

- Abouguendia, M., Joyce, A.S., Piper, W.E., Ogrodniczuk, J.S. (2004). Alliance as a mediator of expectancy effects in short-term group psychotherapy. *Group Dynamics: Theory, Research, and Practice*, 8, 3-12. <https://doi.org/10.1037/1089-2699.8.1.3>
- Adler, A.B., Bliese, P.D., McGurk, D., Hoge, C.W., Castro, C.A. (2009). Battlemind debriefing and battlemind training as early interventions with soldiers returning from Iraq: randomization by platoon. *Journal of Consulting and Clinical Psychology*, 77, 928-940. <https://doi.org/10.1037/a0016877>
- Adler, A.B., Litz, B.T., Castro, C.A., Suvak, M., Thomas, J.L., Burrell, L., McGurk, D., Wright, K.M., Bliese, P.D. (2008). A group randomized trial of critical incident stress debriefing provided to U.S. peacekeepers. *Journal of Traumatic Stress*, 21, 253-263. <https://doi.org/10.1002/jts.20342>
- Akers, R., Krohn, M., Lanza-Kaduce, L., Radosevich, M. (1979). Social learning theory and deviant behavior: a specific test of a general theory. *American Sociological Review*, 44(4), 636-655. <https://doi.org/10.2307/2094592>
- Alink, L.R., Cicchetti, D., Kim, J., Rogosch, F.A. (2012). Longitudinal association among child maltreatment, social functioning and cortisol regulation. *Developmental Psychology*, 48, 224-36. <https://doi.org/10.1037/a0024892>
- Almerie, M., Okba Al Marhi, M., Jawoosh, M., Alsabbagh, M., Matar, H.E., Maayan, N., Bergman, H. (2015). Social skills programmes for schizophrenia. *Cochrane Database Systematic Reviews*, Issue 9. CD009006. <https://doi.org/10.1002/14651858.CD009006.pub2>
- Altenhöfer, A., Schulz, W., Schwab, R., Eckert, J. (2007). Psychotherapie von anpassungsstörungen. Ist eine auf 12 Sitzungen begrenzte Gesprächspsychotherapie auch langfristig ausreichend wirksam?, 52(1), 24-34. <https://doi.org/10.1007/s00278-006-0520-z>
- American Psychiatric Association (1980). *Diagnostic and statistical manual of mental disorders DSM-III*. Washington: American Psychiatric Association.
- American Psychiatric Association (1994). *Diagnostic and statistical manual of mental disorders DSM-IV*. Washington: American Psychiatric Association.
- American Psychiatric Association (2000). *Diagnostic and statistical manual of mental disorders DSM-IV TR*. Washington: American Psychiatric Association.
- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders DSM-5*. Arlington: American Psychiatric Association. <https://doi.org/10.1176/appi.books.9780890425596>
- Aseltine, R.H., DeMartino, R. (2004). An outcome evaluation of the SOS Suicide Prevention Program. *American Journal of Public Health*, 94, 446-451. <https://doi.org/10.2105/AJPH.94.3.446>
- Aseltine, R.H., James, A., Schilling, E.A., Glanovsky, J. (2007). Evaluating the SOS suicide prevention program: a replication and extension. *BMC Public Health*, 7, 161-170. <https://doi.org/10.1186/1471-2458-7-161>
- Bachem, R., Maercker, A. (2016). Self-help interventions for adjustment disorder problems: a randomized waiting-list controlled study. *Cognitive Behavior Therapy*, 45(5), 397-413. <https://doi.org/10.1080/16506073.2016.1191083>
- Baldoni, F., Baldaro, B., Trombini, G. (1995). Psychotherapeutic perspective in urethral syndrome. *Stress Medicine*, 11(2), 79-84. <https://doi.org/10.1002/smi.2460110115>

