which in turn, may lead to still further deterioration in symptoms.