



Received: 29 October 2014
Accepted: 11 January 2015

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CLINICAL PSYCHOLOGY & NEUROPSYCHOLOGY | RESEARCH ARTICLE

Enhanced effects of combined cognitive bias modification and computerised cognitive behaviour therapy on social anxiety

Emma Butler¹, Sirous Mobini^{1,2*}, Ronald M. Rapee¹, Bundy Mackintosh¹ and Shirley A. Reynolds²

Abstract: This study examines whether combined cognitive bias modification for interpretative biases (CBM-I) and computerised cognitive behaviour therapy (C-CBT) can produce enhanced positive effects on interpretation biases and social anxiety. Forty socially anxious students were randomly assigned into two conditions, an intervention group (positive CBM-I + C-CBT) or an active control (neutral CBM-I + C-CBT). At pre-test, participants completed measures of social anxiety, interpretative bias, cognitive distortions, and social and work adjustment. They were exposed to 6 × 30 min sessions of web-based interventions including three sessions of either positive or neutral CBM-I and three sessions of C-CBT, one session per day. At post-test and two-week follow-up, participants completed the baseline measures. A combined positive CBM-I + C-CBT produced less negative interpretations of ambiguous situations than neutral CBM-I + C-CBT. The results also showed that both positive CBM-I + C-CBT and neutral CBM-I + C-CBT reduced social anxiety and cognitive distortions as well as improving work and social adjustment. However, greater effect sizes were observed in the positive CBM-I + C-CBT condition than the control. This indicates that adding positive CBM-I to C-CBT enhanced the training effects on social anxiety, cognitive distortions, and social and work adjustment compared to the neutral CBM-I + C-CBT condition.

Subjects: Cognitive Science; Psychiatry & Clinical Psychology - Adult; Psychological Disorders - Adult

Keywords: social anxiety; cognitive bias modification; computerised cognitive behaviour therapy

ABOUT THE AUTHORS

Authors have been involved in developing the laboratory-based paradigms in modifying cognitive biases in anxiety over a decade. They have published extensively in the area of cognitive bias modification for anxiety disorders, both from a theoretical perspective and applied research.

PUBLIC INTEREST STATEMENT

People with social anxiety tend to interpret ambiguous situations in a negative manner. We developed a computerised treatment i.e. cognitive bias modification for interpretative biases (CBM-I) which aims to modify negative interpretations. We combined CBM-I with another treatment method, i.e. computerised cognitive behaviour therapy (C-CBT) and examined the effects of both CBM-I and C-CBT on social anxiety and negative interpretations. The results showed that combining both treatments produced better treatment outcomes.

Enhanced Effects Of Combined Cognitive Bias Modification

**Dennis S. Charney, Pamela B.
Sklar, Eric J. Nestler, Joseph D.
Buxbaum**

Enhanced Effects Of Combined Cognitive Bias Modification:

Charney & Nestler's Neurobiology of Mental Illness Dennis S. Charney, Pamela B. Sklar, Eric J. Nestler, Joseph D. Buxbaum, 2018 In the years following publication of the DSM 5 R the field of psychiatry has seen vigorous debate between the DSM's more traditional diagnosis oriented approach and the NIMH's more biological dimension based RDoC research domain criteria approach Charney Nestler's Neurobiology of Mental Illness is an authoritative foundation for translating information from the laboratory to clinical treatment and its fifth edition extends beyond this reference function to acknowledge and examine the controversies different camps and thoughts on the future of psychiatric diagnosis In this wider context this book provides information from numerous levels of analysis including molecular biology and genetics cellular physiology neuroanatomy neuropharmacology epidemiology and behavior Sections and chapters are edited and authored by experts at the top of their fields No other book distills the basic science and underpinnings of mental disorders and highlights practical clinical significance to the scope and breadth of this classic text In this edition Section 1 which reviews the methods used to examine the biological basis of mental illness in animal and cell models and in humans has been expanded to reflect critically important technical advances in complex genetics including powerful sequencing technologies and related bioinformatics epigenetics stem cell biology optogenetics neural circuit functioning cognitive neuroscience and brain imaging This range of established and emerging methodologies offer groundbreaking advances in our ability to study the brain as well as unique opportunities for the translation of preclinical and clinical research into badly needed breakthroughs in our therapeutic toolkit Sections 2 through 7 cover the neurobiology and genetics of major psychiatric disorders psychoses including bipolar disorder mood disorders anxiety disorders substance use disorders dementias and disorders of childhood onset Also covered within these sections is a summary of current therapeutic approaches for these illnesses as well as the ways in which research advances are now guiding the search for new treatments Each of these parts has been augmented in several different areas as a reflection of research progress The last section Section 8 reconfigured in this new edition now focuses on diagnostic schemes for mental illness This includes an overview of the unique challenges that remain in diagnosing these disorders given our still limited knowledge of disease etiology and pathophysiology The section then provides reviews of DSM 5 R which forms the basis of psychiatric diagnosis in the United States for all clinical work and of RDoC which provides an alternative perspective on diagnosis in heavy use in the research community Also included are chapters on future efforts toward precision and computational psychiatry which promise to someday align diagnosis with underlying biological abnormalities