- Bandura, A. (1977). *Social learning theory*. New York: General Learning Press.
- Barber, J., Crits-Christoph, P. (1995). *Dynamic therapies for psychiatric disorders (Axis I)*. New York: Basic Books.
- Barlow, D.H., Farchione, T.J., Fairholme, C.P., Ellard, K.K., Boisseau, C.L., Allen L.B., Ehrenreich-May, J. (2011) *Unified protocol for transdiagnostic treatment of emotional disorders: therapist guide*. New York: Oxford University Press, Inc. <https://doi.org/10.1093/med:psych/9780199772667.001.0001>
- Barlow, D.H., Farchione, T.J., Sauer-Zavala, S., Latin, M., Elard, K., Bullis, J.R., Bentley, K., Boettcher, H.T., Cassiello-Robbins, H. (2020). *Transdiagnostyczna terapia poznawczo-behawioralna zaburzeń emocjonalnych*. Gdańsk: Gdańskie Wydawnictwo Psychologiczne.
- Barlow, H.D., Nock, M.K., Hersen, M. (2009). *Single case experimental designs: Strategies for studying behavior change*. Boston: Pearson.
- Barkowski, S., Schwartz, D., Strauss, B., Burlingame, G.M., Barth, J., Rosendahl, J. (2016). Efficacy of group therapy for social phobia social anxiety disorder: A meta-analysis of randomized-controlled trials. *Journal of Anxiety Disorders*, 39, 44-64. <https://doi.org/10.1016/j.janxdis.2016.02.005>
- Baron, R.M., Kenny, D.A. (1986). The mediator-moderator variable distinction in social psychological research: Conceptual, strategic, and statistical consideration. *Journal of Personality and Social Psychology*, 51, 1173-1182. <https://doi.org/10.1037/0022-3514.51.6.1173>
- Barrett, P.M., Farrell, L.J., Ollendick, T.H., Dadds, M. (2006). Long-term outcomes of an Australian universal prevention trial of anxiety and depression symptoms in children and youth: An evaluation of the Friends Program. *Journal of Clinical Child & Adolescent Psychology*, 35(3), 403-411. https://doi.org/10.1207/s15374424jccp3503_5
- Barth, J., Munder, T., Gerger, H., Nüesch, E., Trelle, S., Znoj, H., Jüni, P., Cuijpers, P. (2013). Comparative efficacy of seven psychotherapeutic interventions for patients with depression: a network meta-analysis. *PLoS Medicine*, 10(5), e1001454. <https://doi.org/10.1371/journal.pmed.1001454>
- Bateman, A., O'Connell, J., Lorenzini, N., Gardner, T., Fonagy, P. (2016). Randomized controlled trial of mentalization-based treatment versus structured clinical management for patients with comorbid personality disorder and antisocial personality disorder. *Biomed Central Psychiatry*, 16(1), 304-322. <https://doi.org/10.1186/s12888-016-1000-9>
- Bąbel, P., Suchowierska-Stephany, M., Ostaszewski, P. (2016). *Analiza zachowania. Vademecum*. Gdańsk: Gdańskie Wydawnictwo Psychologiczne.
- Beck, J. (2012). *Terapia poznawczo-behawioralna. Podstawy i zagadnienia szczegółowe*. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.
- Beck, A., Haigh, E. (2014). Advances in cognitive theory and therapy: The generic cognitive model. *Annual Review of Clinical Psychology*, 10, 1-24. <https://doi.org/10.1146/annurev-clinpsy-032813-153734>
- Ben-Itzhak, S., Bluvstein, I., Schreiber, S., Aharonov-Zaig, I., Maor, M., Lipnik, P., Bloch, M. (2012). The effectiveness of brief versus intermediate duration psychodynamic psychotherapy in the treatment of adjustment disorder. *Journal of Contemporary Psychotherapy*, 42, 249-256. <https://doi.org/10.1007/s10879-012-9208-6>

