Subject Index

Abuse. See Child abuse/maltreatment; Intimate partner violence
Acceptance and Commitment Therapy (ACT), 487–489, 635–638, 641–642
Acceptance-based behavioral therapy (ABBT), 664–665, 669, 670
Accessibility of treatment:
clinical guidelines on, 27, 32–33
economics of EBP and, 77–79, 87
Improving Access to Psychological Interventions (IAPT) Program on, 27, 32–33, 78, 87
Activity pacing, for pain disorders, 578. See also Exercise
Acute stress disorders. See also Posttraumatic stress disorder
adjustment disorder vs., 493
cognitive behavior therapy for, 347–348, 351–355
consensus panel recommendations on, 348
diagnostic criteria for, 346–347
evidence-based practices on, 355
exposure therapy for, 347, 348
impact of, 347
meta-analyses of studies on, 355
psychoeducation for, 347
psychological debriefing for, 347–350
randomized controlled trials on, 348–354
Addictions. See Gambling disorders; Substance misuse
ADHD (attention-deficit/hyperactivity disorder), 25
Adjustment disorder:
cognitive behavior therapy for, 499, 502
comorbidity of disorders with, 494, 497, 501, 502
consensus panel recommendations on, 499–500
demographic variables in, 494–496
diagnostic criteria for, 493–494
evidence-based practices on, 503–504
impact of, 497–498
meta-analyses of studies on, 502
mirror therapy for, 501–502
overview of, 493–498
pharmacological treatment for, 498, 500, 501
problem-solving skills training for, 499
psychotherapeutic interventions for, 498–504
randomized controlled trials on, 500–502
single case studies on, 502
stress inoculation training for, 499
treatment of, 498–504
Age disparities:
in adjustment disorder, 495–496
in alcohol use disorders, 134
in anxiety disorders, 286, 652
in dementia and cognitive disorders, 98
in depression and depressive disorders, 244
in erectile dysfunction, 395, 405
in female sexual dysfunctions, 421, 425
in gambling disorders, 478
in generalized anxiety disorder, 652
in hypochondriasis, 605
in obsessive-compulsive disorders, 314
in panic disorders, 286
in paraphilias, 439–440
in sexual offending, 441
in sleep disorders, 459
in stress disorders, 340
in tobacco-related disorders, 169
Agency for Health Care Policy and Research, 23
Agency for Healthcare Research and Quality (AHRQ), 19, 48
Agoraphobia, 285, 286–287
AGREE instrument, 19
Alcoholics Anonymous, 152–154, 208, 211–212.
See also 12-step-based therapies
Alcohol use disorders. See also Substance misuse
behavioral couples and family treatment for, 135, 137, 145–147, 556
brief interventions for, 135, 137, 147–150
broad spectrum behavior therapy for, 136
case management for, 135, 154–156
clinical guidelines on, 136
cognitive behavior therapy for, 135, 136, 138–139
Community Reinforcement Approach to, 135, 143–145
comorbidity of disorders with, 159, 302, 315, 515, 521–522, 535, 538
consensus panel recommendations on, 138, 139–140, 141, 143, 145–146, 148, 150, 152, 154
coping skills training for, 136, 141, 145
Alcohol use disorders (continued)
cue-exposure therapy for, 135, 141–143
demographic variables in, 133–134
diagnostic criteria for, 133
economic analysis of, 134, 140, 141, 144–145, 156
evidence-based treatments for, 134–159
exposure therapy for, 135, 141–143
impact of, 134
Mesa Grande review of treatments for, 134–136, 141, 152, 156
meta-analyses of studies on, 139, 140–141, 144, 147, 148–149, 151–152, 153–154, 155–156
motivational interviewing/motivational enhancement therapy for, 135, 137, 150–152
overview of, 133–136
pharmacological treatment for, 141, 151
relapse prevention for, 136, 138
relationship and therapist factors impacting, 156–158
self-control training for, 135, 136, 139
social skills training for, 135, 136, 139
stress management for, 136, 139
Treatment Improvement Protocols for, 136
12-step-based therapies for, 135, 137, 152–154, 538 (see also Alcoholics Anonymous)
Alprazolam, 299
Alzheimer’s disease. See Dementia and cognitive disorders
American Academy of Sleep Medicine, 461
American Psychological Association (APA):
EBP guidelines by, 4, 136, 305
PsycINFO database of, 19, 47–48, 147, 244, 245, 398, 399
 Amitriptyline, 385, 594
Amphetamines, 197, 199–200, 208–209
Analytical psychotherapy, 671–673
Antenatal and postnatal mental health, 25
Antidepressants, 20, 26–27, 253, 257–258, 273–274, 288, 299–300, 301, 323, 415, 423, 498, 609. See also SSRIs
Antipsychotics, 423, 486–487, 515, 615
Antisocial personality disorder, 25, 537–538, 542–543. See also Personality disorders
Anxiety disorders:
adjustment disorder vs., 493
analytical psychotherapy for, 671–673
breathing retraining for, 296–297, 299
clinical guidelines on, 25, 26, 288, 289, 653–654
cognitive avoidance model on, 656, 661–662, 668–669, 673
cognitive reevaluation/restructuring for, 295, 298, 624, 626–632, 641
comorbidity of disorders with, 28, 98, 118–121, 286–287, 301–302, 315–316, 653
complementary and alternative treatments for, 304–305
computerized cognitive behavior therapy treatment for, 83–84, 88
consensus panel recommendations on, 653–654
course of disorder, 287
demographic variables in, 621–622, 652–653
diagnostic criteria for, 285–286, 621, 651–652
economic assessment of, 83–84, 88, 288, 653
epidemiology of, 286
evidence-based practices on, 305–306, 641–644, 673–674
exercise as treatment for, 304
generalized, 25, 26, 493, 651–674
health-related (hypochondriasis), 373–376, 603–617
impact of, 287–288, 622–623, 653
interpersonal psychotherapy for, 638–639
intolerance of uncertainty model on, 655, 662–663, 669, 737–674
meta-analyses of studies on, 626, 630–631, 633–634, 635, 665–667
metacognitive model on, 663–664, 669
open trials on, 636–637, 641–642
panic-based, 25, 26, 285–306
physical health and, 287–288, 302
psychodynamic psychotherapy for, 303–304, 639–641
psychoeducation on, 294–295, 298, 627
rational emotive therapy for, 628
relaxation training for, 305, 634–635, 654, 656–662
research on, 306
single case studies on, 667–671, 672
social, 621–644
social skills training for, 632–634, 641
treatment outcome predictors with, 301–303
Applied relaxation. See Relaxation training
Arthritis, 593–594
Atenolol, 625
Aversive stimulation:
gambling disorder treatment via, 485
obsessive-compulsive disorder treatment via, 318–319
paraphilia treatment via, 445–446, 447
tobacco-related disorder treatment via, 182–184, 188
Barlow, D., 292–294
Behavioral activation treatment, 259–261. See also Pleasant-event scheduling
Behavioral interventions. See also Behavioral activation treatment; Broad spectrum behavior therapy; Cognitive behavior therapy; Community Reinforcement Approach; Contingency management program; Dialectical behavior therapy; Differential reinforcement; Exposure therapy; Noncontingent reinforcement; Operant behavioral interventions; Training interventions
alcohol use disorder treatment via, 135, 136, 137, 138–147, 556
dementia treatment via, 114–121
drug use disorder treatment via, 203–211, 214, 556
gambling disorder treatment via, 484–486
paraphilia treatment via, 444–448
relational problems treatment via, 551–557, 561
schizophrenia treatment via, 222–234
tobacco-related disorder treatment via, 172–176, 188
Benzodiazepines, 299–300, 301, 406, 408, 462, 501, 661, 663
Bibliotherapy:
borderline personality disorder treatment via, 523
depression and depressive disorder treatment via, 251, 256
decisional conflict treatment via, 420, 429–430
Bioreporter (biological marker feedback interventions):
female sexual dysfunction treatment via, 426–427
somatoform and factitious disorder treatment via, 381
tobacco-related disorder treatment via, 184–185, 188
Bipolar disorder, 25. See also Depression and depressive disorders
Body dysmorphic disorder, 377–378
Borderline personality disorder:
bibliotherapy for, 523
clinical guidelines on, 25
cognitive behavior therapy for, 509, 518–519, 524, 525
comorbidity of disorders with, 508, 521–522
consensus panel recommendations on, 509
demographic variables in, 507–508
diagnostic criteria for, 507
dialectical behavior therapy for, 509, 513–516, 524–526
dynamic deconstructive psychotherapy for, 521–522
empirically supported treatments for, 508–509
manual-assisted cognitive therapy for, 522–523
mentalization-based therapy for, 519–520, 524–525
meta-analyses of studies on, 523–524
mindfulness approaches to, 513
overview of, 507–508
pharmacological treatment for, 515
problem-solving skills training for, 513
psychoeducation on, 518, 523
psychotherapeutic interventions for, 508, 509–526
randomized controlled trials on, 510–512, 513–516
schema-focused therapy for, 516–518, 524, 525
self-harm as result of, 507, 509, 513, 514, 515, 516, 519, 520, 523, 524
STEPBS program for, 523
supportive counseling for, 520–521
transference-focused psychotherapy for, 520–521
transformation-focused psychotherapy for, 520–521
Bouton, M., 293–294
Breathing retraining, 296–297, 299
Brief interventions:
acute stress disorder treatment via, 347–348
adjustment disorder treatment via, 500, 501
alcohol use disorder treatment via, 135, 137, 147–150
depression and depressive disorder treatment via, 273–275
drug use disorder treatment via, 201–202
generalized anxiety disorder treatment via, 671–672
personality disorder treatment via, 522–523, 544
Subject Index

