

## Appendix B

# Review Articles Regarding the Efficacy of Cognitive-Behavioral Therapy

### GENERAL

- Beck, A. T., & Dozois, D. J. (2011). Cognitive therapy: Current status and future directions. *Annual Review of Medicine*, 62, 397–409.
- Butler, A. C., Chapman, J. E., Forman, E. M., & Beck, A. T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26, 17–31.
- Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive-behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*, 36, 427–440.
- Tolin, D. F. (2010). Is cognitive-behavioral therapy more effective than other therapies?: A meta-analytic review. *Clinical Psychology Review*, 30, 710–720.

### GENERAL ANXIETY

- Adams, T. G., Brady, R. E., Lohr, J. M., & Jacobs, W. J. (2015). A meta-analysis of CBT components for anxiety disorders. *The Behavior Therapist*, 38(4), 87–97.
- Gould, R. L., Coulson, M. C., & Howard, R. J. (2012). Efficacy of cognitive behavioral therapy for anxiety disorders in older people: A meta-analysis and meta-regression of randomized controlled trials. *Journal of the American Geriatrics Society*, 60, 218–229.
- Hofmann, S. G., & Smits, J. A. J. (2008). Cognitive-behavioral therapy for adult anxiety disorders: A meta-analysis of randomized placebo-controlled trials. *Journal of Clinical Psychiatry*, 69, 621–632.

- Olatunji, B. O., Cisler, J. M., & Deacon, B. J. (2010). Efficacy of cognitive behavioral therapy for anxiety disorders: A review of meta-analytic findings. *Psychiatric Clinics of North America*, *33*, 557–577.
- Olatunji, B. O., Kauffman, B., Meltzer, S., Davis, M., Smits, J. A. J., & Powers, M. B. (2014). Cognitive-behavioral therapy for hypochondriasis/health anxiety: A meta-analysis of treatment outcome and moderators. *Behaviour Research and Therapy*, *58*, 65–74.
- Ougrin, D. (2011, December 20). Efficacy of exposure versus cognitive therapy in anxiety disorders: Systematic review and meta-analysis. *BMC Psychiatry*, *11*, ArtID 200.
- Reger, M. A., & Gahm, G. A. (2009). A meta-analysis of the effects of Internet- and computer-based cognitive-behavioral treatments for anxiety. *Journal of Clinical Psychology*, *65*, 53–75.

### **SPECIFIC PHOBIA**

- Choy, Y., Fyer, A. J., & Lipsitz, J. D. (2007). Treatment of specific phobia in adults. *Clinical Psychology Review*, *27*, 266–286.
- Wolitzky-Taylor, K. B., Horowitz, J. D., Powers, M. B., & Telch, M. J. (2008). Psychological approaches in the treatment of specific phobias: A meta-analysis. *Clinical Psychology Review*, *28*, 1021–1037.

### **SOCIAL ANXIETY DISORDER**

- Canton, J., Scott, K. M., & Glue, P. (2012). Optimal treatment of social phobia: Systematic review and meta-analysis. *Neuropsychiatric Disease and Treatment*, *8*, 203–215.
- Taylor, S. (1996). Meta-analysis of cognitive-behavioral treatments for social phobia. *Journal of Behavior Therapy and Experimental Psychiatry*, *27*, 1–9.
- Wersebe, H., Sijbrandij, M., & Cuijpers, P. (2013, November 15). Psychological group-treatments of social anxiety disorder: A meta-analysis. *PLoS ONE*, *8*(11), e79034.

### **PANIC DISORDER**

- Landon, T. M., & Barlow, D. H. (2004). Cognitive-behavioral treatment for panic disorder: Current status. *Journal of Psychiatric Practice*, *10*, 211–226.
- Mitte, K. (2005). A meta-analysis of the efficacy of psycho- and pharmacotherapy in panic disorder with and without agoraphobia. *Journal of Affective Disorders*, *88*, 27–45.