- Benedetti, F., Carlino, C., Pollo, A. (2011). How placebos change the patient's brain. *Neuropsychopharmacology*, 36, 339-354. <https://doi.org/10.1038/npp.2010.81>
- Benishek, L., Dugosh, K., Kirby, K., Matejkowski, J., Clements, N., Seymour, B., Festinger, D. (2014). Prize-based contingency management for the treatment of substance abusers: A meta-analysis. *Addiction*, 109(9), 1426-1436. <https://doi.org/10.1111/add.12589>
- Bergman, H., Kornør, N., Nikolakopoulou, A., Hanssen-Bauer, K., Soares-Weiser, K., Tellefsen, T., Bjørndal, A. (2018). Client feedback in psychological therapy for children and adolescents with mental health problems. *Cochrane Database of Systematic Reviews*. Issue 10. CD011792. <https://doi.org/10.1002/14651858.CD011729.pub2>
- Binswanger, L. (1963). Heidegger's analytic of existence and its meaning for psychiatry. W: J. Needleman (red.), *Being-in-the-world*. New York: Basic Books.
- Black, D.A., Heyman, R.E., Slep, A.M.S. (2001). Risk factors for child physical abuse. *Aggression and Violent Behavior*, 6, 121-128. [https://doi.org/10.1016/S1359-1789\(00\)00021-5](https://doi.org/10.1016/S1359-1789(00)00021-5)
- Bordin, E.S. (1979). The generalizability of the psychoanalytic concept of the working alliance. *Psychotherapy: Theory, Research, and Practice*, 16, 252-260. <https://doi.org/10.1037/h0085885>
- Botvin, G.J., Baker, E., Dusenbury, L. (1995). Long-term follow up results of randomized drug abuse prevention trail in a white middle class population. *Jama*, 273, 1106-1112. <https://doi.org/10.1001/jama.1995.03520380042033>
- Bowen, S., Witkiewitz, K., Clifasefi, S., Grow, J., Chawla, N., Hsu, S., Carroll, H., Harrop, E., Collins, S., Lustyk, K., Larimer, M. (2014). Relative efficacy of mindfulness-based relapse prevention standard relapse prevention, and treatment as usual for substance use disorders: A randomized clinical trial. *Jama Psychiatry*, 71(5), 547-556. <https://doi.org/10.1001/jamapsychiatry.2013.4546>
- Brekke, J., Kay, D.D., Lee, K.S., Green, M.F. (2005). Biosocial pathways to functional outcome in schizophrenia. *Schizophrenia Research*, 80(2), 213-225. <https://doi.org/10.1016/j.schres.2005.07.008>
- Brewin, C.R., Andrews, B., Rose, S., Kirk, M. (1999). Acute Stress Disorder and Posttraumatic Stress Disorder in victims of violent crime. *American Journal of Psychiatry*, 156, 360-366.
- Brewin, C., Andrews, B., Valentine, J. (2000). Meta-analysis of risk factors for posttraumatic stress disorder in trauma exposed adults. *Journal of Consulting Clinical Psychology*, 68(5), 748-766. <https://doi.org/10.1037/0022-006X.68.5.748>
- Brown, G.W., Birley, J.L., Wing, J.K. (1972). Influence of family life on the course of schizophrenic disorders: a replication. *The British Journal of Psychiatry*, 121, 241-258. <https://doi.org/10.1192/bjp.121.3.241>
- Brunwasser, S., Garber, J. (2016). Programs for the prevention of youth depression: Evaluation of efficacy, effectiveness, and readiness for dissemination. *Journal of Clinical Child and Adolescents Psychology*, 45(6), 763-783. <https://doi.org/10.1080/15374416.2015.1020541>
- Bryant, R.A., Harvey, A.G. (2000). *Acute Stress Disorder: A handbook of theory, assessment, and treatment*. Washington, D.C.: American Psychological Association. <https://doi.org/10.1037/10346-000>
- Brzeziński, J. (2019). *Metodologia badań psychologicznych*. Warszawa: Wydawnictwo Naukowe PWN.

- Buckley, L., Maayan, N., Soares-Weiser, K., Adams, C. (2017). Supportive therapy for schizophrenia. Cochrane Database of Systematic Reviews, Issue 4. CD0004716.
- Caligor, E., Kernberg, O.F., Clarkin, J. (2017). Podręcznik psychoterapii psychodynamicznej w patologii osobowości z wyższego poziomu. Warszawa: Polskie Towarzystwo Psychoterapii Psychodynamicznej.
- Caligor, E., Kernberg, O.F., Clarkin, J.F., Yeomans, F.E. (2019). Psychoterapia psychodynamiczna patologii osobowości. Leczenie self i funkcjonowania interpersonalnego. Warszawa: Polskie Towarzystwo Psychoterapii Psychodynamicznej.
- Caplan, G. (1964). Principles of preventive psychiatry. New York: Basic Books.
- Cella, M., Preti, A., Edwards, C., Dow, T., Wykes, T. (2017). Cognitive remediation for negative symptoms of schizophrenia: A network meta-analysis. Clinical Psychology Review, 52, 43-51. <https://doi.org/10.1016/j.cpr.2016.11.009>
- Chaffin, M., Silovsky, J.H., Funderburk, B., Valle, L.A., Brestan, E.V., Balachova, T. (2004). Parent-child interaction therapy with physically abusive parents: Efficacy for reducing future abuse reports. Journal of Consulting Clinical Psychology, 72, 500-510. <https://doi.org/10.1037/0022-006X.72.3.500>
- Chalder, T., Deary, V., Husain, K., Walwyn, R. (2010). Family-focused cognitive behavior therapy versus psycho-education for chronic fatigue syndrome in 11- to 18-year-olds: a randomized controlled treatment trial. Psychological Medicine, 40(8), 1269-1279. <https://doi.org/10.1017/S003329170999153X>
- Chatterton, M.L., Stockings, E., Berk, M., Barendregt, J.J., Carter, R., Mihalopoulos, C. (2017). Psychosocial therapies for the adjunctive treatment of bipolar disorder in adults: network meta-analysis. The British Journal of Psychiatry, 210(5), 333-341. <https://doi.org/10.1192/bjp.bp.116.195321>
- Cheng, C., Kogan, A., Chio, J.H.M. (2012). The effectiveness of a new, coping flexibility intervention as compared with a cognitive-behavioral intervention in managing work stress. Work & Stress, 26(3), 272-288. <https://doi.org/10.1080/02678373.2012.710369>
- Chiesa, M., Fonagy, P. (2003). Psychosocial treatment for severe personality disorder. British Journal of Psychiatry, 183, 356-362. <https://doi.org/10.1192/bjp.183.4.356>
- Christensen, A., Jacobson, N., Babcock, J. (1995). Integrative behavioral couple therapy. W: N. Jacobson, A. Gurman (red.), Clinical handbook of couples therapy (s. 31-64). New York: Guilford Publications.
- Churchill, R., Moore, T.H.M., Furukawa, T.A., Caldwell, D.M., Davies, P., Jones, H., Shinohara, K., Imai, H. (2013). "The third wave" cognitive and behavioral therapy versus treatment as usual for depression. Cochrane Database of Systematic Reviews, Issue 10. CD008705. <https://doi.org/10.1002/14651858.CD008705.pub2>
- Ciampi, L., Dauwalder, H., Maier, C., Aebi, E., Trütsch, K.A.R.L., Kupper, Z.E.N.O., Rutishauser, C. (1992). The Pilot Project Soteria Berne. British Journal of Psychiatry, 161 (Suppl 18), 145-153. <https://doi.org/10.1192/S0007125000297183>
- Clarke, J., Proudfoot, J., Whitton, A., Birch, M., Boyd, M., Parker, G., Manicavasagar, V. (2016). Therapeutic alliance with a fully automated mobile phone and web-based intervention: Secondary analysis controlled trial. Journal of Mental Health, 3(1), 1-18. <https://doi.org/10.2196/mental.4656>