Brief interventions (continued)
- schizophrenia treatment via, 232–234
- somatoform and factitious disorder treatment via, 380–381

Briquet’s syndrome, 365
British Psychological Society, 16, 21
Broad spectrum behavior therapy, 136
Buprenorphine, 205
Buproprion, 174, 415
Butterfly effect, 59, 66

Campbell Library of Systematic Reviews, 48
Canadian Consensus Conference, 100, 102, 106, 109, 112, 115, 119, 122
Canadian Problem Gambling Index (CPGI), 479
Cancer, 170–171
Cannabis, 197–198, 199, 209

Caregivers and family:
- adjustment disorder treatment involvement of, 500
- alcohol use disorder treatment involvement of, 135, 137, 145–147
- dementia treatment involving, 101, 102, 104, 111–114, 116, 118, 119–120, 122
- obsessive-compulsive disorder treatment involvement of, 326–327
- schizophrenia treatment involvement of, 228–232
- tobacco-related disorder treatment involvement of, 181–182, 188

Case management, 135, 154–156

Centers for Medicare and Medicaid Services. See Medicaid and Medicare

Child abuse/maltreatment:
- comorbidity of disorders with, 337–338, 443
- female sexual dysfunctions resulting from, 415
- PTSD from, 337–338
- sexual, 415, 438–439, 440–441, 443, 451 (see also Pedophilia; Sexual offending)

Chronic fatigue syndrome, 379–385

Chronic pain disorders. See Pain disorders

Clark, D., 32, 290–291

Clinical guidelines:
- accessibility to treatment addressed in, 27, 32–33
- on ADHD, 25
- AGREE instrument assessment of, 19
- on antenatal and postnatal mental health, 25
- on anxiety disorders, 25, 26, 288, 289, 653–654
- on bipolar disorder, 25
- comorbidity considerations in, 28
- comparator condition considerations in, 28–29
- on dementia and cognitive disorders, 25, 99, 100
- on depression and depressive disorders, 16, 25, 26, 245, 253–254, 259, 263, 266–267, 270, 273, 275, 276
- development of, 16–21
- on eating disorders, 25, 26, 65
- economics of EBP and, 16–17, 22–23, 30, 88
- future developments in, 34–35
- on generalized anxiety disorder, 25, 26, 653–654
- grading systems in, 23–24
- impact of, on mental health practice, 30–34
- key aspects of, 26–27
- limitations of, 27–30
- methods for developing, 18–21
- National Collaborating Centre for Mental Health role in, 16, 21–25
- NICE role in, 4, 15–35, 88, 99, 100, 172–174
- on obsessive-compulsive disorders, 25, 322–324
- outcomes and follow-up duration considerations in, 28
- on panic disorders, 25, 26, 288, 289
- patient population considerations in, 28
- on personality disorders, 25, 536–538
- on PTSD, 4, 25, 26
- rationale for, 16–18
- on schizophrenia, 23, 25, 26, 32, 34
- on self-harm, 25
- on stress disorders, 4, 25, 26
- taxonomy for, 31
- therapeutic modality differences consideration in, 29–30
- therapist competence considerations in, 29
- on tobacco-related disorders, 172–174
- updating, 24–25

Clinical utility. See Efficacy and effectiveness

Clomipramine, 304, 328, 609, 610

Clonazepam, 630, 640

Cocaine, 198, 199, 200, 208

Cochrane, Archibald (Archie) L., 55–56

Cochrane Library/Cochrane Central register, 48, 147, 234, 398, 399

Cognitive avoidance model, 656, 658–662, 667–675

Cognitive behavior therapy. See also Behavioral activation treatment; Cognitive interventions; Dialectical behavior therapy; Exposure therapy; Relapse prevention; Schema-focused therapy; Systematic desensitization; Training interventions
- acute stress disorder treatment via, 347–348, 351–355
- adjustment disorder treatment via, 499, 502
- alcohol use disorder treatment via, 135, 136, 138–139
- borderline personality disorder treatment via, 509, 518–519, 524, 525
cognitive stimulation as, 99–102, 104
cognitive training as, 99, 102–105
dementia treatment via, 99–108
gambling disorder treatment via, 485
hypochondriasis treatment via, 609
panic disorder treatment via, 295, 298
schizophrenia treatment via, 235–237
sleep disorder treatment via, 461
social anxiety disorder treatment via, 624, 626–632, 641
COMBINE (Combined Pharmacotherapies and Behavioral Intervention) study, 82, 138
Community Reinforcement Approach: alcohol use disorder treatment via, 135, 143–145
drug use disorder treatment via, 204–207
Comorbidity:
of adjustment disorder and other disorders, 494, 497, 501, 502
of alcohol use and other disorders, 159, 302, 315, 515, 521–522, 535, 538
of anxiety and other disorders, 28, 98, 118–121, 286–287, 301–302, 315–316, 653
of child abuse/maltreatment and other disorders, 337–338, 443
clinical guideline consideration of, 28
doing dementia and other disorders, 98, 118–121
doing depression and other disorders, 28, 98, 118–121, 301, 316, 327–328
doing eating disorders and other disorders, 316
doing erectile dysfunction and other disorders, 396
doing female sexual dysfunctions and other disorders, 413, 415, 421, 422, 425, 428
doing gambling disorders and other disorders, 478, 479, 480
doing generalized anxiety and other disorders, 653
doing hypochondriasis and other disorders, 373, 605
doing pain disorders and other disorders, 571, 572, 580
doing panic disorders and other disorders, 286–287, 301–302
doing personality disorders and other disorders, 508, 515–516, 521–522, 534–536, 538, 542, 544
doing PTSD and other disorders, 28, 341
doing schizophrenia and other disorders, 170
doing sleep disorders and other disorders, 459, 460, 470
doing somatoform and factitious disorders with other disorders, 368, 371, 373, 377–378, 605
doing stress disorders and other disorders, 28, 341
doing tobacco-related disorders and other disorders, 170, 301
Complementary and alternative treatments, 304–305, 330
Complex regional pain syndrome, 595
Compliance therapy, 232–234
Computers. See Internet: Technology
Consolidated Standards of Reporting Trials (CONSORT), 6, 41
Contingency management program:
allocated use disorder treatment via, 135, 137, 139–141
drug use disorder treatment via, 33–34, 204–207, 214

