

Index

- AACAP clinical guidelines, 410
- academic impact, of research on childhood anxiety, 256
- acceptance
- MBIs and, 733
 - as moderator of change in PTSD, 739
- Acceptance and Commitment Therapy (ACT)
- for OCD, 305, 508
 - for PTSD, 700, 732
- acceptance exercises, in MBIs, 742
- access to internet, 74
- access to treatment, xii, 74
- accommodation, TF-CBT outcome and, 534
- Achenbach System of Empirically Based Assessment (ASEBA), 446
- actigraphy, 209
- activation syndrome, with SSRIs, 408
- adjustment disorder, EMDR for, 603
- adrenergic agents, for PTSD, 633
- affect regulation, in TF-CBT, 528
- agoraphobia, 8
- brief intensive treatments for, 137
 - epidemiology of, 8
- alpha agonists
- for anxiety disorders, 162
 - for PTSD, 639
- ambiguous scenarios task, for interpretation bias modification, 110
- amygdala, in traumatized youth, 702
- anorexia nervosa, with OCD, 318
- anticonvulsants, for PTSD, 638
- antihistamines, for anxiety disorders, 162, 171
- antipsychotics
- for OCD, 303, 415
 - for tics in OCD, 455
- anxiety
- age of onset of, 5, 6
 - comorbidity and, 4, 18
 - disease burden of, 3
 - epidemiology of, 3
 - lack of treatment of, 3
 - limitations to research on, xi
 - normal versus abnormal, 4
 - with OCD, 468
- anxiety disorders
- CBT for, 9
 - comorbidity between, 4
 - differentiation of, 4
 - efficacy of standard care for, 15
 - EMDR for, 603
 - etiology of, 256, 267
 - familial transmission of, 183
 - impact of, 130, 182
 - with OCD, 457
 - overlooking of, 3
 - in parents, childhood anxiety disorders and, 183
 - phenomenology of, research on, 256
 - prevalence of, 3, 130, 182
 - role of parenting in development of, 183
 - standard evidence-based treatment of, 8
 - types in children and young people, 5
- Anxiety Disorders Interview Schedule for DSM-5: Child and Parent Versions (ADIS-5-C/P), 32
- Anxiety Disorders Interview Schedule for DSM-IV (ADIS), 325, 445
- Child and Parent Versions (ADIS-C/P), 314, 316
- anxiety disorders with comorbid sleep problems, 206
- case example of targeted behavioral therapy and, 213
 - clinical research and practice, recommendations for, 217
 - enhancement of CBT by sleep and, 216
 - reciprocal nature of sleep problems and anxiety and, 207
 - reconceptualization of sleep problems and, 214
 - reconciliation of subjective-objective sleep discrepancies and, 209
 - sleep-based outcomes following CBT for anxiety disorders and, 211
 - sleep measures and, 209
 - targeting sleep directly in anxiety-based treatment and, 212
 - type of anxiety disorder and, 208
 - type of sleep problem and, 208
- anxiety severity
- as mediator of mindfulness training exercises, 276
 - treatment outcome and, 18
- approach-avoidance CBM training, 377

- aripiprazole
 for ASD, 450
 for tics in OCD, 455
- assessment
 in CFSTI, 613
 of comorbid conditions of OCD, 445
 in EMDR, 591, 594
 functional, family-based approaches for OCD and, 431
 in mindfulness-based treatment for anxiety disorders, 268, 271
 post-CFSTI, 618, 621
- assessment of OCD, 294, 409
- assessment of PTSD, 550
- avoidance and acceptability of questionnaires and, 559
- for diagnosis, 556
- diagnostic classification systems and, 550
- electronic formats for, 563
- for facilitation of discussion and enhancement of support, 561
- to guide focus of interventions, 562
- key practice points for, 564
- measures used in, 551
- nature of memories and, 557
- to provide feedback to therapist, 562
- respondent choice for, 563
- for screening large numbers of youth, 560
- for symptom monitoring, 557
- trauma history and, 561
- attention
 as mediator of mindfulness training exercises, 276
 role in anxiety disorders, 267
 training, 108
- attentional bias
 in anxiety disorders, 368
 in OCD, 368, 369
- attentional bias modification (ABM), 106, 108, 373
- evidence base for, 111
- mediators and modifiers of change and, 114
- attention deficit hyperactivity disorder (ADHD)
 with OCD, 320, 446, 468
 with PTSD, 642
- autism spectrum disorder (ASD)
 internet/computer-based therapy for anxiety in, 89
 with OCD, 318, 448, 469
- avoidance behaviors, in OCD, 289
- BarnInternetprojektet (BiP), effectiveness of, 81
- barriers to care
 for anxiety disorders, 107, 131
 for EBPs, 715, 716
 for OCD, 332, 348
 overcoming, 107
 for PTSD, 570
- behavioral activation, in treatment of depression with PTSD, 681
- Behavioral Assessment Tests (BATs)*, 40
- behavioral observations, for assessment, 40
- Behavior Assessment System for Children (BASC), 316, 325
- benzodiazepines
 for anxiety disorders, 162, 172
 for OCD, 304
- beta-blockers, for anxiety disorders, 162
- bibliotherapy for anxiety disorders, 53
- disorder-specific programs for, 57
- evidence base for, 55
- therapist support in, 55
- bibliotherapy for OCD, 334, 336
- biomarkers, of SSRI response, 414
- BiP OCD, 350, 351, 353
- body dysmorphic disorder (BDD), OCD with, 316
- Body Dysmorphic Disorder Questionnaire (BDDQ), 316
- body scan, in EMDR, 592, 595
- books
 self-help, for youth with OCD, 334
- Bounce Back Now, 574
- evidence base for, 578, 580
- brain
 functional improvement through promotion of cortical neurogenesis, 704
 regions implicated in childhood trauma, 702
- brain maturation
 sleep and, 208
 stages of, 702
- BRAVE-ONLINE program, 87
- design features of, 95
- development of, 95
- effectiveness of, 78
- program content of, 95
- with subgroups of young people or subgroups of anxiety, 88
- Brave Program, effectiveness of, 77
- Breaking Free from OCD* (Derisley et al.), 334
- breathing techniques, training, 13
- brief intensive treatments for anxiety disorders, 130
- agoraphobia, 137
- barriers overcome by, 133
- clinical case illustration of, 143
- continued exposure practice following, 153
- evidence base for, 134
- failure to respond to, 148
- future research directions for, 148
- GAD, 139
- key practice points for, 151
- long-term impact of, 149
- mediators and moderators of change and, 140
- optimizing parents' roles in, 150
- panic disorder, 137
- planning time for, 152