- Classen, C., Koopman, C., Hales, R., Spiegel, D. (1998). Acute stress disorder as a predictor of posttraumatic stress symptoms. *American Journal of Psychiatry*, 155(5), 620-624. <https://doi.org/10.1176/ajp.155.5.620>
- Clemence, J., Hilsenroth, M., Ackerman, S., Strassie, C., Handler, L. (2005). Facets of the therapeutic alliance and perceived progress in psychotherapy: relationship between patient and therapist perspectives. *Clinical Psychology and Psychotherapy*, 12(6), 531-539. <https://doi.org/10.1002/cpp.467>
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (wyd. 2). Hillsdale, NJ: Lawrence Erlbaum Associates.
- Coie, J.D., Watt, N.F., West, S.G., Hawkins, J.D., Asarnow, J.R., Markman, H.J., Ramey, S.L., Shure, M.B., Long, B. (1993). The science of prevention: a conceptual framework and some directions for a national research program. *American Psychologist*, 48(10), 1013. <https://doi.org/10.1037/0003-066X.48.10.1013>
- Conduct Problems Prevention Research Group (2002). Evaluation of the first three years of The Fast Track Prevention Trial with children at high risk for adolescent conduct problems. *Journal of Abnormal Child Psychology*, 30, 19-35. <https://doi.org/10.1023/A:1014274914287>
- Constantino, M.J., Coyne, A.E., Boswell, J.F., Iles, B.R., Višlă, A. (2018a). A meta-analysis of the association between patients' early perception of treatment credibility and their posttreatment outcomes. *Psychotherapy*, 55(4), 486-495. <https://doi.org/10.1037/pst0000168>
- Constantino, M.J., Višlă, A., Coyne, A.E., Boswell, J.F. (2018b). A meta-analysis of the association between patients early treatment outcome expectation and their posttreatment outcomes. *Psychotherapy*, 55, 473-485. <https://doi.org/10.1037/pst0000169>
- Couturier, J., Kimber, M., Szatmari, P. (2013). Efficacy of family-based treatment for adolescents with eating disorders: A systematic review and meta-analysis. *International Journal of Eating Disorders*, 46(1), 3-11. <https://doi.org/10.1002/eat.22042>
- Cox, G.R., Callahan, P., Churchill, R., Hunot, V., Merry, S.N., Parker, A.G., Hetrick, S.E. (2014). Psychological therapies versus antidepressant medication, alone and in combination for depression in children and adolescents. *Cochrane Database of Systematic Reviews*, Issue 14.CD008324. <https://doi.org/10.1002/14651858.CD008324.pub3>
- Creamer, M., Manning, C. (1998). Acute stress disorder following an industrial accident. *Australian Psychologist*, 33(2), 125-129. <https://doi.org/10.1080/00050069808257393>
- Creed, F., Fernandes, L., Guthrie, E., Palmer, S., Ratcliffe, J., Read, N., Rigby, C., Tomenson, B., Thompson, D. (2003). The cost-effectiveness of psychotherapy and paroxetine for severe irritable bowel syndrome. *Gastroenterology*, 124, 303-317. <https://doi.org/10.1053/gast.2003.50055>
- Cristea, A., Gentili, C., Cotet, C.D., Palomba, D., Barbui, C., Cuijpers, P. (2017). Efficacy of psychotherapies for borderline personality disorder: A systematic review and meta-analysis. *Jama*, 74(4), 319-328. <https://doi.org/10.1001/jamapsychiatry.2016.4287>
- Cronin, E., Brand, B.L., Jonathan, F., Mattanah, J.F. (2014). The impact of the therapeutic alliance on treatment outcome in patients with dissociative disorders. *European Journal of Psychotraumatology*, 5. doi: 10.3402/ejpt.v5.22676. <https://doi.org/10.3402/ejpt.v5.22676>