Subject Index 731
Continuing education. See Training programs
Conversion disorder, 370–372
Coping skills training:
  alcohol use disorder treatment via, 136, 141, 145
drug use disorder treatment via, 207–210, 214
pain disorder treatment via, 576, 582
schizophrenia treatment via, 228
Coping strategy enhancement. See Coping skills training
Cost issues. See Economics of EBP
Couples therapy:
  alcohol use disorder treatment via, 135, 137, 145–147, 556
  behavioral couple therapy as, 135, 137, 145–147, 210–211, 214, 551–557, 561
cognitive behavioral marital therapy as, 562
depression and depressive disorder treatment via, 276–277, 556–557
drug use disorder treatment via, 210–211, 214, 556
emotionally-focused couples therapy as, 557–560
female sexual dysfunction treatment via, 416–420, 421
insight-oriented marital therapy as, 561–562
integrated behavioral couple therapy as, 561
intimate partner violence treatment via, 563
relational problems treatment via, 551–562, 563
Cue-exposure therapy. See also Exposure therapy
  alcohol use disorder treatment via, 135, 141–143
drug use disorder treatment via, 203–204, 214
Cultural practices. See also Ethnic and racial disparities
  alcohol use disorders influenced by, 134
cultural competence in EBP, 7
dementia treatment consideration of, 117–118
obsessive-compulsive disorder cultural variations, 322
Databases. See also Electronic searches
  Campbell Library of Systematic Reviews, 48
  Cochrane Library/Cochrane Central register, 48, 147, 244, 398, 399
  Database of Uncertainties about the Effects of Treatments (DUETS), 41
  Dissertation Abstracts, 244, 398, 399
  EMBASE, 19, 244, 245, 398, 399
  LILACS, 398, 399
  Medline, 19, 147, 398, 399
  PsycINFO, 19, 47–48, 147, 244, 245, 398, 399
  PubMed, 47, 48, 244, 245
  D-cycloserine, 615, 625–626
Dementia and cognitive disorders:
  behavioral approaches to, 114–121
challenging behavior with, 114–118
clinical guidelines on, 25, 99, 100
cognitive behavior therapy for comorbid disorders with, 118–121
cognitive-focused approaches to, 99–108
cognitive rehabilitation for, 99, 105–108
cognitive stimulation for, 99–102, 104
cognitive training for, 99, 102–105
comorbidity of disorders with, 98, 118–121
consensus panel recommendations on, 100, 102, 109, 110, 111, 118–119, 122
demographic variables in, 98
diagnostic criteria for, 97–98
economic assessment of, 85
evidence-based practices on, 124
impact of, 98–99
meta-analyses of studies on, 100, 102–103, 106, 109, 112–113, 122
overview of, 97–99
pharmacological treatment for, 100–101
pleasant-event scheduling for, 116, 118, 119, 120
problem-solving skills training for, 118, 119
psychological/psychotherapeutic approaches to, 111–114, 121–124
relaxation training for, 119–120
reminiscence therapy for, 108–111
single case studies on, 101, 106–107, 110, 117–118, 120–121, 123
validation therapy for, 121–124
Depression and depressive disorders:
  behavioral activation treatment for, 259–261
  bibliotherapy for, 251, 256
  clinical guidelines on, 16, 25, 26, 245, 253–254, 259, 263, 266–267, 270, 273, 275, 276
  cognitive behavior therapy for, 83–84, 88, 118–121, 250–259
  comorbidity of disorders with, 28, 98, 118–121, 301, 316, 327–328
  computerized cognitive behavior therapy treatment for, 83–84, 88
couples therapy for, 276–277, 556–557
dementia caregivers with, 111–114
economic assessment of, 83–84, 87, 88
evidence-based practices on, 244–250, 277–278
interpersonal psychotherapy for, 266–269
meta-analyses of studies on, 245–250, 251–253, 259, 263, 266–267, 270, 273, 275, 276
methods of treatment selection for, 244–250
nondirective supportive therapy for, 269–272
overview of, 243–244
  adjustment (see Adjustment disorder)
  alcohol use (see Alcohol use disorders)
  anxiety (see Anxiety disorders)
  bipolar (see Bipolar disorder)
  dementia and cognitive (see Dementia and cognitive disorders)
  depressive (see Depression and depressive disorders)
  drug use (see Drug use disorders)
  eating (see Eating disorders)
  erectile (see Erectile dysfunction)
  gambling (see Gambling disorders)
  generalized anxiety (see Generalized anxiety disorder)
  obsessive-compulsive (see Obsessive-compulsive disorders)
  pain (see Pain disorders)
  panic (see Panic disorders)
  personality (see Personality disorders)
  posttraumatic stress (see Posttraumatic stress disorder)
  relational (see Relational problems)
  schizophrenia (see Schizophrenia)
  self-harm (see Self-harm)
  sexual (see Erectile dysfunction; Female sexual dysfunctions; Paraphilias; Sexual offending)
  sleep (see Sleep disorders)
  social anxiety (see Social anxiety disorder)
  somatoform and factitious (see Somatoform and factitious disorders)
  stress (see Stress disorders)
  substance misuse (see Alcohol use disorders; Drug use disorders; Substance misuse; Tobacco-related disorders)
  tobacco-related (see Tobacco-related disorders)
  treatment of (see Treatments)
  clinical guidelines on, 25, 26, 65 comorbidity of disorders with, 316 EBP. See Evidence-based practice
Subject Index

Economics of EBP:
accessibility of treatment impacted by, 77–79, 87
anxiety disorder economic assessment, 83–84, 88, 288, 653
clinical guidelines on, 16–17, 22–23, 30, 88
commissioning and, 88–89
cost-benefit analysis in, 85
cost-effectiveness analysis in, 79–85
cost-utility analysis in, 84–85
decision making supported by, 85–90
dementia and cognitive disorder economic assessment, 85
depression economic assessment, 83–84, 87, 88
efficiency and equity in, 76–79
financing mental health services, 71–76, 78–79, 88–89
gambling disorder economic assessment, 478
generalized anxiety disorder economic assessment, 653
hypochondriasis economic assessment, 605–606
interest group lobbying based on, 85
market failure and, 72
marketing based on, 85–86
OCD economic assessment, 314–315
out-of-pocket payments and, 75–76
pain disorder economic assessment, 570, 584, 591–592
panic disorder economic assessment, 288
paraphilia economic assessments, 446
policy development influenced by, 86–87
prepayment systems and, 72–73
PTSD economic assessment, 341
Quality-Adjusted Life Year analysis of, 23, 83, 84–85, 88
relational problem economic assessment, 551
research funding and, 63
sleep disorder economic assessment, 470
social insurance and, 73, 74
somatoform and factitious disorder economic assessment, 371
substance misuse economic assessment, 134, 140, 141, 144–145, 156, 171
tax-based financing and, 73–74
substance-related disorder economic assessment, 171
voluntary insurance and, 73, 74–75
Ecstasy (methylendioxy-N-methylamphetamine), 198
Education. See Training interventions; Training programs
Efficacy and effectiveness, 6, 76–85
Electromyographic (EMG) biofeedback. See Biofeedback

Electronic searches. See also Databases
on alcohol use disorder studies, 147
clinical guideline development using, 19–20
on depression and depressive disorder studies, 244, 245
on erectile dysfunction studies, 398, 399
training program use of, 47–48, 50
EMBASE, 19, 244, 245, 398, 399
Emotionally-focused couples therapy, 557–560
Empirically supported treatment. See Evidence-based practice
Employment situations:
depression impacting, 87
insurance programs in, 75
obsessive-compulsive disorders impacting, 314–315
pain disorders impacting, 570, 572
PTSD impacting, 341
social anxiety disorder impacting, 622–623
somatoform and factitious disorders impacting, 367, 377
tobacco-related disorders impacting, 176
Erectile dysfunction:
comorbidity of disorders with, 396
demographic variables in, 395–396, 404–405
diagnostic criteria for, 395
drug-induced, 396
evidence-based practice on, 407–410
future research on, 409–410
impact of, 396–398
meta-analyses of studies on, 407–409
overview of, 395–398
pharmacological treatment for, 397–398, 405–407, 408–409
psychoeducation on, 402, 403
psychologically-induced, 397
psychotherapeutic interventions for, 396–410
randomized controlled trials on, 398–409
rational emotive therapy for, 402–403
sex group therapy for, 402, 403, 404, 405–407, 408–409
systematic desensitization for, 402, 403–404
treatment outcome predictors with, 397–398, 404–405
treatment results for, 399–407
treatment selection methods for, 398–399
vacuum devices for, 407, 408
Ethnic and racial disparities. See also Cultural practices
in alcohol use disorders, 134
economics of EBP and, 78
in erectile dysfunction, 395
in gambling disorders, 478
in obsessive-compulsive disorders, 314, 322
in pain disorders, 594
in social anxiety disorder, 622
in somatoform and factitious disorders, 367, 371, 373, 377, 379
in stress disorders, 340
in tobacco-related disorders, 169

Evidence-Based Medicine (Sackett et al), 39, 44
Evidence-based practice (EBP). See also specific treatments
accessibility of, 27, 32–33, 77–79, 87
accountability for, 9, 11
attitudinal barriers to, 8–9, 44
benefits and risks of, 61
clinical guidelines for (see Clinical guidelines)
competency in, 4, 7
complexity of cases impacting, 58–59, 62–63, 66–68
cultural competence in, 7
definition and description of, 3–4, 55
democratization of knowledge impacting, 56–57
diagnoses and, 64–66
disorder treatments using (see Disorders)
dissemination of, 4, 7–11, 643–644
economics associated with (see Economics of EBP)
efficacy and effectiveness of, 6, 76–85
empiricism, reductionism and, 57–58, 62
evidence appraisal in, 5–7, 88
fidelity monitoring of, 10–11
implementation of, 4, 7–11, 26, 32–33, 88–89
information resources on (see Databases;
Resources)
Kuhn on, 59–60
limitations of, 55–68
literature reviews on, 6–7
nonlinear course of disease impacting, 66–68
normal science and, 60–61, 63
Popper on, 59
process of, 5
purpose of, 4
research methods in (see Open trials;
Randomized controlled trials; Single case studies; Time series studies)
review and analysis of (see Meta-analyses; Systematic reviews)
training in, 8, 9, 10, 16, 27, 32–33, 39–51, 61

Exercise:
panic disorder treatment via, 304
somatoform and factitious disorder treatment via, 382

Exhibitionism, 438, 439–440, 441–442, 445. See also Paraphilias
Explanatory therapy, 375, 607–608, 610, 613