Interpretational Processing Biases in Emotional Psychopathology Marcella L. Woud, 2023-03-28 The primary aim of this book is to bridge the gap between lab based and clinical research by disseminating the latest interdisciplinary scientific findings on interpretational processing biases in the context of emotional psychopathology It is designed to help the practitioner by drawing explicit links between the basic science and implications

for clinical practice This enables an enhanced interaction between science and practice strengthening bi directional translational links and the potential to produce more meaningful and significant advances in the treatment of emotional psychopathology This in turn will facilitate an innovative step change in the area of both research and clinical practice The book focuses on cognitive processing biases that are common across a wide range of psychological disorders meaning that the conclusions drawn have relevance across the whole spectrum of psychopathology and will stimulate and inspire a broad range of discussions and future work From the foreword by Nikolaos Kazantzis The practice of CBT is complex and requires a tailored approach Every technique has a specific target but may be used for multiple purposes simultaneously in support of the client s therapeutic goals The purpose of Dr Woud s book is to elucidate the ways in which interpretational biases can be a focus of intervention for CBT therapists at all stages of professional development from those undertaking training to master clinicians Dr Woud has succeeded admirably in this regard

The Therapeutic Potential of Transcranial Magnetic Stimulation in Addiction Marco Diana,Liana Fattore,2021-01-07

Aspectos multifatoriais no estudo do transtorno de ansiedade social Carolina Pereira Dittz,Gisele Paiva do Nascimento,Iracema Abranches,José Olavo Smanio Brando,Daniel Alexandre Gouvêa Gomes,Lelio Moura Lourenço,2024-08-22 H mais de 10 anos o Ncleo de Estudos em Violência e Ansiedade Social NEVAS vem realizando dentre outras atividades vários tipos de pesquisas sobre Transtorno de Ansiedade Social na sociedade brasileira buscando identificar sua prevalência em públicos específicos e compreender suas manifestações a fim de realizar intervenções psicológicas qualificadas em projetos de extensão pela Universidade Federal de Juiz de Fora Este presente livro uma compilação dos últimos trabalhos do NEVAS nesta área Ele se constitui por onze capítulos que de maneira robusta e sucinta apresenta aspectos teóricos e práticos sobre o Transtorno de Ansiedade Social O objetivo deste trabalho qualificar as pesquisas e os debates críticos sobre ansiedade social a discentes de graduação e de pós graduação Assim esperamos que ele possa auxiliar não apenas no aperfeiçoamento da compreensão sobre ansiedade social a pesquisadores docentes e professores mas também servir de informação a quem for de interesse

Digital Mental Health Davor Mucić,Donald M. Hilty,2025-02-14 The previous 2016 edition *E Mental Health* shed light on the application of telecommunications technologies to deliver mental health services remotely to people in often underserved locations due to geographic distance and cultural or language differences This new edition on Digital mental health represents a similar concept as *e mental health* However the paradigm has changed underserved populations are no longer the exclusive focus The experience of the COVID 19 pandemic has encouraged wider acceptance and application of the technology expanding its use to both rural and urban areas The expansive potential of digital mental health approaches is demonstrated in a variety of mental health contexts highlighted through clinical examples and applications that introduce innovative strategies for technology integration Moreover the book outlines a framework for global cooperation with the goal of cross border exchange of expertise and knowledge This book targets a broad audience including mental health practitioners medical and nursing students academic researchers