- brief intensive treatments (cont.)
 - rapport building and, 151
 - SAD, 136
 - special developmental considerations for children and, 152
- brief intensive treatments for OCD, 392
 - brief, high intensity CBT for, 395
 - challenges and recommendations for future research and, 402
 - clinical case illustration of, 396
 - increased session frequency for, 394
 - key practice points for, 403
 - need for innovation and, 392
- brief low intensity interventions, 133
- BT Steps* (Behavior Therapy Steps), 337
- bupirone, for anxiety disorders, 174
- Camp Cope-A-Lot, effectiveness of, 83
- carbamazepine, for PTSD, 638
- cardiovascular physiology measures, for assessment, 41
- caregivers
 - CFSTI and, 614, 616
 - distress in, OCD and, 429
 - support from, TF-CBT and, 533
- CFSTI Site Sustainability Project (CSSP), 624
- child abuse and neglect (CAN)
 - child factors and, 651
 - family factors and, 652
 - parent factors and, 651
 - social network factors and, 652
- Child/Adolescent Anxiety Multimodal Study (CAMS), for anxiety disorders, 160, 175
- Child and Family Traumatic Stress Intervention (CFSTI), 610
 - additional sessions for, 618
 - caregiver meeting and, 614
 - child meeting and, 615
 - clinical case illustration of, 618
 - conjoint meetings with child and caregiver and, 616
 - evidence base for, 622
 - future directions for, 625
 - key practice points for, 625
 - need for innovation and, 611
 - post-CFSTI assessments and, 618, 621
 - procedure and implementation of, 613
 - screening process for, 614
 - standardized assessment tools for, 613
- Child Anxiety Multi-Day Program (CAMP), for separation anxiety disorder, 135
- Child Behavior Checklist (CBCL), 314, 316, 325
- child factors, in child abuse and neglect, 651
- child management, 14
 - as parental role in anxiety disorder therapy, 187
- Child Obsessive-Compulsive Impact Scale-Revised (COIS-R), 326
 - in OCD, 324
- Child Post-Traumatic Cognitions Inventory (CPTCI), 553, 562
- Child PTSD Symptom Scale (CPSS), 554, 614
 - Interview Version for DSM-5 (CPSS-5-1), 551
 - Self-Report Version for DSM-5 (CPSS-5-SR), 552
- Children and Young People's Improving Access to Psychological Therapies (CYP IAPT), 252
- Children's Depressive Inventory (CDI), 316
- Children's Florida Obsessive-Compulsive Inventory (CFOCI), 315, 326
- Children's Obsessive-Compulsive Inventory – Revised (ChOCI-R), 326
- Children's PTSD Inventory (CPTSDI), 552
- Children's Revised Impact of Event Scale (CRIES-8 and CRIES-13), 552, 558
- Children's Saving Inventory, 316, 326
- Children's Yale Brown Obsessive-Compulsive Scale (CYBOCS), 294, 315, 326
 - in OCD, 321, 323, 409
- Child Trauma Screening Scale (CTSS), 553
- chloral hydrate, for PTSD, 637
- citalopram
 - for anxiety disorders, 162, 165, 173
 - for PTSD, 636
- cleaning compulsion, in OCD, 290
- clinical decisions, assessment and, 31
- Clinical Global Impression – Improvement (CGI-I), 325
 - in OCD, 323
- Clinical Global Impression – Severity (CGI-S), in OCD, 322, 323, 325
- clinical interviews, unstructured, in OCD, 314
- clinical training
 - in CFSTI, 625
 - in EMDR, guidelines for, 604
 - in TF-CBT, 541, 719
 - treatment fidelity and, 254
- Clinician Administered PTSD Scale for Children and Adolescents (CAPS-CA-5), 551
- clomipramine
 - for anxiety disorders, 171, 174
 - for OCD, 299, 303, 415
- clonidine, for PTSD, 633, 634
- closure, in EMDR, 592, 595
- clozapine, for pharmacologic-augmented treatments for PTSD, 635
- co-client, as parental role in anxiety disorder therapy, 188
- co-clinician, as parental role in anxiety disorder therapy, 188
- cognitions, parental, reframing, 188
- Cognitive Behavioral Family-Based Treatment (CBFT), 473
- cognitive behavioral therapy (CBT)
 - approaches for improving outcomes to, xii
 - challenges to field, xi

