

## Psychosocial interventions for generalized anxiety disorder: 8 studies

Study	Design	Outcomes
Simon et al <sup>5</sup>	Adults age $\geq 18$ who met DSM-5 criteria for GAD were randomized to receive Kundalini yoga (n = 93), stress education (n = 43), or CBT (n = 90)	CBT and Kundalini yoga were both more effective than stress education in short-term response rates. CBT appeared to have better long-term response outcomes compared to stress education, while Kundalini yoga did not show benefit in the long-term analyses
Gould et al <sup>6</sup>	Adults age $\geq 65$ (N = 37) who met MINI and DSM-IV criteria for GAD and experienced resistance to first-line treatment received up to 16 1-on-1 sessions of ACT	Although the study was not powered to assess clinical effectiveness, there was some evidence of ACT reducing anxiety and depression, and increasing psychological flexibility
Stefan et al <sup>7</sup>	Adults age 20 to 51 who met DSM-IV and Structured Clinical Interview criteria for GAD were randomized to receive CT/BTP (n = 23), REBT (n = 24), or ACT/ABBT (n = 24)	CT/BTP, REBT, and ACT/ABBT each appeared to be efficacious in reducing GAD symptoms. There were no statistically significant differences among the 3 versions of CBT
Plag et al <sup>8</sup>	German adults age $\geq 18$ (N = 33) who met DSM-5 criteria for GAD were randomized to a high-intensity exercise group or a control group of lower-intensity exercise	Both groups experienced reduced worrying, though the high-intensity exercise group had a larger decrease. The high-intensity exercise group also experienced greater reductions in anxiety and depression scores
Amir et al <sup>9</sup>	Adults age 18 to 65 (N = 169) who met DSM-IV criteria for GAD were randomized to receive ABM followed by AR-pe, AR-pe followed by ABM, simultaneous ABM and AR-pe, or a control group	Both the ABM followed by AR-pe group and the AR-pe followed by ABM group had significant reductions in HAM-A scores compared to the control group. The simultaneous ABM and AR-pe group did not experience significantly different outcomes compared to the control group
Burke et al <sup>10</sup>	Adults age 18 to 45 (N = 36) from an Irish university who scored $\geq 10$ on the GAD-7 were randomized to an immediate iCBT group or a delayed access to treatment/waiting list control group	iCBT may be a useful and accessible approach in the treatment of GAD, although there are still hindrances to its use
Miller et al <sup>11</sup>	Adults age $\geq 18$ (N = 21) who scored $\geq 10$ on the GAD-7 accessed a digital CBT smartphone program called Daylight	Daily and weekly outcomes provided preliminary evidence of efficacy of the program for improving GAD symptoms
Hirsch et al <sup>12</sup>	Patients with GAD or GAD plus MDD who scored $\geq 62$ on the PSWQ and $\geq 10$ on the GAD-7 were randomized to an internet-delivered cognitive bias modification for interpretation group (n = 115) or a control group (n = 115)	Internet-delivered cognitive bias modification for interpretation appears to promote a positive interpretation bias, reduce negative intrusions, and reduce levels of worrying, anxiety, repetitive negative thinking, and ruminations

ABM: attention bias modification; ACT: acceptance and commitment therapy; ACT/ABBT: acceptance and commitment therapy/acceptance-based behavioral therapy; AR-pe: applied relaxation psychoeducation; CBT: cognitive-behavioral therapy; CT/BTP: cognitive therapy/Borkovec's treatment package; GAD: generalized anxiety disorder; GAD-7: Generalized Anxiety Disorder 7-item scale; HAM-A: Hamilton Anxiety Rating Scale; iCBT: internet-based cognitive-behavioral therapy; MDD: major depressive disorder; MINI: Mini-International Neuropsychiatric Interview; PSWQ: Penn State Worry Questionnaire; REBT: rational emotive behavior therapy

# Generalized Depression Manual Guide

**JL Elias**



## **Generalized Depression Manual Guide:**

The book delves into Generalized Depression Manual Guide. Generalized Depression Manual Guide is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Generalized Depression Manual Guide, encompassing both the fundamentals and more intricate discussions.

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