



# 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 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](http://cambridge.org/core-psychology)

Cambridge  
Core



CAMBRIDGE  
UNIVERSITY PRESS

# Behavioural and Cognitive Psychotherapy

## Contents

### MAIN ARTICLES

**Do Symptoms of Irritable Bowel Syndrome Improve when Patients Receive Cognitive Behavioural Therapy for Co-morbid Anxiety Disorders in a Primary Care Psychological Therapy (IAPT) Service?**  
Kenwright, M., McDonald, J., Talbot, J. & Janjua, K. 433

**Guided Self-Help for Patients with Chronic Fatigue Syndrome Prior to Starting Cognitive Behavioural Therapy: a Cohort Study**  
Ali, S., Goldsmith, K., Burgess, M. & Chalder, T. 448

**Evaluation of a Trauma-Focused CBT Training Programme for IAPT services**  
Murray, H. 467

**Do Non-Reflective Thinkers Apply Extreme Personal Meanings to their Activated Moods?**  
Dodd, A. L. & Haight, M. 483

**The Self-focused Practice Questionnaire (SfPQ): Preliminary Psychometric Properties of a Measure of Therapist Self-focused Practice**  
Chigwedere, C., Fitzmaurice, B. & Donohoe, G. 497

**Self-Critical Thinking and Overgeneralization in Depression and Eating Disorders: An Experimental Study**  
Thew, G. R., Gregory, J. D., Roberts, K. & Rimes, K. A. 510

### BRIEF CLINICAL REPORTS

**The Relationship between Obsessive Compulsive Personality and Obsessive Compulsive Disorder Treatment Outcomes: Predictive Utility and Clinically Significant Change**  
Sadri, S. K., McEvoy, P. M., Egan, S. J., Kane, R. T., Rees, C. S. & Anderson, R. A. 524

**Concentrated ERP Delivered in a Group Setting: A Replication Study**  
Havnen, A., Hansen, B., Öst, L.-G. & Kvale, G. 530

**A Brief Cognitive Behavioural Intervention for Maladaptive Perfectionism in Students: A Pilot Study**  
Arana, F. G., Miracco, M. C., Galarregui, M. S. & Keegan, E. G. 537

**Book Review** 543

### Cambridge Core

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



MIX  
Paper from  
responsible sources  
FSC® C007785

**CAMBRIDGE**  
UNIVERSITY PRESS