## GENERALIZED ANXIETY DISORDER

- Cuijpers, P., Sijbrandij, M., Koole, S., Huibers, M., Berking, M., & Andersson, G. (2014). Psychological treatment of generalized anxiety disorder: A meta-analysis. *Clinical Psychology Review, 34*, 130–140.
- Goncalves, D. C., & Byrne, G. J. (2012). Interventions for generalized anxiety disorder in older adults: Systematic review and meta-analysis. *Journal of Anxiety Disorders, 26*, 1–11.
- Hanrahan, F., Field, A. P., Jones, F. W., & Davey, G. C. L. (2013). A meta-analysis of cognitive therapy for worry in generalized anxiety disorder. *Clinical Psychology Review, 33*, 120–132.
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## POSTTRAUMATIC STRESS DISORDER

- Barrera, T. L., Mott, J. M., Hofstein, R. F., & Teng, E. J. (2013). A meta-analytic review of exposure in group cognitive behavioral therapy for posttraumatic stress disorder. *Clinical Psychology Review, 33*, 24–32.
- Chen, L., Zhang, G., Hu, M., & Liang, X. (2015). Eye movement desensitization and reprocessing versus cognitive-behavioral therapy for adult posttraumatic stress disorder: Systematic review and meta-analysis. *Journal of Nervous and Mental Disease, 203*, 443–451.
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- Ehring, T., Welboren, R., Morina, N., Wicherts, J. M., Freitag, J., & Emmelkamp, P. M. G. (2014). Meta-analysis of psychological treatments for posttraumatic stress disorder in adult survivors of childhood abuse. *Clinical Psychology Review, 34*, 645–657.
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## OBSESSIVE-COMPULSIVE DISORDER

- Bluett, E. J., Homan, K. J., Morrison, K. L., Levin, M. E., & Twohig, M. P. (2014). Acceptance and commitment therapy for anxiety and OCD spec-

- trum disorders: An empirical review. *Journal of Anxiety Disorders*, 28, 612–624.
- Dettore, D., Pozza, A., & Andersson, G. (2015). Efficacy of technology-delivered cognitive behavioural therapy for OCD versus control conditions, and in comparison with therapist-administered CBT: Meta-analysis of randomized controlled trials. *Cognitive Behaviour Therapy*, 44, 190–211.
- Jonsson, H., & Hougaard, E. (2009). Group cognitive behavioural therapy for obsessive-compulsive disorder: A systematic review and meta-analysis. *Acta Psychiatrica Scandinavica*, 119, 98–106.
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- Olatunji, B. O., Davis, M. L., Powers, M., B., & Smits, J. A. (2013). Cognitive-behavioral therapy for obsessive-compulsive disorder: A meta-analysis of treatment outcome and moderators. *Journal of Psychiatric Research*, 47, 33–41.
- Pozza, A., Andersson, G., Antonelli, P., & Dettore, D. (2014). Computer-delivered cognitive-behavioural treatments for obsessive compulsive disorder: Preliminary meta-analysis of randomized and non-randomized effectiveness trials. *The Cognitive Behaviour Therapist*, 7, ArtID e16.

## HOARDING DISORDER

- Tolin, D., Frost, R. O., Steketee, G., & Muroff, J. (2015). Cognitive behavioral therapy for hoarding disorder: A meta-analysis. *Depression and Anxiety*, 32, 158–166.

## MAJOR DEPRESSIVE DISORDER

- Bell, A. C., & D’Zurilla, T. J. (2009). Problem-solving therapy for depression: A meta-analysis. *Clinical Psychology Review*, 29, 348–353.
- Cuijpers, P., Berking, M., Andersson, G., Quigley, L., Kleiboer, A., & Dobson, K. S. (2013). A meta-analysis of cognitive behavior therapy for adult depression, alone and in comparison to other treatments. *Canadian Journal of Psychiatry*, 58, 376–385.
- Cuijpers, P., Brannmark, J. G., & van Straten, A. (2008). Psychological treatment of postpartum depression: A meta-analysis. *Journal of Clinical Psychology*, 64, 103–118.
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- Galante, J., Iribarren, S. J., & Pearce, P. F. (2013). Effects of mindfulness-based cognitive therapy on mental disorders: A systematic review and meta-analysis of randomised controlled trials. *Journal of Research in Nursing*, 18, 133–155.