technology experts and health policymakers *Neurobiological Biomarkers for Developing Novel Treatments of Substance and Non-Substance Addiction* Yanhui Liao,Dara G. Ghahremani,Jianhua Chen,Kyoji Okita,Wenbin Guo,2021-12-03 SOBP 2015 Abstracts Society of Biological Psychiatry,2015-04-23 **Schlaf: Rasch erklärt** Björn Rasch,2021-01-25 Wir schlafen fast ein Drittel unseres Lebens Was passiert in dieser Zeit Professor Rasch gibt Antwort Einige Menschen sehen Schlaf als vertane Zeit und wollen ihn unbedingt verkürzen Anderen Menschen wiederum geht es nur dann gut wenn sie acht Stunden durchgeschlafen haben Und viele fragen Wie wichtig ist denn nun dieser Schlaf Kann ich meinen Schlaf optimieren Ist Schlaf wirklich die beste Medizin Kann ich trainieren weniger zu schlafen Björn Rasch ist seit 17 Jahren in der Schlafforschung tätig Bei Vorträgen Diskussionsrunden und Presseinterviews aber auch bei persönlichen Gesprächen wurden ihm immer wieder Fragen zum Schlaf gestellt Seine Antworten auf diese Fragen sind nun erstmals in diesem Buch zusammengetragen Und obwohl wir vieles über den Schlaf wissen oder zu wissen glauben bleibt doch einiges offen Dies spiegelt sich in den manchmal humorvollen manchmal sachlich kritischen mitunter nicht ganz eindeutigen Antworten wider Eine ansatzreiche und wissenschaftlich fundierte Sammlung von Fragen und Antworten rund um den Schlaf zum Nachlesen Herumbliättern und genussvollen Schmökern **Cognition and Addiction** Antonio Verdejo García,2019-09-29 Cognition and Addiction A Researcher's Guide from Mechanisms Towards Interventions provides researchers with a guide to recent cognitive neuroscience advances in addiction theory phenotyping treatments and new vistas including both substance and behavioral addictions This book focuses on what to know and how to apply information prioritizing novel principles and delineating cutting edge assessment phenotyping and treatment tools Written by world renowned researcher Antonio Verdejo Garcia this resource will become a go to guide for researchers in the field of cognitive neuroscience and addiction Examines cognitive neuroscience advances in addiction theory including both substance and behavioral addictions Discusses primary principles of cutting edge assessment phenotyping and treatment tools Includes detailed chapters on neuro epidemiology and genetic imaging **Mental Health Research and Practice** Andrea Fiorillo,Peter Falkai,Philip Gorwood,2024-02-08 A comprehensive handbook covering current controversial and debated topics in psychiatric practice aligned to the EPA Scientific Sections All chapters have been written by international experts active within their respective fields and they follow a structured template covering updates relevant to clinical practice and research current challenges and future perspectives This essential book features a wide range of topics in psychiatric research from child and adolescent psychiatry epidemiology and social psychiatry to forensic psychiatry and neurodevelopmental disorders It provides a unique global overview on different themes from the recent dissemination in ordinary clinical practice of the ICD 11 to the innovations in addiction and consultation liaison psychiatry In addition the book offers a multidisciplinary perspective on emerging hot topics including emergency psychiatry ADHD in adulthood and innovation in telemental health An invaluable source of evidence based information for trainees in psychiatry psychiatrists and mental health professionals Biased Cognitions & Social Anxiety:

Building a Global Framework for Integrating Cognitive, Behavioral, and Neural Processes Alexandre Heeren, Wolf-Gero Lange, Quincy Wong, Pierre Philippot, 2015-03-05 Social anxiety SA is a common and incapacitating disorder that has been associated with seriously impaired career academic and general social functioning Regarding epidemiological data SA has a lifetime prevalence of 12.1% and is the fourth most common psychopathological disorder Kessler et al 2005 At a fundamental point of view the most prominent cognitive models of SA posit that biased cognitions contribute to the development and maintenance of the disorder e.g. Clark Rapee Heimberg 1997 Over the last decades a large body of research has provided evidence that individuals suffering from SA exhibit such biased cognitions at the level of visual attention memory of social encounters interpretation of social events and in judgment of social cues Such biased cognitions in SA has been studied in different ways within cognitive psychology behavioral psychology clinical psychology and cognitive neuroscience over the last few decades yet integrative approaches for channeling all information into a unified account of biased cognitions in SA has not been presented so far The present Research Topic aims to bring together these different ways and to highlight findings and methods which can unify research across these areas In particular this Research Topic aims to advance the current theoretical models of SA and set the stage for future developments of the field by clarifying and linking theoretical concepts across disciplines