Exposure therapy:
acute stress disorder treatment via, 347, 348
alcohol use disorder treatment via, 135, 141–143
cue-, 135, 141–143, 203–204, 214
drug use disorder treatment via, 203–204, 214
female sexual dysfunction treatment via, 428–431
generalized anxiety disorder treatment via, 662–663
hypochondriasis treatment via, 374, 608–609, 610, 611, 613
imagination, 321, 325–326, 342, 609, 624–626
interoceptive, 295–296, 298–299, 609
obsessive-compulsive disorder treatment via, 318–330
panic disorder treatment via, 295–296, 298–299
PTSD treatment via, 341, 342, 343–344, 345–346
social anxiety disorder treatment via, 624–632, 641
somatoform and factitious disorder treatment via, 374, 608–609, 610, 611, 613

Eye movement desensitization and reprocessing (EMDR), 341–342, 343, 345–346

Face-to-face behavioral counseling, 172–176, 188. See also Psychotherapeutic interventions

Factitious disorders. See Somatoform and factitious disorders
Family. See Caregivers and family
Family therapy:
adjustment disorder treatment via, 500
alcohol use disorder treatment via, 135, 137, 145–147
behavioral family therapy as, 135, 137, 145–147
obsessive-compulsive disorder treatment via, 326–327
schizophrenia treatment via, 228–232

Female sexual dysfunctions:
bibliotherapy for, 420, 429–430
biofeedback interventions for, 426–427
comorbidity of disorders with, 413, 415, 421, 422, 425, 428
consensus panel recommendations on, 416, 423–424, 426, 428–429
demographic variables in, 415, 421, 422–423, 425–426, 428
Female sexual dysfunctions (continued)
diagnostic criteria for, 413, 414–415, 420–421, 421–422, 425, 427–428
dyspareunia as, 425–427
evidence-based practice on, 431
exposure therapy for, 428–431
female orgasmic disorder as, 421–425
female sexual arousal disorder as, 420–421
impact of, 413–414
low sexual desire problems as, 414–420
medical interventions for, 426–427
meta-analyses of studies on, 430–431
pharmacological treatment for, 424, 427–428
relaxation training for, 428–431
sex therapy for, 415–420, 428–431
sexual pain disorders as, 425–431
single case studies on, 430–431
systematic desensitization interventions for, 424, 428–431
vaginismus as, 427–431
Fetishism, 438, 440, 442, 445–446. See also Paraphilias
Fibromyalgia, 379–385, 594
Fidelity monitoring, 10–11
Financial issues. See Economics of EBP
Flunarizine, 585
Fluoxetine, 20, 385, 423, 609, 610, 611, 612, 613, 616, 630
Fluvooxamine, 300, 328, 609, 610, 613
Frotteurism, 438, 440, 442, 446. See also Paraphilias
Functional somatic syndromes, 379–385, 594
Gamblers Anonymous, 486. See also 12-step-based therapies
Gambling disorders:
  Acceptance and Commitment Therapy for, 487–489
  assessment of, 478, 479–481
  behavioral therapies for, 484–485, 485–486
  cognitive behavior therapy for, 485–486
  cognitive therapy for, 485
  comorbidity of disorders with, 478, 479, 480
  demographic variables in, 478
  economic assessment of, 478
  evidence-based practice on, 478–489
  gambler’s fallacy and, 481, 482, 483
  illusion of control and, 481–482, 483
  overview of, 477–478
  pharmacological treatment for, 484, 486–487
  processes impacting, 478, 481–483
  rule following and, 482–483
  treatment for, 478–479, 484–489
  12-step-based therapies for, 486
  Gambling Functional Assessment (GFA), 480
  Gambling Symptom Assessment Scale (G-SAS), 479–480
  Gender disparities:
    in adjustment disorder, 496
    in alcohol use disorders, 133–134
    in anxiety disorders, 286, 622, 652
    in depression and depressive disorders, 244
    in generalized anxiety disorder, 652
    in obsessive-compulsive disorders, 314
    in pain disorders, 569, 570, 572
    in panic disorders, 286
    in paraphilias, 440–441
    in personality disorders, 533
    in relational problems, 550–551
    in schizophrenia, 221
    in sexual offending, 440–441
    in sleep disorders, 459
    in social anxiety disorder, 622
    in somatoform and factitious disorders, 367, 371, 373, 377, 379
    in stress disorders, 339–340
    in tobacco-related disorders, 169
  Generalized anxiety disorder (GAD). See also Anxiety disorders
  acceptence-based behavioral therapy for, 664–665, 669, 670
  adjustment disorder vs., 493
  analytical psychotherapy for, 671–673
  clinical guidelines on, 25, 26, 653–654
  cognitive avoidance model on, 656, 661–662, 668–669, 673
  cognitive behavior therapy for, 653–671, 673–674
  comorbidity of disorders with, 653
  consensus panel recommendations on, 653–654
  demographic variables in, 652–653
  diagnostic criteria for, 651–652
  evidence-based practices on, 673–674
  exposure therapy for, 662–663
  impact of, 653
  intolerance of uncertainty model on, 655, 662–663, 669, 673–674
  meta-analyses of studies on, 665–667
  metacognitive model on, 666–667, 669
  overview of, 651–653
  pharmacological treatment for, 654, 663, 665, 666

Subject Index
psychological/cognitive models of, 655, 656–664, 668–669, 673–674
randomized controlled trials on, 654–665, 671–672
relaxation training for, 654, 656–662
single case studies on, 667–671, 672
supportive counseling for, 671
Grades of Recommendation Assessment, Development, and Evaluation (GRADE) system, 24
Guided imagery interventions, 381, 385, 575, 594 Guidelines. See Clinical guidelines
Hallucinogens, 198–199
Headaches, migraine and tension, 571–587, 595–597. See also Pain disorders
Health anxiety. See Hypochondriasis
Healthcare Commission audits, 34
Health challenges. See Disorders; Physical health
Health insurance. See Hypochondriasis
Herbal medicines, 305. See also Complementary and alternative treatments
Hypochondriasis:
case studies and uncontrolled trials on, 609–610
comorbidity of disorders with, 373, 605
consensus panel recommendations on, 612
demographic variables in, 373, 605–606
diagnostic criteria for, 373, 603–606
economic assessment of, 605–606
etiology of, 606–607
evidence-based practices on, 616–617
exploratory therapy for, 375, 607–608, 610, 613
exposure therapy and response prevention for, 374, 608–609, 610, 611, 613
meta-analyses of studies on, 376, 612, 613–614
pharmacological treatment for, 375–376, 609, 610, 611, 612, 613, 615, 616
psychoeducation on, 607, 608, 610, 612, 613–614, 616
randomized controlled trials on, 374–376, 610–611
stress management for, 374–375, 608, 609, 611, 613
treatment of, 374–376, 607–617
Hysteria, 365
Illicit substance-related disorders. See Drug use disorders; Substance misuse
Illusion of control, 481–482, 483
Imaginal exposure therapy. See also Exposure therapy
hypochondriasis treatment via, 609
obsessive-compulsive disorder treatment via, 321, 325–326
PTSD treatment via, 342
social anxiety disorder treatment via, 624–626
Imipramine, 288, 289, 300, 302, 327–328, 609, 610
Implementation of EBP, 4, 7–11, 26, 32–33, 88–89
Improving Access to Psychological Interventions (IAPT) Program, 27, 32–33, 78, 87
Incentives:
alcohol use disorder treatment via, 135, 137, 139–141
commissioning as, 88–89
drug use disorder treatment via, 204–207
EBP implementation and, 8, 11, 88–89
schizophrenia treatment via, 222, 223
tobacco-related disorder treatment via, 182–184
Insight-oriented marital therapy, 561–562
Insomnia. See Sleep disorders
Institute of Medicine and National Research Council, 4, 16
Insurance programs:
financing mental health services via, 72–73, 74–75, 78–79
social, 73, 74
in U.K. (see National Health Service)
in U.S., 74–75, 78–79 (see also Medicaid and Medicare)
voluntary, 73, 74–75
Integrated behavioral couple therapy, 561
Interest group lobbying, 85
Internet:
depression and depressive disorder treatment via, 252
gambling via, 477
pain disorder treatment via, 587
PTSD treatment via, 342
searches via (see Electronic searches)
sexual offending via, 439, 441, 444, 452 (see also Sexual offending)
tobacco-related disorder treatment via, 179, 180
Interocceptive exposure therapy. See also Exposure therapy
hypochondriasis treatment via, 609
panic disorder treatment via, 295–296, 298–299
Interpersonal psychotherapy:
anxiety disorder treatment via, 638–639
dementia treatment via, 123
depression and depressive disorder treatment via, 266–269
social anxiety disorder treatment via, 638–639
Intimate partner violence, 563
Intolerance of uncertainty model, 655, 662–663, 669, 673–674
Intracavernosal injections, 406–407
In vivo exposure therapy. See also Exposure therapy
hypochondriasis treatment via, 609
obsessive-compulsive disorder treatment via,
320, 324–326, 329
panic disorder treatment via, 296, 298–299
PTSD treatment via, 342
social anxiety disorder treatment via, 624–626,
628–629
Iowa Gambling Task (IGT), 480
Irritable bowel syndrome, 379–385
Journal clubs, 43
Kuhn, Thomas S., 59–60
Layard, Richard, 32
Lewy body dementia. See Dementia and cognitive
disorders
Lidocaine, 427
Life review therapy, 108–111, 275–276
LILACS, 398, 399
Low back pain disorders, 570–571, 572–580,
587–593, 595–597. See also Pain disorders
Major depressive disorder. See Depression and
depressive disorders
Manual-assisted cognitive therapy (MACT),
522–523
Marital problems. See Relational problems
Marketing, 85–86
Marshall, Barry, 60–61
Masochism, 438, 440, 442–443, 447. See also
Paraphilias
MATCH, Project, 138, 150, 152–153, 154, 157
Maudsley Obsessive Compulsive Inventory,
317
Medicaid and Medicare, 74, 88, 89
Medical interventions, 426–427, 451. See also
Pharmacological treatment
Medication. See Pharmacological treatment
Medline, 19, 147, 398, 399
Memory-related disorders. See Dementia and
cognitive disorders
Men, erectile dysfunction in, 395–410. See also
Gender disparities
Mental health disorders. See Disorders
Mental Health Parity and Addiction Equity Act
(2008), 75
Mental health professionals:
alcohol use disorder therapist-specific factors,
156–158
clinical guidelines for (see Clinical guidelines)
competency of, 4, 7, 29
dissemination and implementation of EBP to/by,
4, 7–11, 26, 32–33, 88–89, 643–644
therapeutic alliance with, 4, 156–158, 253,
517–518, 536, 557
training programs for (see Training programs)
treatments by (see Treatments)
Mental health treatment. See Treatments
Mentalization-based therapy, 519–520, 524–525
Mesa Grande review, 134–136, 141, 152, 156
Meta-analyses:
of acute stress disorder studies, 355
of adjustment disorder studies, 502
of alcohol use disorder studies, 139, 140–141,
144, 147, 148–149, 151–152, 153–154,
155–156
of anxiety disorder studies, 626, 630–631,
633–634, 635, 665–667
of borderline personality disorder studies,
523–524
clinical guideline development using, 18, 19
of dementia studies, 100, 102–103, 106, 109,
112–113, 122
of depression and depressive disorder studies,
245–250, 251–253, 259, 263, 266–267, 270,
273, 275, 276
of drug use disorder studies, 203, 204, 206–207,
209–210, 210–211, 212
of erectile dysfunction studies, 407–409
evidence appraisal in, 6
of female sexual dysfunction studies, 430
of generalized anxiety disorder studies, 665–667
of hypochondriasis studies, 376, 612, 613–614
of obsessive-compulsive disorder studies,
329–330
of pain disorder studies, 581, 582, 583, 590, 591
of personality disorder studies, 523–524
of PTSD studies, 345–346
of relational problems studies, 556, 559–560
of schizophrenia studies, 224–226, 226–228,
229, 232, 233–234, 235–237
of sexual offending studies, 450–451
of sleep disorder studies, 461–462
of social anxiety disorder studies, 626, 630–631,
633–634, 635
of somatoform and factitious disorder studies,
376, 612, 613–614
of tobacco-related disorder studies, 174–176,
177–178, 179–180, 181–182, 183, 184–185,
186–187
Metacognitive model, 663–664, 669
Methadone, 204, 205, 209, 210
Methamphetamine, 197, 200, 209
Migraine headaches, 571–578, 595–597. See also
Pain disorders
Mindfulness- and acceptance-based approaches:
acceptance and commitment therapy as, 487–489,
635–638, 641–642
Metacognitive model, 663–664, 669
acceptance-based behavioral therapy as, 664–665, 669, 670
borderline personality disorder treatment via, 513
gambling disorder treatment via, 487–489
generalized anxiety disorder treatment via, 664–665, 669, 670
mindfulness-based stress reduction as, 636, 637, 642
sleep disorder treatment via, 469
social anxiety disorder treatment via, 635–638, 641–642