- Gould, R. L., Coulson, M. C., & Howard, R. J. (2012). Cognitive behavioral therapy for depression in older people: A meta-analysis and meta-regression of randomized controlled trials. *Journal of the American Geriatrics Society, 60*, 1817–1830.
- Hans, E., & Hiller, W. (2013). Effectiveness of and dropout from outpatient cognitive behavioral therapy for adult unipolar depression: A meta-analysis of nonrandomized effectiveness studies. *Journal of Consulting and Clinical Psychology, 81*, 75–88.
- Jakobsen, J. C., Hansen, J. L., Simonsen, S., Simonsen, E., & Gluud, C. (2012). Effects of cognitive therapy versus interpersonal psychotherapy in patients with major depressive disorder: A systematic review of randomized clinical trials with meta-analyses and trial sequential analyses. *Psychological Medicine, 42*, 1343–1357.
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- Sockol, L. E. (2015). A systematic review of the efficacy of cognitive behavioral therapy for treating and preventing perinatal depression. *Journal of Affective Disorders, 177*, 7–21.

## BIPOLAR DISORDER

- Gregory, V. L., Jr. (2010). Cognitive-behavioral therapy for mania: A meta-analysis of randomized controlled trials. *Social Work in Mental Health, 8*, 483–494.
- Szentagotai, A., & David, D. (2010). The efficacy of cognitive-behavioral therapy in bipolar disorder: A quantitative meta-analysis. *Journal of Clinical Psychiatry, 71*, 66–72.
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## SUBSTANCE-RELATED AND ADDICTIVE DISORDERS

- Davis, M. L., Powers, M. B., Handelsman, P., Medina, J. L., Zvolensky, M., & Smits, J. A. J. (2015). Behavioral therapies for treatment-seeking cannabis users: A meta-analysis of randomized controlled trials. *Evaluation and the Health Professions, 38*, 94–114.
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- Gooding, P., & Tarrier, N. (2009). A systematic review and meta-analysis of cognitive-behavioural interventions to reduce problem gambling: Hedging our bets? *Behaviour Research and Therapy, 47*, 592–607.
- Grant, J. E., Odlaug, B. L., & Donahue, C. (2014). Gambling. In S. Hofmann, D. J. A. Dozois, W. Rief, & J. A. J. Smits (Eds.), *The Wiley handbook of*

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- Windsor, L. C., Jemal, A., & Alessi, E. J. (2015). Cognitive behavioral therapy: A meta-analysis of race and substance use outcomes. *Cultural Diversity and Ethnic Minority Psychology*, *21*, 300–313.

## EATING DISORDERS

- Bowers, W. A., & Andersen, A. E. (2007). Cognitive-behavior therapy with eating disorders: The role of medications in treatment. *Journal of Cognitive Psychotherapy: An International Quarterly*, *21*, 16–27.
- Hay, P. J., Bacaltchuk, J., & Stefano, S. (2004). Psychotherapy for bulimia nervosa and bingeing. *Cochrane Database of Systematic Reviews*, Issue 3 (Article No. CD000562).
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- Rosenblum, J., & Forman, S. (2002). Evidence-based treatment of eating disorders. *Current Opinion in Pediatrics*, *14*, 379–383.

## SLEEP DISORDERS

- Cheng, S. K., & Dizon, J. (2012). Computerised cognitive behavioural therapy for insomnia: A systematic review and meta-analysis. *Psychotherapy and Psychosomatics*, *81*, 206–216.
- Ho, F. Y.-Y., Chung, K.-F., Yeung, W.-F., Ng, T. H., Kwan, K.-S., Yung, K.-P., et al. (2015). Self-help cognitive-behavioral therapy for insomnia: A meta-analysis of randomized controlled trials. *Sleep Medicine Reviews*, *19*, 17–28.
- Koffel, E. A., Koffel, J. B., & Gehrman, P. R. (2015). A meta-analysis of group cognitive behavioral therapy for insomnia. *Sleep Medicine Reviews*, *19*, 6–16.