- cognitive behavioral therapy (CBT) for anxiety disorders
 enhancement by sleep, 216
 sleep-based outcomes following, 211
 in standard evidence-based care, 9
- cognitive behavioral therapy (CBT) for OCD, 298, 305
 barriers to, 348
 delivery over web cam, 495
 effectiveness research on, 494
 family-based, 298
 group, 299
 intensive, 299
 interaction with pharmacotherapy, 416
 internet-delivered, 299
 moderators and predictors for, 497
 in outpatient, community-based clinic, 497
 self-help materials as adjunct to, 335
 stepped care studies of, 500
 supervision of supervisors approach for, 496
- cognitive behavioral therapy (CBT) for PTSD, 704
 with SUDs, 686
- cognitive bias modification (CBM) for anxiety disorders, 106
 in adults, 374, 379
 clinical case illustration of, 116
 context in which biases are most malleable and, 121
 current state of research on, 118
 key practice points for, 121
 reliability of bias measurement and, 119
 in youth, 375, 380
- cognitive bias modification (CBM) for OCD, 365
 in adults, 376
 assessment and, 371
 challenges and recommendations for future research in, 382
 clinical case illustration of, 380
 evidence base for, 374
 key practice points for, 385
 mediators and moderators of change and, 379
 need for innovation and, 366
 in youth, 377
- cognitive enhancement, D-cycloserine for, in OCD, 417
- cognitive interpretation bias, 369, 371
- cognitive remediation therapy (CRT)
 evidence-base for, 473
 for OCD, 470, 473
- cognitive restructuring, in standard evidence-based care, 10
- communication
 family, OCD and, 430
 improving, in family-based approaches for OCD, 433
 improving parental skills for, 189
- comorbid conditions of OCD, 296, 444
 ADHD as, 446
 affective disorders as, 455
 anxiety disorders as, 457
 ASD as, 448
 assessment of, 445
 case example of, 457
 disruptive behavioral disorders as, 451
 key practice points for, 459
 tic disorders as, 452
 transdiagnostic approaches for OCD and, 468
- comorbid conditions of PTSD, 557, 642, 671
 challenges and future directions for, 687
 clinical recommendations for, 688
 determining course of comorbid disorder and, 687
 impact on expression of PTSD and treatment outcomes, 677
 prevalence of, 671
 relationship between PTSD and comorbid conditions and, 674
 SUDs as, 676, 678, 682, 699
 treatment approaches for, 678
- Compassion Focused Therapy (CFT), 273
- compassion meditation, in PTSD treatment, 736
- competence levels, CBT implementation and, 251
- component-based transdiagnostic CBT, 228
 evidence base for, 236
- compulsions
 definition of, 289
 differentiation between tics and, 453
- Concurrent treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE), 683
- conduct disorder, with PTSD, 642
- conjoint trauma processing sessions, in TF-CBT, 529
- Connors Parent/Teacher Rating Scales, 316
- consent
 informed, for pharmacologic treatment of anxiety disorders, 172
 parental, as parental involvement in therapy, 187
- consenter, as parental role in anxiety disorder therapy, 187
- Consolidated Framework for Implementation Research (CFIR), 249
- Cool Kids program, 10, 229, 233
 for separation anxiety disorder, 135
- Cool-Teens, effectiveness of, 84
- coordinator, as parental role in anxiety disorder therapy, 187
- Coping Cat, 229, 233
 for anxiety and sleep problems, 212
 for separation anxiety disorder, 135
- Coping Coach, 572
 evidence base for, 579, 578
- cortico-striato-thalamo-cortico (CSTC) circuitry, in OCD, 292

- Cue-Centered Treatment (CCT)
 case example of, 705
 for PTSD, 700, 705
 cyproheptadine, for PTSD, 637
- D-cycloserine (DCS), for OCD, 304, 417
- deep brain stimulation (DBS)
 for OCD, 305
 for tics in OCD, 455
- depression
 with OCD, 320, 455
 parental, treatment outcomes in PTSD and, 705
 with PTSD, 642, 678
- desensitization, in EMDR, 592, 594
- desipramine, for anxiety disorders, 174
- developmental periods, sleep and, 218
- dextroamphetamine, for ADHD, 447
- diagnosis of anxiety disorders, 194
- Diagnostic Infant and Preschool Assessment (DIPA), 551
- dialectical behavior therapy (DBT)
 for OCD, 510
 for PTSD, 699
- diaphragmatic breathing, training, 13
- disinhibited social engagement, EMDR for, 603
- disruptive behavior disorders
 ERP for, 472
 with OCD, 321, 451
- dissemination and implementation (DI) of CBT
 for OCD, 489
 proposed studies of, 499
 review of CBT outcome literature and, 490
- dissemination and implementation (DI) of
 evidence-based programs for anxiety, 248
- dissemination and, 254
 impact of, 255
 implementation framework for, 248
 research on implementation and, 251
 stages of implementation and, 250
- dissemination and implementation (DI) of
 evidence-based programs for PTSD, 715
 barriers to providing EBPs in clinical settings
 and, 715, 716
 methods for, 718
 in school-based settings, 716
 stepped care TF-CBT and, 720
- dissemination of CBT for anxiety disorders, 242
- distress tolerance, modeling, in family-based
 approaches for OCD, 432
- divalproex sodium, for PTSD, 638
- dopaminergic agents, for PTSD, 635
- duloxetine, for anxiety disorders, 161, 162, 169,
 173
- economic impact, of research on childhood
 anxiety, 257
- effectiveness research, 491
 on CBT for OCD, 493
- efficacy research, 491
 on CBT for OCD, 492
- emetophobia, with OCD, 321
- emotional memory, activation during sleep, 215
- Emotion Detectives Treatment Protocol, 231, 234
 evidence base for, 239
- emotion dysregulation, TF-CBT outcome and, 535
- emotion, expressed, OCD and, 430
- emotion regulation, modeling, in family-based
 approaches for OCD, 432
- environmental sensitivity, 17
- error-related negativity (ERN), 42
- escitalopram, for anxiety disorders, 162, 165,
 173
- evidence-based assessment of anxiety disorders,
 28
 availability and clinical use of, 31
 behavioral observations for, 40
 cardiovascular physiology measures for, 41
 clinical decisions and, 31
 conceptual foundation of, 28
 modalities for, 30, 32
 neural physiology measures for, 42
 rating scales for, 34
 selecting assessments for, 30
 traditional clinical tools for, 32
- evidence-based assessment of OCD, 313
 ancillary area assessment and, 324
 comorbidity and, 315
 differential diagnosis and, 313
 key practice points for, 327
 severity assessment and, 321
- evidence-based treatment, xii
 to help children overcome trauma, importance
 of, 526
- evidence-based treatment of anxiety disorders, 3,
 248
 child management in, 14
 cognitive restructuring in, 10, 11
 disorder-specific techniques in, 18
 dissemination of, 254
 efficacy of, 15
 gradual exposure in, 11
 group versus individual, 16
 impact of, 255
 implementation framework for, 248
 key practice points for, 19
 outcome predictors for, 17
 parental involvement in, 16
 problem solving in, 14
 psychoeducation in, 9
 relaxation in, 13
 research on implementation of, 251
 stages of implementation of, 250
 types of anxiety disorders in children and young
 people and, 5
- Exploration, Preparation, Implementation,
 Sustainment (EPIS) framework, 250

