

Contents

1	Diagnosis, Clinical Features, and Theoretical Perspectives.....	1
	Generalized Anxiety Disorder Diagnosis	2
	<i>History of GAD Diagnosis</i>	2
	<i>Current GAD Diagnostic Definition</i>	3
	Epidemiology and Related Statistics	4
	<i>Prevalence and Course</i>	4
	<i>Demographic Features</i>	6
	<i>Comorbid Conditions</i>	7
	Current Theoretical Approaches.....	8
	<i>An Integrative Theoretical Model of GAD</i>	8
	<i>Avoidance Theory of Worry and GAD</i>	9
	Chapter Summary	11
2	GAD Treatment Research.....	13
	Initial GAD Psychotherapy Outcome Research	14
	<i>Study Characteristics</i>	14
	<i>Sample Characteristics and Treatment Features</i>	14
	<i>Treatment Outcome Results</i>	15
	<i>Summary of Preliminary Research Findings</i>	16
	Cognitive-Behavioral and Pharmacological Treatment Research	17
	<i>Inclusion Criteria and Methodological Considerations</i>	17
	<i>CBT Outcome Results</i>	17
	<i>Pharmacotherapy Outcome Results</i>	18
	<i>Comparisons Between CBT and Pharmacological Treatments</i>	18
	Recent GAD Treatment Outcome Meta-Analysis Results	19
	<i>Updated Psychotherapy Outcome Meta-Analytic Review Results</i>	19
	<i>Updated CBT Meta-Analytic Review Results</i>	20
	Additional GAD Treatment Research.....	21
	<i>Component Analysis of CBT for GAD</i>	22
	<i>Comparisons Between Applied Relaxation and Cognitive Therapy</i>	22
	<i>Summary of Recent Research Findings and Future Directions</i>	23
	GAD Treatment for Older Adults.....	24

<i>Early Psychotherapy Outcome Research</i>	24
<i>GAD Psychotherapy Outcome Research</i>	25
<i>Other Treatment-Related research</i>	26
Chapter Summary	27
3 Assessment Procedures and Treatment Planning	29
Diagnostic Assessment	29
<i>Diagnostic Considerations</i>	30
<i>Unstructured Intake Interview Approach</i>	32
<i>Semi-Structured Diagnostic Interviews</i>	33
<i>Structured Diagnostic Interviews</i>	35
<i>Brief Diagnostic Assessment Measures</i>	35
<i>Summary and Conclusions</i>	37
Assessment of Worry and Related Constructs.....	38
<i>Worry Severity</i>	39
<i>Worry Content</i>	41
<i>Meta-Worry</i>	42
<i>Worry Beliefs</i>	43
<i>Other Meta-Cognitive Constructs</i>	45
<i>Intolerance of Uncertainty</i>	47
<i>Summary and Conclusions</i>	48
Assessment of Older Adults	49
<i>Examination of Existing Measures</i>	49
<i>Assessment Measures Developed for Older Adults</i>	49
Treatment Planning	50
<i>Idiosyncratic Symptom, Cognitive, and Behavioral Features</i>	50
<i>Interpersonal Problems and Social Support</i>	51
<i>Medical Problems and Conditions</i>	52
<i>Disability, Impairment, and Quality of Life Interference</i>	53
<i>Treatment Plan Construction</i>	53
Chapter Summary	54
4 Psychoeducation and Anxiety Monitoring	59
Psychoeducation	61
<i>GAD Information</i>	61
<i>Causes of GAD</i>	62
<i>Cognitive-Behavioral Model of GAD</i>	63
<i>Definitions of Fear, Anxiety, and Worry</i>	65
<i>CBT Treatment Rationale</i>	66
<i>Role of the Client in the Therapy Process</i>	67
<i>Style of Presentation</i>	68
Anxiety Monitoring	70
<i>Self-Monitoring Rationale</i>	73
<i>Within-Session Modeling of Frequent Monitoring</i>	73

