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TITLE: Impact of One Session of Mindfulness vs. Cognitive Restructuring Skills on Worry and Associated Symptoms in Generalized Anxiety Disorder 
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Abstract

Cognitive Behavioral Therapy (CBT) is recognized as an evidenced-based psychological treatment for Generalized Anxiety Disorder (GAD). Despite proven efficacy of CBT (i.e., large effect sizes), not everyone responds. One promising alternative approach is Mindfulness-based therapy, which has been shown to be effective in preliminary research in GAD. The purpose of this study was to directly compare a brief (1 hour) Mindfulness to CBT intervention to determine efficacy in reducing excessive worry and associated anxiety symptoms in a GAD population. Forty-five participants with a principal diagnosis of GAD were assessed by the Structured Clinical Interview for DSM Disorders (SCID-IV) and randomly assigned to one of three conditions: Mindfulness, CBT, or Information (control condition). Following the intervention, all participants completed daily practice for one week. Assessment consisted of self-report measures of worry and factors associated with GAD symptoms pre-and post-intervention. Overall findings did not support the main hypothesis that the brief interventions (Mindfulness and CBT) would be associated with a significant reduction in worry compared to the control group. However, group differences on factors associated with GAD were found. Individuals in the CBT condition reported a significant reduction in current level of general anxiety symptoms compared to the Mindfulness and Information conditions. Individuals in both CBT and Mindfulness conditions reported a significant reduction in current stress symptoms compared to the Information condition. In addition the CBT condition also demonstrated a trend for reduction in symptoms of depression compared to both Mindfulness and Information conditions. In summary, although a more intensive intervention may be
needed to affect chronic worry, the CBT intervention was associated with greater benefit than the mindfulness intervention and may be useful as a brief pre-treatment intervention for individuals on a waitlist for standard treatment.
Acknowledgements

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List of Abbreviations

i. GAD - Generalized Anxiety Disorder
ii. CBT - Cognitive Behavioral Therapy
iii. MBCT - Mindfulness-based Cognitive Therapy
iv. MBSR - Mindfulness-based Stress Reduction
v. SCID - Structured Clinical Interview for Diagnostic Statistical Manual Disorders
vi. DSM-IV - Diagnostic Statistical Manual of Disorders, Version 4
vii. ATRC - Anxiety Treatment & Research Centre
viii. ANOVA - Analysis of Variance
ix. TEF - Therapy Evaluation Form
x. GAD-7 - Generalized Anxiety Disorder 7-item
xi. PSWQ - Penn State Worry Questionnaire
xii. MWQ - Meta-Worry Questionnaire
xiii. BMWS - Brief Measure of Worry Severity
xiv. TCQ - Thought Control Questionnaire
xv. MCQ-30 - Meta-Cognitions Questionnaire 30-item
xvi. IUS - Intolerance of Uncertainty
xvii. DASS-21 - Depression, Anxiety, Stress Scales 21-item
xviii. PHQ-15 - Patient Health Questionnaire 15-item
Declaration of Academic Achievement

I am pleased to be declaring my research contribution in the form of my Master's Thesis to the field of psychology, as well as that of my supervisor, Dr. Randi McCabe, and collaborators, Dr. Brenda Key and Dr. Karen Rowa.