- exposure
- dissemination of CBT for anxiety and, 254
 - in family-based anxiety disorder therapy, 195
 - gradual, in standard evidence-based care, 11
- exposure and response prevention (ERP)
- clinical case illustration of, 400
 - family-based modifications of, 472, 475
 - mindfulness augmentation of, for OCD, 514
 - modification of, 474, 478
 - for OCD, 298, 357, 365, 392, 393
 - for tic disorders, 454
 - transdiagnostic, for OCD, 471
- exposure exercises, in MBIs, 742
- expressed emotion (EE), OCD and, 430
- extinction learning, enhancement by sleep, 216
- eye movement desensitization and reprocessing (EMDR), 590
- challenges and recommendations for future research on, 603
 - clinical case illustration of, 599
 - considerations with children, 593
 - for disorders other than PTSD, 603
 - evidence base for, 595
 - key practice points for, 604
 - mechanisms of action of, 598
 - moderating factors for, 599
 - for OCD, 305
 - protocol for, 591
 - resources for, 604
 - specific adaptations for different phases of protocol, 593
 - training guidelines for, 604
- Fairy Tale Model, for PTSD, 699
- families
- of children with separation anxiety disorder, 184
 - outcomes with TF-CBT, 532
- family accommodation, OCD and, 429, 431
- Family Accommodation Scale – Parent report (FAS-PR), 326
- in OCD, 324
- family-based approaches for OCD, 428
- challenges and recommendations for future research and, 437
 - clinical case illustration of, 435
 - common elements of, 430
 - evidence-based innovations and, 433
 - family-related components as targets of, 429
 - key practice points for, 438
 - predictors and moderators of response and, 435
- family-based therapy for anxiety disorders
- evidence base for, 190
- family communication dynamics, OCD and, 430
- family dysfunction, OCD and, 297
- family factors, in child abuse and neglect, 652
- family involvement, in OCD treatment, 339
- fear extinction, enhancement by sleep, 216
- fear hierarchy, gradual exposure and, 11
- Fear Survey Schedule for Children-Revised/Short Form of the Fear Survey Schedule for Children-Revised (FSSC-R/FSSC-R-SF)*, 38
- fluoxetine, 173
- for anxiety disorders, 162, 164, 165
 - for PTSD, 636, 637, 638
- fluvoxamine
- for anxiety disorders, 162, 165, 173
 - for PTSD, 636
- follow-up, in family-based anxiety disorder therapy, 197
- forbidden thoughts, in OCD, 290
- gender
- as mediator of self-compassion, 277
 - specific phobia and, 7
- generalized anxiety disorder (GAD), 6
- age of onset of, 7
 - brief intensive treatments for, 139
 - OCD with, 316
 - sleep problems in, 208
- Global Assessment Scale for Children (CGAS), 322
- Global Axis of Functioning (GAF), in OCD, 322
- glutamatergic agents, for OCD, 304, 415
- gradual exposure, in standard evidence-based care, 11
- group-based behavioral activation and exposure therapy for youth anxiety and depression, 235
- evidence base for, 239
- group behavioral activation and exposure therapy, 231
- group treatment, individual treatment versus, 16
- Growing Up Mindful, clinical case illustration of, 278
- guanfacine, for PTSD, 634
- “Helping Your Anxious Child” (Rapee, Spence, Cobham, & Wignall), 55
- hippocampus, in traumatized youth, 703
- history taking, in EMDR, 591, 593
- hoarding
- CRT for, 474
 - with OCD, 290, 320
- homographs, interpretation bias modification and, 110
- hostile criticism, OCD and, 430
- hypochondriasis, with OCD, 319
- imipramine
- for anxiety disorders, 171, 174
 - for PTSD, 637
- implementation science, 491, 500
- individual impact, of research on childhood anxiety, 257
- individual treatment, group treatment versus, 16
- inflammation, OCD and, 305

