



All

Images

Videos

翻译成中文

关闭取词

42,000 Results

Any time ▾

25 CBT Techniques and Worksheets for Cognitive Behavioral ...

<https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets> ▾

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.

Cognitive Behavioral Therapy Exercises — Cognitive ...

cogbtherapy.com/cognitive-behavioral-therapy-exercises ▾

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.

[Cognitive Pie Chart Exercise](#) · [5 Steps to Stop Worrying](#) · [Acceptance Exercises](#) · [Mindfulness Skills](#)

A Comparison of Efficacy between Cognitive Behavioral ...

<https://www.sciencedirect.com/science/article/pii/S0165178119307437>

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

Match Overview

Match #	Source	Words	Similarity
1	Internet	28 words crawled on 11-Aug-2018 www.ijcem.com	<1%
2	Crossref	18 words Leonilde Bonfrate, Jan Tack, Ignazio Grattagliano, Rosario C uomo, Piero Portincasa. "Microbiota in health and irritable b	<1%
3	Internet	15 words crawled on 28-Mar-2018 lipidworld.biomedcentral.com	<1%
4	Internet	15 words crawled on 29-Apr-2019 f6publishing.blob.core.windows.net	<1%
5	Internet	13 words crawled on 08-Mar-2019 www.thaiscience.info	<1%
6	Crossref	13 words Lanping Ding, Yuanyuan Ma, Bingxin Huang, Shanwen Che n. " Effects of Seawater Salinity and Temperature on Grow...	<1%
7	Internet	12 words crawled on 10-Jul-2019 www.wjgnet.com	<1%
8	Internet	12 words crawled on 14-Dec-2018 www.mdpi.com	<1%
9	Internet	12 words crawled on 03-Apr-2019 www.science.gov	<1%
10	Crossref	12 words "FUNCTIONAL BOWEL DISORDERS", <i>The American Journal of Gastroenterology</i> , 9/2005	<1%
11	Internet	12 words crawled on 06-Apr-2018 pdfs.semanticscholar.org	<1%



All

Images

Videos

翻译成中文

关闭取词

49,400 Results

Any time ▾

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