Crouch, J.L., Milner, J.S., Thomsen, C. (2001). Childhood physical abuse, early social support, and risk for maltreatment: Current social support as a mediator of risk for child physical abuse. *Child Abuse and Neglect*, 25, 93-107. [https://doi.org/10.1016/S0145-2134\(00\)00230-1](https://doi.org/10.1016/S0145-2134(00)00230-1)

Crawford, M., Thana, L., Farquharson, L., Palmer, L., Hancock, E., Bassett, P., Clarke, J., Parry, C. (2016). Patient experience of negative effects of psychological treatment: results of a national survey. *The British Journal of Psychiatry*, 208(3), 260-265. <https://doi.org/10.1192/bjp.bp.114.162628>

Cuijpers, P., Geraedts, A.S., van Oppen P., Andersson, G., Markowitz, J.C., van Straten, A. (2011). Interpersonal Psychotherapy for Depression: A meta-analysis. *American Journal of Psychiatry*, 168(6), 581-592. <https://doi.org/10.1176/appi.ajp.2010.10101411>

Cuijpers, P., Sijbrandij, M., Koole, S., Huibers, M., Berking, M., Andersson, G. (2014). Psychological treatment of generalized anxiety disorder: A meta-analysis. *Clinical Psychology Review*, 34, 130-140. <https://doi.org/10.1016/j.cpr.2014.01.002>

Cullen, E. (1997). Can a prison be a therapeutic community?: The Grendon Template. W: E. Cullen, L. Jones, R. Woodward (red.), *Therapeutic communities for offenders* (s. 75-99). Chichester: John Wiley and Sons.

Cullen, J.M., Spates, C.R., Pagoto, S., Doran, N. (2006). Behavioral activation treatment for major depressive disorder: A pilot investigation. *The Behavior Analyst Today*, 7(1), 15-64. <https://doi.org/10.1037/h0100150>

Cusack, K., Jonas, D.E., Forneris, C.A., Wines, C., Sonis, J., Middleton, J.C., Weil, A., Feltner, C., Brownley, K.A., Olmsted, K.R., Greenblatt, A., Gaynes, B.N. (2016). Psychological treatments for adults with posttraumatic stress disorder: A systematic review and meta-analysis. *Clinical Psychology Review*, 43, 128-141. <https://doi.org/10.1016/j.cpr.2015.10.003>

Czerwińska-Sroka, A. (2016). Aspekty relacji terapeutycznej moderatorami związku między uczestnictwem w psychoterapii psychodynamicznej lub strategicznej a efektem psychoterapii u pacjentów z zaburzeniami lękowymi, praca magisterska napisana w Wydziale Psychologii UW.

Dadds, M.R., Holland, D.E., Laurens, K.R., Mullins, M., Barrett, P.M., Spence, S.H. (1999). Early intervention and prevention of anxiety disorders in children: Results at 2-year follow-up. *Journal of Consulting and Clinical Psychology*, 67(1), 145-150. <https://doi.org/10.1037/0022-006X.67.1.145>

Dadds, M.R., Spence, S.H., Hollands, D.E., Barrett, P.M., Laurens, K. (1997). Prevention and early intervention for anxiety disorders: A controlled trial. *Journal of Consulting and Clinical Psychology*, 65(4), 627-635. <https://doi.org/10.1037/0022-006X.65.4.627>

Dakof, G.A., Cohen, J.B., Henderson, C.E., Duarte, E., Boustani, M., Blackburn, A., Venzler E., Hawes, S. (2010). A randomized pilot study of the Engaging Moms Program for family drug court. *Journal of Substance Abuse Treatment*, 38, 263-274. <https://doi.org/10.1016/j.jsat.2010.01.002>

Dave, M., Thorne, B. (2016). *Terapia skoncentrowana na osobie*. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.

Deady, M., Choi, I., Calvo, R., Glozier, N., Christensen, H., Harvey, S.B. (2017). eHealth interventions for the prevention of depression and anxiety in general population: a systematic review and meta-analysis. *BMC Psychiatry*, 17, 310-314. <https://doi.org/10.1186/s12888-017-1473-1>

Deas, G., Kelly, C., Hadjinicolaou, A., Holt, C., Agius, M., Zaman, R. (2016). An update on: Meta-analysis of medical and non-medical treatments of the prodromal phase of psychotic illness in at risk mental states. *Psychiatria Danubina*, 28, 31-38.