- informed consent, for pharmacologic treatment of anxiety disorders, 172
- inhibitory learning, 12
as mediator of intensive CBT, 142
- insight, in OCD, 289, 290
- integrated behavioral therapy
for anxiety and depression, 232, 234, 235
evidence base for, 239
- integrated brief behavioral therapy for anxiety and depression, 235
- inter- and intra-hemispheric activation hypothesis, of EMDR, 599
- intermittent explosive disorder (IED), with OCD, 451
- internet/computer-based CBT (I/CCBT), 54, 57
for adolescents, 58
for children, 59
disorder-specific, 60
therapist contact and, 58, 68
- internet/computer-based CBT (I/CCBT) for anxiety disorders, 73
barriers to adoption of, 93
brief intensive treatments using, 149
client satisfaction with, 86
clinical issues with, 93
effectiveness of, 75, 87, 88
future research directions for, 92
impact on anxiety diagnoses and symptoms, 76
key practice points for, 98
mediators and moderators of change and, 90, 357
mobile applications and, 90
outcomes with, 98
rationale for developing, 73
with subgroups of young people or subgroups of anxiety, 88
therapist contact and, 86
therapy dropout and compliance with, 87, 94
uses of, 74
virtual reality and, 92
- internet/computer-based CBT (I/CCBT) for OCD, 335, 337, 349, 350
challenges and recommendations for future research and, 358
clinical case illustration of, 357
key practice points for, 360
- interpretation bias
in anxiety disorders, 368, 369
cognitive, 369, 371
in OCD, 368, 369
- interpretation bias modification (IBM), 106, 109
evidence base for, 112
mediators and modifiers of change and, 115
- interviews
semi-structured, for assessment, 32
unstructured, in OCD, 314
- in vivo mastery, in TF-CBT, 529
- Kids and Accidents, 573
evidence base for, 578, 579
- lamotrigine, for OCD, 304
- Level 2 Repetitive Thoughts and Behavior Scale, 315
- Life Improvement for Teens (LIFT), 574
- linking to positive cognition, in EMDR, 592, 595
- lithium, for pharmacologic-augmented treatments for PTSD, 638
- maladaptive cognitions, treatment outcomes in PTSD and, 705
- mantra repetition, in PTSD treatment, 736
- Mastery of Obsessive-Compulsive Disorder: A Cognitive Behavioral Approach* (Foa & Kozak), 337
- Me and My School self-report questionnaire, 563
- memantine, for OCD, 304
- memory, activation during sleep, 215
- methylphenidate, for ADHD, 447
- mind-body interventions, for PTSD, 732
- Mindful Attention Awareness Scale for Adolescents, 268
- mindfulness
definition of, 267, 733
in PTSD treatment, 736
targeting of, 733
in treatment of depression with PTSD, 681
- Mindfulness-Based Cognitive Therapy, 270
for PTSD, 732
- Mindfulness-Based Cognitive Therapy for Anxious Children (MBCT-C), 270
- mindfulness-based interventions (MBIs) for anxiety disorders, 265
assessment phase of, 268
caregiver, teacher, and clinician involvement in, 269
challenges and recommendation for future research on, 281
clinical case illustration of, 278
evidence base for, 274
existing programs, 270
key practice points for, 282
as mediator of self-compassion, 277
mediators and moderators of, 276
need for innovation and, 266
- mindfulness-based interventions (MBIs) for OCD, 511
augmentation of ERP using, 512, 514
clinical illustration of, 514
evidence base for, 512
mechanisms underlying, 513
rationale for use of, 512
- mindfulness-based interventions (MBIs) for PTSD, 731
in adults, 737
approach to innovation and, 732

- challenges and recommendations for future research on, 742
- clinical case illustration of, 740
- common features of, 732
- evidence base for, 734
- key practice points for, 743
- mediators and moderators of change and, 738
- need for innovation and, 731
- mindfulness-based interventions (MBIs), with youth, 734
- Mindfulness-Based Stress Reduction (MBSR), 270
- for PTSD, 700, 732
- mindfulness exercises, 271, 272
- mindfulness/prefrontal attentional flexibility/metacognitive awareness hypothesis, of EMDR, 599
- mindfulness techniques, in MBIs, 741
- Mindful Self-Compassion (MSC), 273
- MindRight, 574
- Mini International Neuropsychiatric Interview for Children and Adolescents (MINI-KID/MINI-KID-P)*, 33
- mobile applications
- for anxiety disorders, 90
 - for OCD, 350, 356
 - for PTSD, 572, 577
- Modular Approach to Therapy for Children with Anxiety, Depression, Trauma and Conduct Problems (MATCH-ADTC), 230, 233, 238
- modular treatments, 227, 233
- evidence base for, 238
- Mood and Feelings Questionnaire, 616
- motivational enhancement, in treatment of PTSD with SUD, 685
- Multidimensional Anxiety Scale for Children (MASC), 34, 316
- Multisystemic Therapy for Child Abuse and Neglect (MST-CAN), 650
- analytic process of, 656
 - challenges and recommendations for future research and, 666
 - clinical case illustration of, 662
 - evidence base for, 660
 - goals of, 653
 - guiding principles of, 654
 - interventions applied to all families and, 658
 - interventions tailored to needs of families and, 659
 - key practice points for, 667
 - need for innovation and, 651
 - quality assurance system of, 660
 - related DSM-5 disorders and, 666
 - service delivery model for, 655
 - theoretical base for, 653
- muscular desensitization, 13
- mutism, selective, 5
- myMCT (MY Metacognitive Treatment for OCD)*, 337
- N-acetylcysteine (NAC), for OCD, 304
- National Implementation Research Network, 250
- nefazodone, for PTSD, 637
- neural physiology measures, for assessment, 42
- neuropsychological impairment, in OCD, 293
- neurosurgery, for OCD, 304
- nortriptyline, for anxiety disorders, 174
- obsessions, definition of, 289
- obsessive-compulsive disorder (OCD)
- assessment of, 294, 409
 - behavioral treatment of, 298
 - clinical course of, 295
 - definition of, 289
 - as developmental disorder, 444
 - diagnostic criteria for, 289
 - differential diagnosis of, 294
 - epidemiology of, 291
 - etiology of, 291
 - future research directions for, 305
 - heritability of, 292
 - importance of assessment in, 360
 - neuropsychological profile of, 293
 - pharmacological treatment of, 299
 - phenomenology of, 289
 - psychosocial difficulties in, 297
 - specifiers in, 289
 - symptom presentations in, 290
 - tic-related, 296
 - treatment outcomes in, 323
- Obsessive-Compulsive Inventory – Child Version (OCI-CV), 315, 326
- OCD? Not Me!*, 335, 350
- OC Fighter, 338
- one-session treatment (OST), for anxiety disorders, 134, 141, 149
- oppositional defiant disorder (ODD)
- with OCD, 451, 468
 - with PTSD, 642
- orienting response hypothesis, of EMDR, 598
- over-control, parental, childhood and disorders and, 184
- overgeneralization, TF-CBT outcome and, 534
- overinvolvement of family, OCD and, 430
- PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infection), OCD and, 292, 324
- Panic Control Treatment for Adolescents (PCT-A), 137
- panic disorder (PD), 7
- brief intensive treatments for, 137
 - epidemiology of, 8
- PANS (Pediatric Acute-onset Neuropsychiatric Syndrome), OCD and, 293, 324
- parental consent, 187