<i>Self-Monitoring Homework Instructions</i>	78
Chapter Summary	79
5 Relaxation Strategies	81
Diaphragmatic Breathing	84
<i>Diaphragmatic Breathing Rationale</i>	84
<i>Diaphragmatic Breathing Session Procedures</i>	85
<i>Optional Alternative Procedure for Panic Symptoms</i>	88
<i>Diaphragmatic Breathing Home Practice</i>	88
Progressive Relaxation Training	90
<i>Progressive Relaxation Training Rationale</i>	91
<i>Initial Progressive Relaxation Training Session Procedures</i>	92
<i>Initial Progressive Relaxation Home Practice</i>	95
<i>Subsequent Progressive Relaxation Training Procedures</i>	96
<i>Alternative Progressive Relaxation Training Procedures</i>	98
Imagery Relaxation Training	99
<i>Imagery Relaxation Rationale</i>	99
<i>Imagery Relaxation Session Procedures</i>	100
<i>Imagery Relaxation Home Practice</i>	101
Combining Relaxation Techniques	101
Applying Relaxation Techniques	102
<i>Relaxation Coping Responses</i>	103
<i>Relaxation Reminder Cues</i>	104
<i>Daily Brief Relaxation Practice</i>	104
Chapter Summary	105
6 Cognitive Strategies	107
Initial Cognitive Therapy Procedures	109
<i>Cognitive Therapy Rationale</i>	109
<i>Identify Specific Anxious Thoughts</i>	111
<i>Thought Tracking</i>	112
<i>Worry Postponement</i>	115
Specific Cognitive Techniques to Challenge Anxious Thoughts	117
<i>Generating Alternative Interpretations or Predictions</i>	118
<i>Examining the Likelihood and Evidence</i>	119
<i>Decatastrophizing</i>	122
Core Beliefs About the Self, the World, and the Future	126
<i>Common Core Beliefs</i>	126
<i>Identifying and Examining Core Beliefs</i>	128
<i>Additional Strategies for Restructuring Core Beliefs</i>	131
Meta-Cognitive Worry Beliefs.....	132
<i>Positive Worry Beliefs</i>	133
<i>Negative Worry Beliefs</i>	135
Establishing New Perspectives	136
<i>Developing New Perspectives</i>	137

<i>Constructing Preventive Beliefs</i>	137
<i>Application of Cognitive Strategies</i>	138
Chapter Summary	138
7 Behavior Therapy and Exposure Strategies	141
Active Avoidance: Worry Safety Behavior	142
<i>Identifying Worry Safety Behavior</i>	142
<i>Eliminating Worry Safety Behavior</i>	143
Passive Avoidance Behavior	145
<i>Identifying Passive Avoidance Behavior</i>	146
<i>Eliminating Passive Avoidance Behavior with Exposure</i>	
<i>Assignments</i>	147
Imagery Exposure and Coping Rehearsal	149
<i>Selecting Imagery Exposure Scenes</i>	151
<i>Conducting Imagery Exposure</i>	152
Lifestyle Behavior Change	153
<i>Identifying Neglected Activities</i>	153
<i>Increasing Engagement in Desired Activities</i>	154
Chapter Summary	155
8 Common Problems and Clinical Considerations	157
Poor Compliance with Home Assignments	157
<i>Low Motivation to Participate in Treatment</i>	158
<i>Practical Problems Completing Home Assignments</i>	159
<i>Fear that Homework Will Increase Anxiety and Worry</i>	159
<i>Problems in the Therapeutic Relationship</i>	160
Common Problems Associated with Specific CBT Strategies	160
<i>Relaxation Strategies</i>	161
<i>Cognitive Strategies</i>	162
<i>Behavior Therapy and Exposure Techniques</i>	165
Therapy Termination and Relapse Prevention	166
<i>Review of Client Progress and Essential Information</i>	166
<i>Continued Practice of Therapy Skills and Coping Responses</i>	167
<i>Written Relapse Prevention Plans</i>	167
<i>Early Termination of Therapy</i>	168
Chapter Summary	169
References	171
Index	185

<http://www.springer.com/978-0-387-76869-4>

Psychological Approaches to Generalized Anxiety
Disorder

A Clinician's Guide to Assessment and Treatment

Hazlett-Stevens, H.

2008, XIV, 190 p., Hardcover

ISBN: 978-0-387-76869-4