Mineka, S., 293–294
Mirror therapy, 501–502
Monetary issues. See Economics of EBP
Motivational interviewing/motivational enhancement therapy:
alcohol use disorder treatment via, 135, 137, 150–152
drug use disorder treatment via, 201–203, 214
Multisystemic therapy, 448–452
Myofascial pain dysfunction syndrome, 594–595
Naloxone, 487
Naltrexone, 141, 151, 205
Narcotics Anonymous, 208, 211–212. See also 12-step-based therapies
National Audit Governance Group, 34
National Collaborating Centre for Mental Health, 16, 21–25
National Guidelines Clearinghouse, 16, 48
National Health Service:
  Database of Uncertainties about the Effects of Treatments (DUETS) of, 41
economics of EBP and, 23, 78, 83, 84–85, 86–87, 88
IAPT Program under, 27, 32–33, 78, 87
NICE role in (see National Institute for Health and Clinical Excellence)
Team for the Assessment of Psychiatric Services project of, 86
National Institute for Health and Clinical Excellence (NICE):
establishment of, 15
National Collaborating Centre for Mental Health of, 16, 21–25
QALY analysis used by, 23, 83, 84–85, 88
Technology Appraisal program, 15, 23, 31
National Registry of Evidence-Based Practices and Programs (NREPP), 136, 137, 140, 145, 150, 154
National Treatment Agency, 34
Nefazodone, 415, 609, 613
NICE. See National Institute for Health and Clinical Excellence
Nicotine-related disorders. See Tobacco-related disorders
Noncontingent reinforcement, 117
Nondirective supportive therapy. See Supportive counseling
Obsessive-compulsive disorders (OCD):
  assessment of, 315–318
  aversive stimulation for, 318–319
  clinical guidelines on, 25, 322–324
cognitive behavior therapy for, 318–330
cognitive therapy for, 318–330
  comorbidity of disorders with, 314–316, 327–328, 329
  complementary and alternative treatments for, 330
  consensus panel recommendations on, 322–324
cultural considerations with, 322
demographic variables in, 314
diagnostic criteria for, 313–314
economic assessment of, 314–315
evidence-based practices on, 330
  exposure and response prevention for, 319–330
  impact of, 314–316
  meta-analyses of studies on, 329–330
  overview of, 313–318
  paradoxical intention treatment for, 319
  pharmacological treatment for, 323, 327–328
  psychological treatments for, 318–330
  randomized controlled trials on, 324
  rational emotive therapy for, 324–325
  systematic desensitization for, 318–319
Offending disorders, sexual. See Sexual offending
Olanzapine, 515
Online searches. See Electronic searches
Open trials:
evidence appraisal in, 5
social anxiety disorder study via, 636–637, 641–642
Operant behavioral interventions, 223–224, 383
Opioids, 198, 200
Oxazepam, 406, 408
Padua Inventory, 317–318
Pain disorders:
  activity pacing for, 578
  arthritis as, 593–594
  impact of, 314–316
  meta-analyses of studies on, 329–330
  overview of, 313–318
  paradoxical intention treatment for, 319
  pharmacological treatment for, 323, 327–328
  psychological treatment for, 318–330
  randomized controlled trials on, 324
  rational emotive therapy for, 324–325
  systematic desensitization for, 318–319
  treatment of, 423
  treatment via, 572–573
  treatment of, 572–573
  treatment via, 578
  treatment of, 581
  treatment via, 584–585
  treatment of, 586
  treatment via, 588–589
  treatment of, 592–593
  treatment via, 594–595
  treatment of, 596–597
  treatment via, 596–597
Panic disorders (continued)
cognitive behavior therapy for, 575–578, 582–583, 584–585, 590, 591–593, 594, 596
comorbidity of disorders with, 571, 572, 580
complex regional pain syndrome as, 595
coping skills training for, 576, 582
economic assessment of, 570, 584, 591–592
evidence-based practices on, 580–593, 595–597
fibromyalgia as, 379–385, 594
future research on, 585–587, 593
guided imagery interventions for, 575, 594
headaches as, 571–587, 595–597
interventions for, 572–597
low back pain as, 570–571, 572–580, 587–593, 595–597
meta-analyses of studies on, 581, 582, 583, 590, 591
myofascial pain dysfunction syndrome as, 594–595
overview of, 569–572
pain diaries on, 577–578
pharmacological treatment for, 585
psychoeducation on, 576
randomized controlled trials on, 589–590
relaxation therapy for, 573–575, 578, 582, 584–585, 586, 589–590, 592–593, 594–595, 596
sexual, 425–431
somatoform, 372–373, 594
stress management for, 573–575, 576, 585

Panic disorders. See also Anxiety disorders
breathing retraining for, 296–297, 299
clinical guidelines on, 25, 26, 288, 289
cognitive behavior therapy for, 294–303, 305–306
cognitive reevaluation/restructuring for, 295, 298
comorbidity of disorders with, 286–287, 301–302
complementary and alternative treatments for, 304–305
course of disorder, 287
diagnostic criteria for, 285–286
economic assessment of, 288
empirically validated treatments for, 305–306
epidemiology of, 286
exercise therapy for, 304
exposure therapy for, 295–296, 298–299
impact of, 287–288
overview of, 285–288
pharmacological treatment for, 288, 299–300, 301
physical health and, 287–288, 302
psychoanalytic psychotherapy for, 303–304
psychoeducation on, 294–295, 298
psychological models of, 288, 290–294
research on, 306
treatment outcome predictors with, 301–303
Paradoxical intention, 319, 372, 461
Paraphilias. See also Sexual offending
aversive stimulation interventions for, 445–446, 447
cognitive behavior therapy for, 444–448
demographic variables in, 439–440
diagnostic criteria for, 437–438
economic assessments of, 446
evidence-based practices on, 444–448, 452
impact of, 441–443
overview of, 437–444
pharmacological treatment for, 446–447
relapse prevention for, 445
Paroxetine, 375

Pathological gambling.