- parental involvement
 - in PTSD therapy, 704
 - in TF-CBT, 533
- parental involvement in anxiety disorder therapy, 182
 - in brief intensive treatments, 138, 142, 150
 - challenges and future research recommendations for, 197
 - clinical case illustration of, 193
 - contingency management and, 185, 191
 - efficacy of CBT and, 16
 - evidence base for, 190
 - key practice points for, 199
 - levels of, 186
 - mediators and moderators of change and, 193
 - transfer of control and, 185, 191
 - types of parental involvement and, 185
- parental psychopathology
 - depression as, treatment outcomes in PTSD and, 705
 - as moderator of change, 193
 - treatment outcome and, 18
- parent factors, in child abuse and neglect, 651
- parenting
 - role in development of childhood anxiety disorders, 183
 - in TF-CBT, 528
- parents
 - bibliotherapy and, 55
 - dysfunctional behavior of, changing, 189
 - improving communication skills of, 189
 - involvement in mindfulness-based treatment for anxiety disorders, 269
 - as mediators of mindfulness training exercises, 276
 - preferences for OCD treatment, 412
 - psychopathology of, treating, 189
 - reframing cognitions of, 188
 - training for, 14
- paroxetine
 - for anxiety disorders, 162, 173
 - for PTSD, 636
- Pediatric Anxiety Rating Scale (PARS)*, 39
- Pediatric OCD Treatment Study (POTS)*, 301
- Penn State Worry Questionnaire for Children (PSWQ-C)*, 38
- perfectionism, ERP for, 471, 474
- personalized medicine, for OCD treatment, 305
- pharmacologic-augmented CBT for OCD, 407
 - alternative pharmacologic agents for, 415
 - augmentation strategies for, 409
 - biomarkers of SSRI response and, 414
 - challenges and recommendations for future research and, 420
 - clinical management of SSRIs and, 408
 - D-cycloserine for, 417
 - effectiveness research on, 493
 - identifying side effects and, 413
 - interaction between CBT and pharmacotherapy and, 416
 - key practice points for, 421
 - novel strategies for, 417
 - pharmacologic monotherapy recommendations and, 407
 - predictors and moderators of treatment outcome and, 411
 - rapid identification of response to SSRIs and, 413
 - traditional strategies for, 411
 - treatment preferences and expectancies and, 412
- pharmacologic-augmented treatments for anxiety disorders, 160
 - challenges and future research recommendations for, 176
 - clinical case illustration of, 172
 - drugs commonly used in, 173
 - evidence base for, 162
 - informed consent for, 172
 - key practice points for, 178
- pharmacologic-augmented treatments for PTSD, 629
 - challenges and recommendations for future research on, 643
 - clinical case illustration of, 640
 - with comorbid disorders, 642
 - diagnostic criteria and clinical presentation and, 629
 - evidence base for, 632
 - key practice points for, 643
 - pharmacological agents for, 631
 - psychoeducation and, 631
- pharmacotherapy
 - for OCD, 299, 407
 - for tics in OCD, 455
- pleasant activity scheduling, in treatment of depression with PTSD, 681
- political impact, of research on childhood anxiety, 257
- Post-traumatic Checklist – Civilian Version, 616
- post-traumatic stress disorder (PTSD)
 - barriers to treatment of, 570
 - complex, 555
 - consequences of failing to treat, 526
 - continuum of symptoms in, 526
 - diagnostic criteria and clinical presentation of, 629, 698
 - differential diagnosis of, 556
 - epidemiology of, 697
 - evidence base for web and mobile interventions for, 577
 - mobile tools to integrate into in-person treatment of, 576
 - phases of, 611
 - prevalence of, 671
 - prevention/early intervention tools for, 572