Decety, J., Ickes, J. (2009). *Social neuroscience. The social neuroscience of empathy*. Cambridge: MIT Press. <https://doi.org/10.7551/mitpress/9780262012973.001.0001>

Deeks, J.J., Higgins, J., Altman, D.G. (2008). Analysing data and undertaking meta-analysis. *Cochrane handbook for systematic reviews of interventions* (s. 243-296). Cochrane Book Series: John Wiley and Sons. <https://doi.org/10.1002/9780470712184.ch9>

Delgado, J., de Jong, K., Lucock, M., Lutz, W., Rubel, J., Gilbody, S. (2018). Feedback-informed treatment versus usual psychological treatment for depression and anxiety: a multisite, open-label, cluster randomized controlled trial. *Lancet Psychiatry*, 5, 564-572. [https://doi.org/10.1016/S2215-0366\(18\)30162-7](https://doi.org/10.1016/S2215-0366(18)30162-7)

van Dessel, N., den Boeft, M., van der Wouden, J., Kleinstaub, M., Leone, S., Terluin, B., Numans, M., van der Horst, H., van Marwijk, H. (2014). Non-pharmacological interventions for somatoform disorders and medically unexplained physical symptoms in adults. *Cochrane Database of Systematic Reviews*, Issue 11. CD011142. <https://doi.org/10.1002/14651858.CD011142>

Dobson, K.S., Hamilton, K.E. (2009). *Cognitive restructuring: Behavioral tests of negative cognitions*. W: W.T. O'Donohue, J.E. Fisher (red.), *General principles and empirically supported techniques of cognitive behavior therapy* (s. 194-198). Hoboken, NJ: John Wiley and Sons.

Dodge, A., Greenberg, M., Malone, P.S., and Conduct Problems Prevention Research Group. (2008). Testing an idealized dynamic cascade model of the development of serious violence in adolescents. *Child Development*, 79, 1907-1927. <https://doi.org/10.1111/j.1467-8624.2008.01233.x>

Donovan, C., March, S. (2014). Computer-based treatment programs for youth anxiety: a systematic review. *Journal of Experimental Psychopathology*, 1(1), 130-156. <https://doi.org/10.5127/pr.033613>

Driessen, E., Hegelmaier, L., Abbass, A., Barber, J., Dekker, J., Van, H., Jansma, E., Cuijpers, P. (2015). The efficacy of short-term psychodynamic psychotherapy for depression: A meta-analysis update. *Clinical Psychology Review*, 42, 1-15. <https://doi.org/10.1016/j.cpr.2015.07.004>

Dugas, M., Ladouceur, R., Léger, E., Freeston, M., Langlois, F., Provencher, D., Boisvert, J.M. (2003). Group cognitive-behavioral therapy for generalized anxiety disorder: treatment outcome and long-term follow-up. *Journal of Consulting and Clinical Psychology*, 71(4), 821-825. <https://doi.org/10.1037/0022-006X.71.4.821>

Dutra, L., Stathopoulou, G., Basden, S.L., Leyro, T.M., Powers, M.B., Otto, M.W. (2008). A meta-analytic review of psychosocial interventions for substance use disorders. *American Journal of Psychiatry*, 165, 179-187. <https://doi.org/10.1176/appi.ajp.2007.06111851>

Elklit, A. (2002). Acute Stress Disorder in victims of robbery and victims of assault. *Journal of Interpersonal Violence*, 17, 872-887. <https://doi.org/10.1177/0886260502017008005>

Elliott, R., Bohart, A.C., Watson, J.C., Murphy, D. (2018). Therapist empathy and client outcome: An updated meta-analysis. *Psychotherapy*, 55, 399-410. <https://doi.org/10.1037/pst0000175>

Elliot, R., Watson, J.C., Goldman, R., Greenberg, L.S. (2009). *Psychoterapia skoncentrowana na emocjach. Wprowadzenie do praktyki i szkolenia psychoterapeutów*. Warszawa: Instytut Psychologii Zdrowia.