Personality disorders. See also Schizophrenia
antisocial, 25, 537–538, 542–543
bibliotherapy for, 523
borderline, 25, 507–526
clinical guidelines on, 25, 536–538
cognitive behavior therapy for, 509, 518–519, 524, 525, 538, 542, 543–544
cognitive reevaluation/restructuring for, 295, 298
dialectical behavior therapy for, 509, 513–516, 524–526
dynamic deconstructive psychotherapy for, 521–522
dynamic restructurization for, 520–524
evidence-based treatments for, 521–522
empirically supported/evidence-based treatments for, 524, 526
manual-assisted cognitive therapy for, 522–523
manualized cognitive therapy for, 522–523
mindfulness-based therapy for, 519–520, 524–525
meta-analyses of studies on, 523–524
mindfulness approaches to, 513
overview of, 507–508, 531–536
pharmacological treatment for, 515, 538
problem-solving skills training for, 513
psychoeducation on, 518, 523
psychotherapeutic interventions for, 508, 509–526, 538–544
randomized controlled trials on, 510–512, 513–516, 538–542
statistical analyses of, 524–526

Paraphilias; Sexual offending

Personality disorders. See also Schizophrenia
antisocial, 25, 537–538, 542–543
bibliotherapy for, 523
borderline, 25, 507–526
clinical guidelines on, 25, 536–538
cognitive behavior therapy for, 509, 518–519, 524, 525, 538, 542, 543–544
cognitive reevaluation/restructuring for, 295, 298
dialectical behavior therapy for, 509, 513–516, 524–526
dynamic deconstructive psychotherapy for, 521–522
dynamic restructurization for, 520–524
empirically supported/evidence-based treatments for, 521–522
manual-assisted cognitive therapy for, 522–523
manualized cognitive therapy for, 522–523
mindfulness-based therapy for, 519–520, 524–525
meta-analyses of studies on, 523–524
mindfulness approaches to, 513
overview of, 507–508, 531–536
pharmacological treatment for, 515, 538
problem-solving skills training for, 513
psychoeducation on, 518, 523
psychotherapeutic interventions for, 508, 509–526, 538–544
randomized controlled trials on, 510–512, 513–516, 538–542
statistical analyses of, 524–526
schema-focused therapy for, 516–518, 524, 525, 538, 542–543
self-harm as result of, 507, 509, 513, 514, 515, 516, 519, 520, 523, 524
single case studies on, 542–543
STEPPS program for, 523
supportive counseling for, 520–521
transference-focused psychotherapy for, 520–521, 524
treatment for, 508–526, 536–544
Pharmacological treatment. See also specific drugs
for adjustment disorder, 498, 500, 501
for alcohol use disorders, 141, 151
for borderline personality disorder, 515
compliance with, 233–234
for dementia, 100–101
for depression and depressive disorders, 20, 26–27, 248, 252, 253, 257–258, 261, 265, 266, 269, 272, 273–274, 276 (see also Antidepressants)
for drug use disorders, 204, 205, 209, 210, 213
for erectile dysfunction, 397–398, 405–407, 408–409
for female sexual dysfunctions, 424, 427
for gambling disorders, 484, 486–487
for generalized anxiety disorder, 654, 663, 665, 666
for hypochondrias, 375–376, 609, 610, 611, 612, 613, 615, 616
for obsessive-compulsive disorders, 323, 327–328
for pain disorders, 585
for panic disorders, 288, 299–300, 301
for paraphilias, 446–447
for personality disorders, 515, 538
for PTSD, 7, 344
for sleep disorders, 467–469, 470–471
for social anxiety disorder, 625–626, 629–630, 631, 640
for somatoform and factitious disorders, 372, 375–376, 384–385, 609, 610, 611, 612, 613, 615, 616
for stress disorders, 7, 344
for tobacco-related disorders, 174, 188
Phenelzine, 629–630
Phobias. See Anxiety disorders
Physical health:
  adjustment disorder and, 496, 501–502
drug use disorders and, 200
female sexual dysfunctions and, 421, 423
panic disorders and, 287–288, 302
paraphilia and sexual offending impacting, 443–444
PTSD and, 341
somatoform and factitious disorders and, 365–387, 603–617
tobacco-related disorders and, 170–171, 184–185
PICO (Patient, proposed Intervention, Comparison intervention, and desired Outcomes), 46–47
Pleasant-event scheduling. See also Behavioral activation treatment
dementia treatment via, 116, 118, 119, 120
depression and depressive disorder treatment via, 251, 259–261
Popper, Karl, 59
Positive reinforcement. See Incentives
Posttraumatic stress disorder (PTSD). See also Acute stress disorders
  adjustment disorder vs., 493
clinical guidelines on, 4, 25, 26
cognitive behavior therapy for, 341–346, 355
cognitive therapy for, 341, 343, 345–346
comorbidity of disorders with, 28, 341
consensus panel recommendations on, 343–344
demographic variables in, 339–340
diagnostic criteria for, 66–67, 337–339
economic assessment of, 341
evidence-based practices on, 355
exposure therapy for, 341, 342, 343–344, 345–346
eye movement desensitization and reprocessing for, 341–342, 343, 345–346
impact of, 340–341
meta-analyses of studies on, 345–346
pharmacological treatments for, 7, 341
randomized controlled trials on, 344–345
stress inoculation training for, 341, 342–343
Prazosin, 7
Pregnancy, 25, 175
Prescription medication. See Pharmacological treatment
Prevention and Relationship Enhancement Program (PREP), 563
Prevention interventions, 306, 562–563. See also Relapse prevention; Response prevention
Problem-solving skills training. See also STEPPS
adjustment disorder treatment via, 499
borderline personality disorder treatment via, 513
dementia treatment via, 118, 119
depression and depressive disorder treatment via, 262–265
relational problems treatment via, 552
Proprananol, 585
Prostoglandin E1, 407
Psychoeducation:
acute stress disorder treatment via, 347
adjustment disorder treatment via, 500
alcohol use disorder treatment via, 141
anxiety disorder treatment via, 294–295, 298, 627
borderline personality disorder treatment via, 518, 523
dementia caregiver treatment via, 113
depression and depressive disorder treatment via, 250, 251, 256, 258–259
erectile dysfunction treatment via, 402, 403
female sexual dysfunction treatment via, 428
hypochondriasis treatment via, 607, 608, 610, 612, 613–614, 616
pain disorder treatment via, 576
panic disorder treatment via, 294–295, 298
relational problems treatment via, 562–563
schizophrenia treatment via, 238
sleep disorder treatment via, 460–461
social anxiety disorder treatment via, 627
Psychological debriefing, 347–350
Psychological disorders. See Disorders
Psychologists and psychiatrists. See Mental health professionals
Psychotherapeutic interventions. See also Cognitive behavior therapy; Couples therapy; Family therapy; Hypnotherapy; Interpersonal psychotherapy; Supportive counseling; Treatments
adjustment disorder treatment via, 498–504
anxiety disorder treatment via, 303–304, 638–641, 671–673
dementia treatment via, 111–114, 121–124
depression and depressive disorder treatment via, 244–250, 266–278
erectile dysfunction treatment via, 396–410
gambling disorder treatment via, 485
generalized anxiety disorder treatment via, 671–673
obsessive-compulsive disorder treatment via, 318–330
panic disorder treatment via, 303–304
personality disorder treatment via, 508, 509–526, 538–544
schizophrenia treatment via, 234–238
sexual offending treatment via, 448–452
social anxiety disorder treatment via, 638–641
PsyCINFO, 19, 47–48, 147, 244, 245, 398, 399
Public policy, 86–87
PubMed, 47, 48, 244, 245
Punishment. See Aversive stimulation
Quality-Adjusted Life Year (QALY), 23, 83, 84–85, 88
Race. See Ethnic and racial disparities
Randomized controlled trials (RCTs):
acute stress disorder study via, 348–354
adjustment disorder study via, 500–502
comparators used in, 28–29
databases of information from (see Databases)
drug use disorder study via, 202–203, 204, 205–206, 208–209, 210, 211–212
erectile dysfunction study via, 398–409
evidence appraisal in, 5–6
generalized anxiety disorder study via, 654–665, 671–672
hypochondriasis study via, 374–376, 610–611
obsessive-compulsive disorder study via, 324
outcomes and follow-up duration in, 28
pain disorder study via, 589–590
patient population in, 28
personality disorder study via, 510–512, 513–516, 538–542
PTSD study via, 344–345
relational problems study via, 552–556, 557–559
review and analysis of (see Meta-analyses; Systematic reviews)
schizophrenia study via, 222, 228, 233, 234–235
sexual offending study via, 448–449
sleep disorder study via, 462, 463–466
social anxiety disorder study via, 624–626, 627–630, 633, 634–635, 637, 638–639, 640
somatoform and factitious disorder study via, 368, 371–372, 374–376, 378, 380, 385, 610–611
therapeutic modality differences in, 29–30
therapist competence in, 29
tobacco-related disorder study via, 178, 180, 183, 185, 187
Rape, 339–340, 342, 348, 439, 441, 443–444, 451–452. See also Sexual offending
Rational emotive therapy (RET), 324–325, 402–403, 628
REACH (Resources for Enhancing Alzheimer’s Caregiver Health) project, 113
Reality orientation, 99–100, 101, 121
Reinforcement. See Community Reinforcement Approach; Contingency management program; Differential reinforcement; Incentives; Noncontingent reinforcement; Operant behavioral interventions
Reiss, S., 291–292
Relapse prevention:
- alcohol use disorder treatment via, 136, 138
- drug use disorder treatment via, 207–210, 214
- gambling disorder treatment via, 485
- paraphilia treatment via, 445
- personality disorder treatment via, 538
- schizophrenia treatment via, 232
- sexual offending treatment via, 449, 451
- tobacco-related disorder treatment via, 176
Relational problems:
- cognitive behavioral marital therapy for, 562
- consensus panel recommendations on, 552, 557
demographic variables in, 550–551
diagnostic criteria for, 549–550
economic assessment of, 551
emotionally-focused couples therapy for, 557–560
enrichment programs for, 563
evidence-based practices on, 564
impact of, 551
insight-oriented marital therapy for, 561–562
integrated behavioral couple therapy for, 561
intimate partner violence and, 563
meta-analyses of studies on, 556, 559–560
overview of, 549–551
prevention interventions for, 562–563
problem-solving skills training for, 552
psychoeducation on, 562–563
randomized controlled trials on, 552–556, 557–559
traditional behavioral couples therapy for, 551–557
Relaxation training. See also Hypnotherapy
- alcohol use disorder treatment via, 141
- anxiety disorder treatment via, 305, 634–635, 654, 656–662
dementia treatment via, 119–120
female sexual dysfunction treatment via, 428–431
generalized anxiety disorder treatment via, 654, 656–662
panic disorder treatment via, 305
sleep disorder treatment via, 461
social anxiety disorder treatment via, 634–635
somatoform and factitious disorder treatment via, 381, 383–384
Reminiscence therapy, 108–111, 275–276
Resources:
- electronic (see Databases; Electronic searches)
- monetary (see Economics of EBP)
- training program use of, 47–48, 50
Response prevention, 320–330, 608–609, 610, 611, 613
Risperidone, 615
Royal College of Psychiatrists, 16, 21
Sackett, David, 39, 44, 55, 56
Sadism, 438, 440, 443, 447. See also Paraphilias
Schema-focused therapy, 516–518, 524, 525, 538, 542–543
Schizophrenia:
- clinical guidelines on, 23, 25, 26, 32, 34
cognitive behavior therapy for, 226–228
cognitive remediation therapy for, 235–237
comorbidity of disorders with, 170
coping strategy enhancement for, 228
demographic variables in, 221
diagnostic criteria for, 221
family interventions for, 228–232
impact of, 221–222
overview of, 221–222
psychodynamic and psychoanalytic psychotherapies for, 234–235
randomized controlled trials on, 222, 228, 233, 234–235
relapse prevention for, 232
single case studies on, 222, 223
social skills training for, 224–226
supportive counseling for, 237–238
token economies in treatment of, 222, 223
Scottish Intercollegiate Guidelines Network (SIGN), 19, 99, 100, 102, 109, 112, 115, 118, 122
Seattle Protocols, 116, 119
Self-control training, 135, 136, 139, 261–262
Self-harm:
- adjustment disorder leading to, 497–498
borderline personality disorder leading to, 507, 509, 513, 514, 515, 516, 519, 520, 523, 524
clinical guidelines on, 25
Self-help interventions, 178–181, 188
Sertraline, 423, 625
Sex therapy:
- erectile dysfunction treatment via, 402, 403, 404, 405–407, 408–409
female sexual dysfunction treatment via, 415–420, 428–431
Sexual disorders. See Erectile dysfunction; Female sexual dysfunctions; Paraphilias; Sexual offending