Essential Abnormal and Clinical Psychology Matt Field, Sam Cartwright-Hatton, 2015-09-14 This essential introduction to abnormal and clinical psychology explores the key areas controversies and debates in the field and encourages students to think critically Key features of this textbook include The latest updates from DSM 5 and ICD 10 and a balanced critique of the diagnostic approach keeping students at the forefront of the developments and debates in the field Essential Debate and Essential Experience boxes that encourage critical thinking and provide case study examples to help students critique the findings and apply them in practice Concise chapters providing students with the essentials they need to get a good grade in their module in Abnormal and Clinical Psychology Additional student resources available on the companion website Suitable for all students taking Abnormal and Clinical Psychology modules

Cognitive Biases in Health and Psychiatric Disorders Tatjana Aue, Hadas Okon-Singer, 2020-02-23 Cognitive Biases in Health and Psychiatric Disorders Neurophysiological Foundations focuses on the neurophysiological basis of biases in attention interpretation expectancy and memory Each chapter includes a review of each specific bias including both positive and negative information in both healthy individuals and psychiatric populations This book provides readers with major theories methods used in investigating biases brain regions associated with the related bias and autonomic responses to specific biases Its end goal is to provide a comprehensive overview of the neural autonomic and cognitive mechanisms related to processing biases Outlines neurophysiological research on diverse types of information processing bias including attention bias expectancy bias interpretation bias and memory bias Discusses both normal and pathological forms of each cognitive bias Provides specific examples on how to translate research on cognitive biases to clinical applications

Inhibitory Control Training Sara

Palermo, Massimo Bartoli, 2020-04-22 Inhibitory control is a critical neurocognitive skill for navigating cognitive social and emotional challenges It rapidly increases during the preschool period and is important for early cognitive development as it is a crucial component of executive functioning self regulation and impulsivity Inhibitory control training ICT is a novel intervention in which participants learn to associate appetitive cues with inhibition of behavior It is being considered a promising approach in the treatment of psychopathology and appetitive behaviors This book aims to bring together knowledge on the topic considering research clinic and forensic field of intervention Indeed this book can be considered an excellent synopsis of perspectives methods empirical evidence and international references Towards an Understanding of the Cognitive Mechanisms Involved in Threat Processing and Perception

Andras Norbert Zsido, Carlos M. Coelho, David S. March, Michael Craig Hout, Jakub Polák, 2024-06-05 Much remains unknown about the cognitive mechanisms and information processing biases involved in threat detection or the acquisition and maintenance of threat associations To complicate the picture these mechanisms and biases likely differ between various types of threats e g those originating from animals weapons social situations or groups There has been a recent push to highlight ways of improving methods used in research in this area which has likewise prompted theoretical revisions It is therefore important to continue clarifying the cognitive mechanism e g perception attention memory learning underlying threat processing to develop a better understanding of how they affect social outcomes For example very little is known about how social identity hierarchy group structure and other social cues affect our responses in threatening situations As the social environment impacts our daily psychological functioning one might suspect it has an important role in threat processing as well **Neurobiology of Mental Illness**

Dennis S. Charney, Joseph D. Buxbaum, Pamela Sklar, Eric J. Nestler, 2013-07-04 Our understanding of the neurobiological basis of psychiatric disease has accelerated in the past five years The fourth edition of Neurobiology of Mental Illness has been completely revamped given these advances and discoveries on the neurobiologic foundations of psychiatry Like its predecessors the book begins with an overview of the basic science The emerging technologies in Section 2 have been extensively redone to match the progress in the field including new chapters on the applications of stem cells optogenetics and image guided stimulation to our understanding and treatment of psychiatric disorders Sections 3 through 8 pertain to the major psychiatric syndromes the psychoses mood disorders anxiety disorders substance use disorders dementias and disorders of childhood onset Each of these sections includes our knowledge of their etiology pathophysiology and treatment The final section discusses special topic areas including the neurobiology of sleep resilience social attachment aggression personality disorders and eating disorders In all there are 32 new chapters in this volume including unique insights on DSM 5 the Research Domain Criteria RDoC from NIMH and a perspective on the continuing challenges of diagnosis given what we know of the brain and the mechanisms pertaining to mental illness This book provides information from numerous levels of analysis including molecular biology and genetics cellular physiology neuroanatomy neuropharmacology epidemiology and