- Navarro-Bravo, B., Parraga-Martinez, I., Hidalgo, J. L.-T., Andres-Pretel, F., & Rabanales-Sotos, J. (2015). Group cognitive-behavioral therapy for insomnia: A meta-analysis. *Anales de Psicología, 31*, 8–18.
- Okajima, I., Komada, Y., & Inoue, Y. (2011). A meta-analysis on the treatment effectiveness of cognitive behavioral therapy for primary insomnia. *Sleep and Biological Rhythms, 9*, 24–34.

## CHRONIC FATIGUE SYNDROME

- Castell, B. D., Kazantzis, N., & Moss-Morris, R. E. (2011). Cognitive behavioral therapy and graded exercise for chronic fatigue syndrome: A meta-analysis. *Clinical Psychology: Science and Practice, 18*, 311–324.
- Malouff, J. M., Thorsteinsson, E. B., Rooke, S. E., Bhullar, N., & Schutte, N. S. (2008). Efficacy of cognitive behavioral therapy for chronic fatigue syndrome: A meta-analysis. *Clinical Psychology Review, 28*, 736–745.

## ANGER AND AGGRESSION

- Beck, R., & Fernandez, E. (1998). Cognitive-behavioral therapy in the treatment of anger: A meta-analysis. *Cognitive Therapy and Research, 22*, 63–74.
- Del Vecchio, T., & O'Leary, J. D. (2004). Effectiveness of treatments for specific anger problems: A meta-analytic review. *Clinical Psychology Review, 24*, 15–24.
- Kirsten C., Leeijen, A. A. M., van der Molen, M. J., Scheepers, F. E., Buitelaar, J. K., Rommelse, N., et al. (2015). Treatment moderators of cognitive behavior therapy to reduce aggressive behavior: A meta-analysis. *European Child and Adolescent Psychiatry, 24*, 255–264.
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## PSYCHOSIS

- Burns, A. M. N., Erickson, D. H., & Brenner, C. A. (2014). Cognitive-behavioral therapy for medication-resistant psychosis: A meta-analytic review. *Psychiatric Services, 65*, 874–880.
- Khoury, B., Lecomte, T., Gaudiano, B. A., & Paquin, K. (2103). Mindfulness interventions for psychosis: A meta-analysis. *Schizophrenia Research, 150*, 176–184.
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### **SOMATIC SYMPTOM DISORDERS**

- Lakhan, S. E., & Schofield, K. L. (2013). Mindfulness-based therapies in the treatment of somatization disorders: A systematic review and meta-analysis. *PLoS ONE, 8*, e71834.
- Timmer, B., & Voderholzer, U. (2014). Cognitive-behavioral therapy for somatoform disorders [German]. *Die Psychiatrie: Grundlagen und Perspektiven, 11*, 175–180.
- van Beugen, S., Ferwerda, M., Hoeve, D., Rovers, M. M., Spillekom-van Koulil, S., van Middendorp, H., et al. (2014). Internet-based cognitive behavioral therapy for patients with chronic somatic conditions: A meta-analytic review. *Journal of Medical Internet Research, 16*, 251–265.

### **IRRITABLE BOWEL SYNDROME**

- Li, L., Xiong, L., Zhang, S., Yu, Q., & Chen, M. (2014). Cognitive-behavioral therapy for irritable bowel syndrome: A meta-analysis. *Journal of Psychosomatic Research, 77*, 1–12.

### **BORDERLINE PERSONALITY DISORDER**

- Kliem, S., Kroger, C., & Kosfelder, J. (2010). Dialectical behavior therapy for borderline personality disorder: A meta-analysis using mixed-effects modeling. *Journal of Consulting and Clinical Psychology, 78*, 936–951.
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