Sexual offending. See also Paraphilias

cognitive behavior therapy for, 448–449
demographic variables in, 440–441
diagnostic criteria for, 438–439
evidence-based practices on, 443–444
impact of, 443–444
medical interventions for, 451
meta-analyses of studies on, 450–451
overview of, 437–444
psychotherapeutic interventions for, 448–452
PTSD from, 338–339
randomized controlled trials on, 448–449
relapse prevention for, 449, 451
systematic reviews of studies on, 448, 449–450
Short-term interventions. See Brief interventions

Sildenafil, 398, 405–406, 408, 409

Single case studies:
adjustment disorder study via, 502
anxiety disorder study via, 667–671, 672
dementia study via, 101, 106–107, 110, 117–118, 120–121, 123
evidence appraisal in, 5
female sexual dysfunction study via, 430–431
generalized anxiety disorder study via, 667–671, 672
personality disorder study via, 542–543
schizophrenia study via, 222, 223
sleep disorder study via, 462, 467

Skill development. See Training interventions;
Training programs

Sleep disorders:
cognitive behavior therapy for, 460–471
comorbidity of disorders with, 459, 460, 470
consensus panel recommendations on, 461
demographic variables in, 459–460
diagnostic criteria for, 459
economic assessment of, 470
evidence-based practices on, 469–471
impact of, 460
mindfulness- and acceptance-based approaches to, 469
overview of, 459–460
paradoxical intention interventions for, 461
pharmacological treatment for, 467–469, 470–471
randomized controlled trials on, 462, 463–466
relaxation training for, 461
single case studies on, 462, 467
sleep training for, 460–461, 468–469
stimulus control interventions for, 460, 467
systematic reviews and meta-analyses of studies on, 461–462

Sleep training, 460–461, 468–469
Small-N research designs. See Single case studies
Smoking-related disorders. See Tobacco-related disorders

SNRIs (serotonin-norepinephrine reuptake inhibitors), 299, 301

Social anxiety disorder:
cognitive behavior therapy for, 624–635, 641–644
cognitive models of, 623–624
cognitive restructuring interventions for, 624, 626–632, 641
demographic variables in, 621–622
diagnostic criteria for, 621
evidence-based practices on, 641–644
exposure therapy for, 624–632, 641
group vs. individual treatment for, 642–643
impact of, 622–623
interpersonal psychotherapy for, 638–639
meta-analyses of studies on, 626, 630–631, 633–634, 635
mindfulness- and acceptance-based approaches to, 635–638, 641–642
open trials on, 636–637, 641–642
psychodynamic approaches to, 639–641
psychoeducation on, 627
randomized controlled trials on, 624–626, 627–630, 633, 634–635, 637, 638–639, 640
rational emotive therapy for, 628
relaxation training for, 634–635
social skills training for, 632–634, 641

Social skills training:
alcohol use disorder treatment via, 135, 136, 139
anxiety disorder treatment via, 632–634, 641
depression and depressive disorder treatment via, 265–266
schizophrenia treatment via, 224–226
social anxiety disorder treatment via, 632–634, 641

Social support interventions, 181–182, 188

Socioeconomic disparities:
economics of EBP and, 76–78
in gambling disorders, 478
in somatoform and factitious disorders, 371, 373
in tobacco-related disorders, 169–170