- symptom clusters in, 526, 611
 treatments for, 699
 web-based programs for, 572, 577
 in young children, 554
 PRACTICE components of TF-CBT, 527, 542
 prazosin, for PTSD, 634
 prefrontal cortex (PFC), in traumatized youth, 703
 preparation phase, in EMDR, 591, 594
 probe detection task, 108
 problem solving, 14
 propranolol, for PTSD, 634
 psychoeducation
 in family-based anxiety disorder therapy, 194
 for pharmacologic-augmented treatments for PTSD, 631
 in standard evidence-based care, 9
 in TF-CBT, 528
 in treatment of depression with PTSD, 680
 in treatment of PTSD with SUD, 685
 PTSD Module of Anxiety Disorders Interview
 Schedule for DSM-IV – Child Version (ADIS for DSM-IV:C), 551

 quality assurance system, of MST-CAN, 660
 questionnaires, avoidance and acceptability of, in PTSD, 559
 quetiapine, for PTSD, 635

 rage attacks, with OCD, 451
 rating scales, for assessment, 34
 REACH for success APP, 91
 reactive attachment disorder, EMDR for, 603
 reevaluation, in EMDR, 592, 595
 relaxation, 13
 in TF-CBT, 528
 REM analogue hypothesis, of EMDR, 598
Revised Child Anxiety and Depression Scales Youth and Parent Versions (RCADS/RCADS-P), 36
Revised Children's Manifest Anxiety Scale (RCMAS), 36
 riluzole, for OCD, 304
 risperidone
 for ASD, 450
 for PTSD, 635
 for tics in OCD, 455

 safety enhancement, in TF-CBT, 529
 Schedule for Affective Disorders and Schizophrenia for School-Age Children (K-SADS), 33
 Present and Lifetime Versions (KSADS-PL), 314, 316, 325
 schizophrenia spectrum disorders, with OCD, 319
 school refusal, 6
 schools
 CBT implementation in, 251
 EBPs for PTSD provision in, 716

 Screen for Child Anxiety Related Disorders (SCARD), 314
Screen for Child Anxiety Related Emotional Disorders/Screen for Child Anxiety Related Emotional Disorders-Revised (SCARED/SCARED-R), 37
 screening, for CFSTI, 614
 Seeking Safety, 683
 selective mutism, 5
 selective serotonin reuptake inhibitors (SSRIs)
 activation syndrome and, 408
 for ASD, 450
 for PTSD, 637
 selective serotonin reuptake inhibitors (SSRIs) for anxiety disorders, 160, 161, 173
 discontinuation of, 167
 dosing of, 165
 duration of treatment and, 168
 efficacy studies of, 162, 163
 monitoring of, 166
 partial response or treatment failure with, 165
 pharmacokinetics and, 164
 use in children and adolescents, 162
 selective serotonin reuptake inhibitors (SSRIs) for OCD, 299, 300, 408
 as adjunct to CBT, 393
 for nonresponders to CBT, 366
 self-blame, TF-CBT outcome and, 535
 self-compassion approaches for anxiety disorders, 271
 elements of, 273
 evidence base for, 275
 existing programs, 273
 mediators and moderators of, 277
 self-compassion exercises, elements of, 273
 Self-Compassion Scale, 268
 self-efficacy, as mediator of intensive CBT, 141
 self-help books, for youth with OCD, 334
 self-help treatment for anxiety disorders, 52
 approaches to innovation in, 53
 benefits of, 52
 building goal-directed action and, 65
 challenges and future development for, 67
 clinical case illustration of, 62
 comorbidity and, 66
 engagement and motivation and, 64
 evidence base for, 54
 key practice points for, 69
 managing negative emotion and cognition and, 65
 need for innovation in, 52
 positive coping and, 66
 posttreatment outcomes with, 66
 predictors of change and, 61
 for preschool-aged children, 60
 reducing avoidance and, 65
 relationship building and, 66
 stepped care and, 68

- self-help treatment for anxiety disorders (cont.)
 therapist involvement in, 67, 68
- self-help treatment for OCD, 332
- in adult populations, 336
 challenges and recommendations for future research and, 340
 clinical case illustration of, 339
 evidence base for, 336
 internet-delivered CBT and, 335
 key practice recommendations for, 342
 longevity of, 341
 mediators and moderators of change and, 338
 need for innovation and, 332
 self-help books and, 334
 self-help material as adjunct to therapist-delivered CBT and, 335
- semi-structured interviews, for assessment, 32
- separation anxiety disorder, 6
 brief intensive treatments for, 135
 families of children with, 184
- Separation Anxiety Program for Families (TAFF), 192, 194
- serotonergic agents, for PTSD, 635
- serotonin-norepinephrine reuptake inhibitors (SNRIs) for anxiety disorders, 160, 162, 168, 169
 discontinuation of, 170
 dosing of, 169
 duration of treatment and, 170
 monitoring of, 169
 use in children and adults, 168
- serotonin receptor partial agonists, for anxiety disorders, 174
- sertraline
 for anxiety disorders, 160, 162, 164, 165, 173
 for PTSD, 636
- Session Rating Scale, 562
- sexual abuse
 posttraumatic symptoms related to, 739
 TF-CBT for, 530
- shared mechanisms, interventions targeting, 234
 evidence base for, 238
- sleep
 architecture of, in GAD, 214
 brain maturation and, 208
 context of, need for research on, 218
 memory activation during, 215
- sleep-affective relationships, in anxious youth, 214
- sleep problems
 reciprocal nature of sleep problems and anxiety and, 207
- sleep spindles, social anxiety and, 215
- social anxiety disorder (SAD), 5
 brief intensive treatments for, 136
 internet/computer-based therapy for, 89
 lack of response to CBT in, 266
 memory activation during sleep and, 215
 sleep problems in, 208
 sleep spindles and, 215
- Social Effectiveness Therapy for Children (SET-C), 164
- social network factors, in child abuse and neglect, 652
- Social Phobia and Anxiety Inventory for Children (SPAI-C/SPAI-C-P)*, 38
- specific phobias, 7
 age of onset of, 7
 brief intensive treatments for, 134
- Spence Children's Anxiety Scale for Children and Parents (SCAS/SCAS-P)*, 37
- stepladder, gradual exposure and, 11
- Step One, 721
- Stepped-Care TF-CBT
 case example of, 722
 preliminary evidence for, 720
- Stepping Together*, 721
 case example of, 722
- Stop Obsessing! How to Overcome Your Obsessions and Compulsions* (Foa & Wilson), 337
- substance use disorders (SUDs), with PTSD, 642, 678, 682, 699
- support
 from caregiver, TF-CBT and, 533
 improving, in family-based approaches for OCD, 433
- Swanson, Nolan and Pelham (SNAP) Questionnaire, 316
- Sydenham's chorea, OCD and, 293
- symmetry, in OCD, 290
- Talking Back to OCD* (March & Benton), 334
- Targeted Behavioral Therapy (TBT)
 for anxiety and sleep problems, 212
 case example using, 213
- teachers, involvement in mindfulness-based treatment for anxiety disorders, 269
- teaching
 in TF-CBT, 529
- technological CBT for PTSD, 570
 challenges and recommendations for future research on, 582
 clinical case example of, 581
 evidence base for, 577
 facilitation of treatment by, 572
 to integrate into in-person treatment, 576
 key practice points for, 584
 mediators and moderators of, 581
 for prevention/early intervention, 572
 recommended resources for, 584
- technology
 assessment of PTSD using, 563
 integration into TF-CBT, 542
- teleconferencing interventions, for OCD, 350, 354
- temper outbursts, with OCD, 451

