Annotated Bibliography

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**Okamoto, A., Dattilio, F. M., Dobson, K. S., & Kazantzis, N. (2019). The therapeutic relationship in cognitive–behavioral therapy: Essential features and common challenges. *Practice Innovations*, *4*(2), 112–123.** [**https://doi-org.proxy.ccis.edu/10.1037/pri0000088**](https://doi-org.proxy.ccis.edu/10.1037/pri0000088)

The author Annika in her article several relationship elements such as empathy and active listening facilitate in addressing common challenges in CBT. Moreover, she discussed establishing collaboration in CBT that will foster active client participation. However, some clients having personality disorders and find it hard to collaborate so using Socratic questioning can help them in supporting their decision-making ability and setting goals for themselves. The main aim of the article is to give an insight into the therapeutic relationships as an integral aspect of CBT.

**Villabø, M. A., Narayanan, M., Compton, S. N., Kendall, P. C., & Neumer, S.-P. (2018). Cognitive–behavioral therapy for youth anxiety: An effectiveness evaluation in community practice. *Journal of Consulting and Clinical Psychology*, *86*(9), 751–764. https://doi-org.proxy.ccis.edu/10.1037/ccp0000326**

The author Marianne discussed how CBT can be effective in treating anxiety and depression in younger people. Initially, she provided a significant amount of literature that supports CBT efficiency. To test the literature, she evaluated the effectiveness of CBT on individuals and groups of children having anxiety. The first group helped in identifying 12-week outcomes of individual CBT and group CBT while the second set included both individual and participants in the group that received active treatments. The results showed the effectiveness of CBT in both the individuals and participants in the group yet children having SOC responded to the treatment more in the group than in individuals.

**Huang, L., Zhao, Y., Qiang, C., & Fan, B. (2018). Is cognitive behavioral therapy a better choice for women with postnatal depression? A systematic review and meta-analysis. *PLoS ONE*, *13*(10), 1–16.** [**https://doi-org.proxy.ccis.edu/10.1371/journal.pone.0205243**](https://doi-org.proxy.ccis.edu/10.1371/journal.pone.0205243)

The author Huang in the article discussed that pregnancy is accompanied by several psychological conditions such as depression. The author evaluated the effectiveness of CBT for postnatal depression by using a database from the PubMed and Cochrane library. The participants were divided into control and intervention groups. The results revealed that in a control group participant CBT is associated with the better Edinburgh postnatal depression. However, CBT on phones also show a significant reduction in long term symptoms of depression yet clinical therapy is more effective.

**Martínez, V., Rojas, G., Martínez, P., Gaete, J., Zitko, P., Vöhringer, P. A., & Araya, R. (2019). Computer-Assisted Cognitive-Behavioral Therapy to Treat Adolescents With Depression in Primary Health Care Centers in Santiago, Chile: A Randomized Controlled Trial. *Frontiers In Psychiatry*, *10*, 552. https://doi-org.proxy.ccis.edu/10.3389/fpsyt.2019.00552**

The author Martínez in the article examined the role of computer-assisted CBT in adolescents. He conducted a controlled trial of therapist guided CBT interventions in primary healthcare settings. He divided participants into two groups one group was sent for the therapy in a low-income healthcare facility while other groups receive CBT by trained psychologists. The results revealed that adolescents were more satisfied with the treatment received in PHC settings than those who were given active treatment.

**Reddy, N. V., & Omkarappa, D. B. (2019). Cognitive-behavioral therapy for depression among menopausal woman: A randomized controlled trial. *Journal of Family Medicine and Primary Care*, *8*(3), 1002.**

The author Reddy is Indian in his article discussed the link between depression and menopause among women. The author conducted a study in which the participants were divided into two groups. One group was given experimental treatment while the other was given control treatment in the PHC settings. The results revealed that the experimental group showed more improvement as compared to the people in the controlled group.

**Hall, J., Kellett, S., Berrios, R., Bains, M. K., & Scott, S. (2016). Efficacy of Cognitive Behavioral Therapy for Generalized Anxiety Disorder in Older Adults: Systematic Review, Meta-Analysis, and Meta-Regression. *American Journal of Geriatric Psychiatry*, *24*(11), 1063–1073. https://doi-org.proxy.ccis.edu/10.1016/j.jagp.2016.06.006**

The author Hall in his article discussed the risk of having an anxiety disorder in older adults’. He sought a meta-analysis method to analyze the effectiveness of CBT in older patients. He does this by giving patients a Penn State Worry Questionnaire. The results indicate that CBT significantly helped in reducing anxiety symptoms as compared to the patients who were just treated solely for anxiety disorder without therapeutic intervention.