- van Emmerik, A.A., Kamphuis, J.H., Hulsbosch, A.M., Emmelkamp, P.M. (2002). Single session debriefing after psychological trauma: a meta-analysis. *The Lancet*, 360(9335), 766.
[https://doi.org/10.1016/S0140-6736\(02\)09897-5](https://doi.org/10.1016/S0140-6736(02)09897-5)
- Erickson, D.H., Janeck, A.S., Tallman, K. (2007). A cognitive-behavioral group for patients with various anxiety disorders. *Psychiatric Services*, 58, 1205-1211. <https://doi.org/10.1176/ps.2007.58.9.1205>
- Essau, C.A., Conradt, J., Sasagava, S., Ollendick, T.H. (2012). Prevention of anxiety symptoms in children: Results from a universal school-based trial. *Behavior Therapy*, 43, 450-464.
<https://doi.org/10.1016/j.beth.2011.08.003>
- Euser, S., Alink, L.R., Stoltenborgh, M., Bakermans-Kranenburg, M.J., van IJzendoorn, M.H. (2015). A gloomy picture: a meta-analysis of randomized controlled trials reveals disappointing effectiveness of programs aiming at preventing child maltreatment. *BMC Public Health*, 15(1), 1000-1068.
<https://doi.org/10.1186/s12889-015-2387-9>
- Faggiano, F., Minozzi, S., Versino, E., Buscemi, D. (2014). Universal school-based prevention for illicit drug use. *Cochrane Database of Systematic Reviews*, Issue 12. CD003020.
<https://doi.org/10.1002/14651858.CD003020.pub3>
- Falkenström, F., Ekeblad, A., Holmqvist, R. (2016). Improvement of the working alliance in one treatment session predicts improvement of depressive symptoms by the next session. *Journal of Consulting and Clinical Psychology*, 84, 738-751. <https://doi.org/10.1037/ccp0000119>
- Falkenström, F., Hatcher, R., Skjulsvick, T., Larsson, M.H., Holmqvist, R. (2015). Development and validation of a 6-item working alliance questionnaire for repeated administrations during psychotherapy. *Psychological Assessment*, 27(1), 169-183. <https://doi.org/10.1037/pas0000038>
- Farber, B.A., Suzuki, J.Y., Lynch, D. (2018). Positive regard and psychotherapy outcome: A meta-analytic review. *Psychotherapy Theory, Research & Practice*, 55(4), 411-423.
<https://doi.org/10.1037/pst0000171>
- Farchione, T.J., Fairholme, C.P., Ellard, K.K., Boisseau, C.L., Thompson-Hollands, J., Carl, J.R., Gallagher, M.W., Barlow, D. (2012). Unified protocol for transdiagnostic treatment of emotional disorders: a randomized controlled trial. *Behavior Therapy*, 43, 666-678.
<https://doi.org/10.1016/j.beth.2012.01.001>
- Fava, G., Ruini, C., Rafanelli, C., Finos, L., Conti, S., Grandi, S. (2004). Six-year outcome of cognitive-behavior therapy for prevention of recurrent depression. *American Journal of Psychiatry*, 161(10), 1872-1876. <https://doi.org/10.1176/ajp.161.10.1872>
- Feeley, M., DeRubeis, R., Gelfand, L. (1999). The temporal relation of adherence and alliance to symptom change in cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 67, 578-582. <https://doi.org/10.1037/0022-006X.67.4.578>
- Feldman, M., Meyer, I. (2007). Eating disorders in diverse lesbian, gay and bisexual. *Journal of Experimental Psychiatry*, 6, 129-134. <https://doi.org/10.1002/eat.20360>
- Fett, A.K., Viechtbauer, M., Dominguez, M.D., Penn, D., van Os, J., Krabbendam, L. (2011). The relationship between neurocognition and social cognition with functional outcomes in schizophrenia: a meta-analysis. *Neuroscience & Biobehavioral Reviews*, 35(3), 573-588.
<https://doi.org/10.1016/j.neubiorev.2010.07.001>