Somatoform and factitious disorders:
biofeedback interventions for, 381
body dysmorphic disorder as, 376–378
chronic fatigue syndrome as, 379–385
comorbidity of disorders with, 368, 371, 373, 377–378, 605
conversion disorder as, 370–372
economic assessment of, 371, 605–606
evidence-based practice on, 385–387, 616–617
exercise therapy for, 382
experiential therapy for, 375, 607–608, 610, 613
exposure therapy for, 374, 608–609, 610, 611, 613
factitious-specific, 385
functional somatic syndromes as, 378–385, 594
guided imagery interventions for, 381, 385
hypnotherapy for, 371–372, 381–382
hypochondriasis as, 373–376, 603–617
irritable bowel syndrome as, 379–385
meta-analyses of studies on, 376, 612, 613–614
operant behavioral interventions for, 382–383
overview of, 365
pain disorders as, 372–373, 594
paradoxical intention therapy for, 372
pharmacological treatment for, 372, 375–376, 384–385, 609, 610, 611, 612, 613, 615, 616
primary care physician behavior modification with, 369–370
psychoeducation on, 607, 608, 610, 612, 613–614, 616
randomized controlled trials on, 368, 371–372, 374–376, 378, 380, 385, 610–611
relaxation training for, 381, 383–384
short-term dynamic therapy for, 380–381
somatization disorder as, 365–370
stress management for, 374–375, 608, 609, 611, 613
South Oaks Gambling Screen (SOGS), 479
spousal abuse, 563
SSRIs (selective serotonin reuptake inhibitors), 20, 26, 257, 288, 299–300, 301, 323, 328, 487, 609, 625, 630
Stepped-care model of treatment, 26–27, 32–33
STEPPS (systems training for emotional predictability and problem solving) program, 523
Stimulus control interventions, 460, 467. See also Aversive stimulation
Stress disorders:
  adjustment disorder vs., 493
  clinical guidelines on, 4, 25, 26
cognitive therapy for, 341, 343, 345–346, 347
  comorbidity of disorders with, 28, 341
  consensus panel recommendations on, 343–344, 348
demographic variables in, 339–340
diagnostic criteria for, 66–67, 337–339, 346–347
economic assessment of, 341
evidence-based practices on, 355
exposure therapy for, 341, 342, 343–344, 345–346, 347, 348
eye movement desensitization and reprocessing for, 341–342, 343–345, 348–354
meta-analyses of studies on, 345–346, 355
pharmacological treatments for, 7, 344
psychoeducation for, 347
psychological debriefing for, 347–350
randomized controlled trials on, 344–345, 348–354
stress inoculation training for, 341, 342–343, 347
Stress management. See also Relaxation training
  acute stress disorder treatment via, 347
  adjustment disorder stress inoculation training, 499
  alcohol use disorder treatment via, 136, 139
  hypochondriasis treatment via, 374–375, 608, 609, 611, 613
  pain disorder treatment via, 573–575, 576, 585
  PTSD stress inoculation training, 341, 342–343
  social anxiety disorder treatment via, 636, 637, 642
  somatoform and factitious disorder treatment via, 374–375, 608, 609, 611, 613
Substance Abuse Mental Health Services Administration, 136, 154
Substance misuse. See also Alcohol use disorders; Drug use disorders; Tobacco-related disorders
12-step-based therapies for, 135, 137, 152–154, 208, 211–212, 214, 538
alcohol-specific, 133–159
assessment of, 167–169
aversive stimulation and incentive interventions for, 182–184, 188
behavioral couples and family treatment for, 135, 137, 145–147, 210–211, 214, 556
benefits of cessation, 172
biological marker feedback interventions for, 184–185, 188
brief interventions for, 135, 137, 147–150
broad spectrum behavior therapy for, 136
case management for, 135, 154–156
clinical guidelines on, 25, 26, 33–34, 136, 172–174
cognitive behavior therapy for, 135, 136, 138–139, 207–210, 214
Community Reinforcement Approach to, 135, 143–145, 204–207
Substance misuse (continued)
contingency management program for, 33–34, 135, 137, 139–141, 204–207, 214
coping skills training for, 136, 141, 145, 207–210, 214
cue-exposure therapy for, 135, 141–143, 203–204, 214
demographic variables in, 133–134, 169–170, 199–200
diagnostic criteria for, 133, 197, 198, 199
drug-specific, 197–215
economic analysis of, 134, 140, 141, 144–145, 156, 171
exposure therapy for, 135, 141–143, 203–204, 214
face-to-face behavioral counseling for, 172–176, 188
hypnotherapy for, 185–187, 188
impact of, 134, 170–172, 200–201
Mesa Grande review of treatments for, 134–136, 141, 152, 156
motivational interviewing/motivational enhancement therapy for, 135, 137, 150–152, 201–203, 214
overview of, 133–136, 167–172, 197–201
pharmacological treatment for, 141, 151, 174, 188, 204, 205, 209, 210, 213
relapse prevention for, 136, 138, 176, 207–210, 214
relationship and therapist factors impacting, 156–158
self-control training for, 135, 136, 139
social skills training for, 135, 136, 139
social support interventions for, 181–182, 188
stress management for, 136, 139
telephone counseling for, 176–178, 188
tobacco-specific, 167–188
Treatment Improvement Protocols for, 136
Suicide. See Self-harm
Supportive counseling. See also Social support interventions
adjustment disorder treatment via, 501
borderline personality disorder treatment via, 520–521
depression and depressive disorder treatment via, 269–272
generalized anxiety disorder treatment via, 671
schizophrenia treatment via, 237–238
Systematic desensitization:
erectile dysfunction treatment via, 402, 403–404
female sexual dysfunction treatment via, 424, 428–431
gambling disorder treatment via, 484
obsessive-compulsive disorder treatment via, 318–319
Systematic reviews. See also Meta-analyses
bias in, 20–21
clinical guideline development using, 18–21
of pain disorder studies, 590, 591
of sexual offending studies, 448, 449–450
of sleep disorder studies, 461–462
Team for the Assessment of Psychiatric Services project, 86
Technology. See also Internet
computerized CBT using, 83–84, 88
NICE Technology Appraisal program, 15, 23, 31
pain disorder treatment using, 587
PTSD treatment via, 342
searches using (see Databases; Electronic searches)
training programs impacted by advances in, 50
Telehealth/telephone inventions, 176–178, 188, 587
Temporomandibular joint syndrome, 594
Therapists. See Mental health professionals
Therapy. See Treatments
Time series studies, 5
Tobacco-related disorders:
assessment of, 167–169
aversive stimulation and incentive interventions for, 182–184, 188
benefits of cessation, 172
biological marker feedback interventions for, 184–185, 188
clinical guidelines on, 172–174
comorbidity of disorders with, 170, 301
demographic variables in, 169–170
development of, 167
economic analysis of, 171
evidence-based practices on, 187–188
face-to-face behavioral counseling for, 172–176, 188
hypothesis for, 185–187, 188
impact of, 170–172
overview of, 167–172
pharmacological treatment for, 174, 188
physical health impacts of, 170–171, 184–185
randomized controlled trials on, 178, 180, 183, 185, 187
relapse prevention for, 176
social support interventions for, 181–182, 188
telephone counseling for, 176–178, 188
Token economies, 222, 223. See also Incentives
Training interventions:
cognitive training as, 99, 102–105
coping skills training as, 136, 141, 145, 207–210, 214, 228, 576, 582
problem-solving skills training as, 118, 119, 262–265, 499, 513, 552
self-control training as, 135, 136, 139, 261–262
sleep training as, 460–461, 468–469
social skills training as, 135, 136, 139, 224–226, 265–266, 632–634, 641
STEPPS program as, 523
stress inoculation training as, 341, 342–343, 347, 499 (see also Stress management)
Training programs:
attitudinal barriers to, 44
clinical guideline usage in, 16
in EBP, 8, 9, 10, 16, 27, 32–33, 39–51, 61
EBP dissemination and implementation impacted by, 8, 9, 10
effectiveness of, 42–43
evaluation of, 49–50
IAPT program as, 27, 32–33, 78, 87
information sources for, 47–48, 50
journal clubs as venue for, 43
overview of, 39–42, 50–51
postgraduate, 44–45
questions to address in, 45–50
training methods in, 44
Transference-focused psychotherapy, 520–521, 524
Transvestic fetishism. See Fetishism
Treatments. See also Mental health professionals; specific treatments
accessibility of, 27, 32–33, 77–79, 87
clinical guidelines for (see Clinical guidelines) empirically supported (see Evidence-based practice)
pharmacological (see Pharmacological treatment) stepped-care model of, 26–27, 32–33
treatment guidelines (see Clinical guidelines) Treatment Improvement Protocols (TIPs), 136
treatment manuals, 10, 49
Tricyclic antidepressants, 288, 299, 609
12-step-based therapies:
alcohol use disorder treatment via, 135, 137, 152–154, 538
drug use disorder treatment via, 208, 211–212, 214, 538
gambling disorder treatment via, 486
U.K. National Health Service. See National Health Service
U.S. Department of Health and Human Services, 48, 172–173
Vacuum devices, 407, 408
Vaginismus, 427–431
Validation therapy, 121–124
Varenicline, 174
Vascular dementia. See Dementia and cognitive disorders
Violence. See Child abuse/maltreatment; Intimate partner violence; Paraphilias; Rape; Sexual offending
Vouchers. See Incentives
Voyeurism, 438, 440, 443, 447–448. See also Paraphilias
Warren, R., 60–61
Women. See also Gender disparities
antenatal and postnatal mental health of, 25
sexual dysfunctions in, 413–431
Workplace situations. See Employment situations
World Federation for Biological Psychiatry, 100, 102, 109, 112, 115, 118
World Health Organization, 41, 87, 134, 367, 443
Yale-Brown Obsessive-Compulsive Scale, 316–317