- therapeutic alliance
 in internet/computer-based therapy, 86
 quality of, outcome and, 17
 TF-CBT and, 534
- therapeutic process, in PTSD, feedback to therapist on, 562
- therapists
 characteristics of, CBT implementation and, 252
 involvement in mindfulness-based treatment for anxiety disorders, 269
- therapist support, in bibliotherapy, 55
- third wave psychotherapy for OCD, 506
 challenges and recommendations for future research on, 515
 common features of, 507
 key practice points for, 516
 need for innovation and, 506
 types of, 507
- tic disorders, 317
 behavioral intervention for, 453
 ERP for, 454, 472, 476
 with OCD, 290, 292, 296, 452, 498
- tics, differentiation between compulsions and, 453
- topiramate, for OCD, 304
- transcranial magnetic stimulation (TMS), for OCD, 305
- transdiagnostic approaches for anxiety disorders, 9, 226
 clinical case illustration of, 241
 dissemination of, 242
 efficacy of, compared with disorder-specific CBT protocols, 236
 evidence base for component-based protocols and, 236
 evidence base for interventions targeting shared mechanisms, 238
 evidence base for modular protocols and, 238
 goals of, 228
 improving outcomes and, 242
 key practice points for, 243
 mediators of change and, 240
 modular treatments and, 233
 need for innovation and, 227
 predictors of change and, 240, 242
 treatment protocols for, 228
 treatments targeting shared mechanisms and, 228, 234, 238
 universally applied therapeutic principles and, 227, 228
- transdiagnostic approaches for OCD, 467
 challenges and recommendations for future research and, 479
 clinical case illustration of, 477
 comorbidity and, 468
 CRT as, 470
 ERP as, 471
 evidence base for, 473
 key practice points for, 481
 mediators and moderators of change and, 476
 traditional approaches versus, 469
- transdiagnostic approaches for PTSD, 697
 ACT as, 700
 brain regions implicated in trauma and, 702
 case example of, 705
 CCT as, 700, 705
 challenges and recommendations for future research and, 709
 DBT as, 699
 Fairy Tale Model as, 699
 MBSR as, 700
 mediators and moderators of change and, 704
 TST-SA as, 699
- transdiagnostic CBT (T-CBT), 228
 efficacy compared to disorder-specific CBT, 236
- trauma-focused CBT (TF-CBT), 525
 barriers to treatment and, 717
 case illustration of, 536
 components of, 527, 542
 dissemination and implementation of, 718
 efficacy of, 532
 emerging innovations, challenges and recommendations for future research and, 541
 evidence base supporting, 530
 implementation guides for, 718
 importance of evidence-based therapies and, 526
 predictors, moderators, and mediators for, 533
 stepped care, preliminary evidence for, 720
 treatment phases of, 528
- Trauma History Questionnaire, 616
- Trauma Memory Quality Questionnaire (TMQQ), 553
- trauma narration and processing, in TF-CBT, 529
- Trauma Systems Therapy for Adolescent Substance Abuse (TST-SA), 683, 699
 for SUDs and PTSD, 699
- treatment failure, 266
 with pharmacologic treatment, 165
- Trennungsangst fuer Familien (TAFF), 192, 194
- Triangle of Life, 576, 581
- tricyclic antidepressants (TCAs)
 for anxiety disorders, 160, 170
 for OCD, 299
 for PTSD, 638
- UCLA PTSD Reaction Index, 554
- UCLA PTSD Reaction Index for DSM-5
 Children/Adolescent (UCLA PTSD RI), 552
 Young Children (UCLA PTSD RI YC), 553
- Unified Protocol for Adolescents (UP-A), 230, 234
 evidence base for, 238
- universally applied therapeutic principles, interventions based on, 227, 228

- values, MBIs and, 733
- venlafaxine, for anxiety disorders, 168
- videoconferencing interventions, for OCD, 350, 354, 355
- virtual reality (VR)
 - for anxiety disorder treatment, 92
 - for OCD treatment, 350, 356
- Virtual Reality Exposure Therapy (VRET), 92
- web-based programs, for PTSD, 572, 577
- word-sentence association paradigm, interpretation bias modification and, 110
- working memory hypothesis, of EMDR, 599
- Yale-Brown Obsessive Compulsive Scale (Y-BOCS), 294
- Yale Global Tic Severity Scale (YGTSS), 316
- Youth Anxiety Measure for DSM-5 (YAM-5)*, 39