

## Details of the empirical research base for individual psychotherapy

This engagement of pure psychology with the details of the quantitative justification for individual practice is based on the following. The following two tables provide the details of the 186 papers mentioned in the overview paper.

Axis I disorder	Emerging consensus about effective therapy to date.
Substance abuse	Behaviour - Higgins et al 1993, Drummond & Glautier 1994 CBT & relapse prevention - Carroll et al 1994 Social skills - McGrady et al 1986, Benton & Schroeder 1990, Mattick & Jarvis 1993
Schizophrenia	Social skills - Hogarty et al 1986, Eckman et al 1992, Marder et al 1996 Supportive - Hogarty et al 1974, Gunderson et al 1984
Paranoid schizophrenia	-
Major depression	CBT - Elkin et al 1989, Thase et al 1991, Depression Guideline Panel 1993, Jacobson et al 1996
Dysthymia	Behaviour - McLean & Hakistan 1979, Bellack et al 1981, 1983, Jacobson et al 1996 Cognitive - Nezu 1986, Dobson 1989, Nezu & Perri 1989, Hollon et al 1991, 1993, Mintz et al 1992, Stravynski & Greenberg 1992, Gaffan et al 1995 CBT - Robinson et al 1990, Makowitz 1996 Interpersonal - Elkin et al 1989, 1995
Bipolar	-
Cyclothymia	-
Agoraphobia	Exposure - Munby & Johnston 1980, Burns et al 1986, Jansson & Ost 1982, Jansson et al 1986, Ghosh et al 1988, Jacobson et al 1988, Trull et al 1988, Cox et al 1992, van Balkom 1997
Panic	Behaviour - Barlow et al 1989, Craske et al 1991, Clark et al 1994 Cognitive - Sokol et al 1989, Beck et al 1992 CBT - Clum 1989, Klosko et al 1990, Michelson & Marchione 1991, Salkovskis et al 1991 Panic therapy - Jacobson et al 1988, Barlow et al 1989, Craske et al 1991, Clum et al 1993, Margraf et al 1993, Telch et al 1993, Gould 1995, Milrod & Busch 1996, van Balkom 1997
Specific phobia	Behaviour - Bandura et al 1969, Crowe et al 1972, Ost 1978, Kirsch et al 1983, Marshall 1985, 1988, Ost et al 1991, Donohue et al 1994, Emmelkamp et al 1994, Heimberg & Juster 1995, Herbert 1995 CBT - Ledwidge 1978, Heimberg 1990, Heimberg et al 1994
Social phobia	Behaviour - Paul & Shannon 1966, Paul 1967a, Woy & Efran 1972, Ost et al 1981, Wlazlo et al 1990, Feske & Chambless 1995 Cognitive - Hope 1990, Chambless & Gillis 1993 CBT - Scholing & Emmelkamp 1993, Taylor 1996 Social skills - Bandura 1971, 1977, Mersh et al 1991
Obsessive compulsive	Exposure & relapse prevention - Solyom & Sookman 1977, Marks et al 1980, Christensen et al 1987, van Balkom et al 1994, Steketee & Shapiro 1995 CBT & relapse prevention - Abramowitz 1996, 1997, Cox et al, van Balkom et al 1994 Cognitive - Emmelkamp & Beens 1991, O'Sullivan et al 1991, van Oppen et al 1995
PTSD	Behaviour - Brom et al 1989, Cooper & Clum 1989, Keane et al 1989, Boudewyns & Hyer 1990, Foa et al 1989, 1991 CBT - Resick et al 1988, Cooper & Clum 1989, Keane et al 1989, Boudewyns & Hyer 1990, Resick & Schnike 1992 Stress inoculation & EMDR - Shalev et al 1996, Solomon et al 1992
Generalised anxiety	Behaviour - Butler et al 1991 CBT - Borkovec et al 1987, Durham & Turvey 1987, Power et al 1990, Butler et al 1991, Barlow et al 1992, Gould et al 1997 Relaxation skills - Barlow et al 1992, Borkovec et al 1987, Borkovec & Costello 1993
Dissociative identity	-
Sexual aversion	-
Anorexia	CBT & dietary management - Chanon et al 1989, Treasure et al 1995
Bulimia	CBT - Freeman et al 1988, Mitchell et al 1990, 1993, Fairburn et al 1993, Wilson & Fairburn 1993, Agras et al 1989, 1992, Thackwray et al 1993, Mitchell et al 1996, Lewandowski et al 1997 Interpersonal - Fairburn et al 1993, Wilfley et al 1993

Axis II “personality disorders”.

Paranoid	-
Schizoid	-
Schizotypal	-
Antisocial	-
Borderline	Dialectical - Linehan et al 1991, 1993 Psychodynamic - Howard et al 1986, Waldinger & Gunderson 1987, Hoke 1989
Histrionic	-
Narcissistic	-
Avoidant	Social skills - Stravinski et al 1982, 1994
Dependent	Brief dynamic - Hill 1970, Gabbard 1994, Winston et al 1994
Obsessive compulsive	-

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