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Beck found that a **combination of cognitive therapy** and **behavioral** techniques produced the best results for his clients. In describing and honing this new **therapy**, Beck laid the foundations of the most popular and influential form of **therapy** of the last 50 years.

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Cognitive Behavioral Therapy Exercises. **Cognitive behavioral therapy** (commonly referred to as CBT) seems to always be in the news, with virtually every new study on psychology focused on CBT and its effectiveness at treating a different psychological issue.

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Jun 29, 2019 · • Briefly, we have two important findings: • First, we found that our CBT treatment, both with and without medication, resulted in significant improvements relative to baselin

The Efficacy of Cognitive Behavioral Therapy: A Review of ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3584580>

Oct 01, 2012 · **Cognitive-behavioral therapy** (CBT) refers to a class of **interventions** that share the basic premise that **mental disorders** and psychological distress are maintained by **cognitive factors**. The core premise of this **treatment** approach, as pioneered by Beck (1970) and Ellis (1962) , holds that maladaptive cognitions contribute to the maintenance of emotional distress and **behavioral** problems.

Published in: **Cognitive Therapy** and Research · 2012

Authors: [Stefan G Hofmann](#) · [Anu Asnaani](#) · [Imke J J Vonk](#) · [Alice T Sawyer](#) · [Angela Fang](#)

Affiliation: [Boston University](#)

About: [Text mining](#) · [Bioinformatics](#)

Name of Journal: *World Journal of Clinical Cases*

Manuscript NO: 50042

Manuscript Type: ORIGINAL ARTICLE

Observational Study

Effect of cognitive behavior therapy combined with exercise intervention on the cognitive bias and coping styles of diarrhea-predominant irritable bowel syndrome patients

Zhao SR *et al.* Exercise improves cognitive bias and coping strategy

Shi-Rui Zhao, Xiao-Mei Ni, Xin-An Zhang, Hong Tian

Abstract

BACKGROUND

Irritable bowel syndrome (IBS) is a common digestive system disease with a high incidence rate and is common in women. The cause of IBS remains unclear. Some studies have shown that mental and psychological diseases are independent risk

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Effect of cognitive behavior therapy combined with exercise i



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Cognitive-behavioral therapy for irritable bowel syndrome ...

https://www.researchgate.net/publication/261104497_Cognitive-behavioral_therapy_for...

The efficacy of **cognitive-behavior group therapy** on health-related quality of life, **health anxiety** and **depression** in patients with **diarrhea-predominant irritable bowel syndrome** Article Oct 2011

Effects of Cognitive Behavior Therapy on Heart Rate ...

www.jnmjournal.org/journal/view.html?doi=10.5056/jnm17017 ▼

Non-pharmacologic treatments, such as **cognitive behavior therapy** (CBT), have been **effective** in **improving somatic symptoms** of **IBS**. 15, 22, 23 The mechanism by which CBT improves somatic symptoms is related to the regulation of brain-gut axis function. 15, 22, 24 HRV is an objective, noninvasive biomarker that reflects current ANS function correlated with IBS symptoms. Thus, HRV ...

Cited by: 8

Author: Aelee Jang, Sun Kyung Hwang, Nikhil S. Pa...

Publish Year: 2017

Identifying effective techniques within psychological ...

<https://www.sciencedirect.com/science/article/pii/S0022399914004450>

Psychological interventions can alleviate the **symptoms** of **irritable bowel syndrome (IBS)** and psychological distress commonly reported among **IBS sufferers**. However, the theoretical underpinnings and **intervention techniques** used by such **interventions** vary considerably.

Cited by: 17

Author: Julia F Henrich, Keegan Knittle, Keegan Kni...

Publish Year: 2015

Health psychology and behavior final Flashcards | Quizlet

<https://quizlet.com/242112879/health-psychology-and-behavior-final-flash-cards> ▼

Various strands of **cognitive therapy** could be **combined** so that, when an individual is facing a stressor, they concentrate on: checking that their **behaviour** is appropriate to the circumstances; **maintaining relaxation**; giving themselves appropriate **self-talk**.

Effects of Cognitive Behavior Therapy on Heart Rate ...

<https://www.e-sciencecentral.org/articles/SC000026228> ▼

Title: **Effects of Cognitive Behavior Therapy on Heart Rate Variability** in Young Females with **Constipation-predominant Irritable Bowel Syndrome**: A Parallel-group Trial, Journal title: Journal of Neurogastroenterology and Motility

Cited by: 8

Author: Aelee Jang, Sun Kyung Hwang, Nikhil S. Pa...

Publish Year: 2017