



Psychology

Books and Journals from
Cambridge University Press

Cambridge University Press is a leading publisher in the psychological and brain sciences.

From undergraduate course resources, our prestigious Cambridge Handbooks in Psychology series, our leading journals including *Behavioral and Brain Sciences* and *Development, Journal of the International Neuropsychological Society and Psychopathology*, and our extensive collection of scholarly monographs,

Cambridge supports learning and research across all of psychology and related fields. .

For further details visit:
cambridge.org/core-psychology

Cambridge
Core



CAMBRIDGE
UNIVERSITY PRESS

Behavioural and Cognitive Psychotherapy

Contents

EMPIRICALLY GROUNDED CLINICAL INTERVENTION

- Treating co-morbid insomnia and social anxiety disorder with sequential CBT protocols: a single-case experimental study** 641
Daniel Wallsten, Annika Norell-Clarke, Sven Alfnsson, David Gryphon, Hanna Eriksson & Maria Tillfors

MAIN ARTICLES

- Emotion regulation therapy for social anxiety disorder: a single case series study** 658
Imaneh Abasi, Abbas Pourshahbaz, Parvaneh Mohammadkhani, Behrouz Dolatshahi, Latif Moradveisi & Douglas S. Mennin

- Effectiveness of the unified protocol for treating co-morbid health anxiety and depression: an empirical case study** 673
Chris Gaskell, Ben Hague & Stephen Kellett

- The effect of motivational interviewing on ambivalence in social anxiety disorder** 684
Mia Romano & Lorna Peters

- The barriers, benefits and training needs of clinicians delivering psychological therapy via video** 696
Joshua E. J. Buckman, Rob Saunders, Judy Leibowitz & Rebecca Minton

- An investigation into the factor structure of the Cognitive Therapy Scale – Revised (CTS-R) in a CBT training sample** 721
Sarah Beale, Silia Vitoratou & Sheena Liness

- An investigation of the competencies involved in the facilitation of CBT-based group psychoeducational interventions** 732
Louise A. Noble, Nick Firth, Jaime Delgadillo & Stephen Kellett

- Competence and Adherence Scale for Cognitive Behavioural Therapy (CAS-CBT) for anxiety disorders in youth: reliability and factor structure** 745
Stine Harstad, Jon Fauskanger Bjaastad, Odin Hjemdal, Scott Compton, Trine Waaktaar & Marianne Aalberg

BRIEF CLINICAL REPORTS

- A pilot study on the effectiveness of low-intensity cognitive behavioural therapy (LiCBT) for common mental disorders in Hong Kong** 758
Candice L.Y.M. Powell, Alfred Pak-Kwan Lo, Gladys T.Y. Yeung, Natalie T.Y. Leung, Winnie W.S. Mak, Suzanne H.W. So, Chui-De Chiu, Sania S.W. Yau, Eugene G. Mullan & Patrick W.L. Leung

- Work and Social Adjustment Scale (WSAS): psychometric characteristics of a Spanish adaptation in a clinical population** 764
Antonio J. Vázquez Morejón, Raquel Vázquez-Morejón & Patricia Conde Álvarez

Cambridge Core

For further information about this journal please go to the journal website at: [cambridge.org/bcp](https://www.cambridge.org/bcp)



MIX
Paper from
responsible sources
FSC® C007785

CAMBRIDGE
UNIVERSITY PRESS