behavior In doing so it translates information from the basic laboratory to the clinical laboratory and finally to clinical treatment No other book distills the basic science and underpinnings of mental disorders and explains the clinical significance to the scope and breadth of this classic text The result is an excellent and cutting edge resource for psychiatric residents psychiatric researchers and doctoral students in neurochemistry and the neurosciences The neurobiology of emotion-cognition interactions Hadas Okon-Singer, Luiz Pessoa, Alexander J. Shackman, 2015-06-12 There is increasing interest in understanding the interplay of emotional and cognitive processes The objective of the Research Topic was to provide an interdisciplinary survey of cutting edge neuroscientific research on the interaction and integration of emotion and cognition in the brain The following original empirical reports commentaries and theoretical reviews provide a comprehensive survey on recent advances in understanding how emotional and cognitive processes interact how they are integrated in the brain and what their implications for understanding the mind and its disorders are These works encompasses a broad spectrum of populations and showcases a wide variety of paradigms measures analytic strategies and conceptual approaches The aim of the Topic was to begin to address several key questions about the interplay of cognitive and emotional processes in the brain including what is the impact of emotional states anxiety and stress on various cognitive functions How are emotion and cognition integrated in the brain Do individual differences in affective dimensions of temperament and personality alter cognitive performance and how is this realized in the brain Are there individual differences that increase vulnerability to the impact of affect on cognition who is vulnerable and who resilient How plastic is the interplay of cognition and emotion Taken together these works demonstrate that emotion and cognition are deeply interwoven in the fabric of the brain suggesting that widely held beliefs about the key constituents of the emotional brain and the cognitive brain are fundamentally flawed Developing a deeper understanding of the emotional cognitive brain is important not just for understanding the mind but also for elucidating the root causes of its many debilitating disorders

Transcranial Direct Current Stimulation in Neuropsychiatric Disorders André R. Brunoni, Michael A. Nitsche, Colleen K. Loo, 2021-09-20 The 2nd edition of this book incorporates the tremendous clinical advances that have occurred in the field of transcranial direct current stimulation tDCS over the past 5 years Since the 1st edition was published the clinical use of tDCS has moved from its infancy and is now in a thrilling new phase with numerous possibilities as well as challenges tDCS is a technique that excels in terms of safety and tolerability and within a few years novel technological developments will allow its use at home At the same time large phase III trials have been exploring the clinical efficacy of tDCS the results of which have been published in leading journals such as the New England Journal of Medicine and JAMA Psychiatry This 2nd edition summarizes the state of the art of the field Written by leading experts in the field the book is divided into 5 parts Introduction and Mechanisms of Action Research Methods tDCS in the life cycle Applications of tDCS in neuropsychiatric disorders further divided into Psychiatry and Neurology and The clinical use of tDCS It also includes several new chapters covering

topics such as precision stimulation of tDCS combination of tDCS with different neuroimaging modalities and use of tDCS in new clinical conditions Moreover all chapters have been rewritten and updated This book will be of significant interest to psychiatrists neurologists and neuroscientists new to the field as well as those with a background in tDCS who want to increase their understanding of particular psychiatric conditions

Better Together: A Joined-Up Psychological Approach to Health, Well-Being, and Rehabilitation Dónal G. Fortune, Elaine L. Kinsella, Orla M. Muldoon, 2016-09-07

Health and well being is best understood in terms of a combination of biological psychological and social factors But how social is the biopsychosocial model when applied to mental health and rehabilitation Psychology has traditionally viewed health as being determined by individual behavior An integrative psychological approach is required to draw understanding from sociology social psychology and politics to consider how wider systemic structural and contextual factors impact on health behavior and outcomes This e book is dedicated to examining collective and community approaches to well being and rehabilitation In particular the articles contained within this e book are seeking to understand how social integration social groups social identity and social capital influence health well being and rehabilitation outcomes

Positive Neuroscience: the Neuroscience of Human Flourishing Feng Kong, Aaron Shain Heller, Carien M. van Reekum, Wataru Sato, 2020-04-13

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