- Fischer, S., Spiker, A. (2000). Application of a theory of critical thinking to Army command and control. Alexandria: Army Research Institute for the Behavioral and Social Sciences.
- Fjorback, L., Arendt, M., Ornbøl, E., Walach, E., Rehfeld, E. (2013). Mindfulness therapy for somatization disorder and functional somatic syndroms. Randomized trial with one year follow-up. *Journal of Psychosomatic Research*, 74, 31-40. <https://doi.org/10.1016/j.jpsychores.2012.09.006>
- Flückiger, C., Re, D., Wampold, B., Horvath, A. (2018). The alliance in adult psychotherapy: a meta-analytic synthesis. *Psychotherapy*, 55(4), 316-340. <https://doi.org/10.1037/pst0000172>
- Fowler, D., Garety, P.A., Kuipers, E. (1995). *Cognitive behaviour therapy for psychosis: Theory and practice*. Chichester, UK: John Wiley and Sons.
- Freud, S. (2010). *Wstęp do psychoanalizy*. Warszawa: Wydawnictwo Naukowe PWN.
- Fristad, M.A., MacPherson, H.A. (2014). Evidence-based psychosocial treatments for child and adolescent bipolar spectrum disorders. *Journal of Clinical Child & Adolescent Psychology*, 43(3), 339-355. <https://doi.org/10.1080/15374416.2013.822309>
- Frith, C.D. (2004). Schizophrenia and theory of mind. *Psychological Medicine*, 34(3), 385-389. <https://doi.org/10.1017/S0033291703001326>
- Fusar-Poli, P., McGorry, P., Kane, J. (2017). Improving outcomes of first-episode psychosis: an overview. *World of Psychiatry*, 16(3), 1-27. <https://doi.org/10.1002/wps.20446>
- García-Escalera, J., Charot, P., Valiente, R., Reales, J., Sandín, B. (2016). Efficacy of transdiagnostic cognitive-behavioral therapy for anxiety and depression in adults, children and adolescents: A meta-analysis. *Psicología Clínica y Psicopatología*, 21, 147-175. <https://doi.org/10.5944/rppc.vol.21.num.3.2016.17811>
- Garner, D., Rockert, W., Davis, R., Garner, M., Olmsted, M., Eagle, M. (1993). Comparison of cognitive-behavioral and supportive-expressive therapy for bulimia nervosa. *American Journal of Psychiatry*, 150(1), 37-46. <https://doi.org/10.1176/ajp.150.1.37>
- Gaston, L. (1990). The concept of the alliance and its role in psychotherapy: Theoretical and empirical considerations. *Psychotherapy*, 27, 143-153. <https://doi.org/10.1037/0033-3204.27.2.143>
- Gaudiano, B.A., Miller, I.W. (2006). Patients' expectancies, the alliance in pharmacotherapy and treatment outcomes in bipolar disorder. *Journal of Consulting and Clinical Psychology*, 74, 671-676. <https://doi.org/10.1037/0022-006X.74.4.671>
- Gelkopf, M., Berger, R. (2009). A school-based, teacher-mediated prevention program (ERASE-Stress) for reducing terror-related traumatic reactions in Israeli youth: a quasi-randomized controlled trial. *Journal of Child Psychology and Psychiatry*, 50(8), 962-971. <https://doi.org/10.1111/j.1469-7610.2008.02021.x>
- Gianni, F., Gecele, M., Jan, R. (2019). *Psychoterapia Gestalt w praktyce klinicznej*. Warszawa: Harmonia.
- Gillies, D., Maiocchi, L., Bhandari, A.P., Taylor, F., Gray, C., O'Brien, L. (2016). Psychological therapies for children and adolescents exposed to trauma. *Cochrane Database of Systematic Reviews*, Issue 10. CD012371. <https://doi.org/10.1002/14651858.CD012371>

Gillies, D., Taylor, F., Gray, C., O'Brien, L., D'Abrew, N. (2012). Psychological therapies for the treatment of post-traumatic stress disorder in children and adolescents (Review). *Cochrane Database of Systematic Reviews*, Issue 12. CD006726. <https://doi.org/10.1002/14651858.CD006726.pub2>

Gilligan, J., Lee, B. (2005). The Resolve to Stop the Violence Project: transforming an in-house culture of violence through a jail-based programme. *Journal of Public Health*, 27(2), 149-155. <https://doi.org/10.1093/pubmed/fdi018>

Goddard, E., Wingrove, J., Moran, P. (2015). The impact of comorbid personality difficulties on response to IAPT treatment for depression and anxiety. *Behavior Research and Therapy*, 73, 1-7. <https://doi.org/10.1016/j.brat.2015.07.006>

Godfrey, E., Wileman, V., Holmes, M., McCracken, L., Norton, S., Moss-Morris, R., Noonan, S., Barcellona, M., Critchley, D. (2020). Physical therapy informed by acceptance and commitment therapy versus usual care physical therapy for adults with chronic low back pain: a randomized controlled trial. *The Journal of Pain*. www.jpain.org, 1-11. <https://doi.org/10.1016/j.jpain.2019.05.012>

Goldenberg, H., Goldenberg, I. (2006). *Terapia rodzin*. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego. González-Menéndez, A., Fernández, P., Rodríguez, F., Villagrà, P. (2014). Long-term outcomes of acceptance and commitment therapy in drug dependent female inmates: A randomized controlled trial. *International Journal of Clinical and Health Psychology*, 14, 18-27. [https://doi.org/10.1016/S1697-2600\(14\)70033-X](https://doi.org/10.1016/S1697-2600(14)70033-X)

González-Ramírez, E., Carrilo-Montoya, T., García-Vega, M., Hart, C., Zavala-Norzagaray, A., Ley-Quiñónez, C. (2017). Effectiveness of hypnosis therapy and Gestalt therapy as depression treatments. *Clínica y Salud*, 28(1), 33-37. <https://doi.org/10.1016/j.clysa.2016.11.001>

Grant, N., Lawrence, M., Preti, A., Wykes, T., Cella, M. (2017a). Social cognition interventions for people with schizophrenia: A systematic review focusing on methodological quality and intervention modality. *Clinical Psychology Review*, 56, 55-64. <https://doi.org/10.1016/j.cpr.2017.06.001>

Grant, S., Colaiaco, B., Motala, A., Shanman, R., Booth, M., Sorbero, M., Hempel, S. (2017b). Mindfulness-based relapse prevention for substance use disorders: A systematic review and meta-analysis. *Journal of Addiction Medicine*, 11, 386-398. <https://doi.org/10.1097/ADM.0000000000000338>

Greenhoot, A.F. (2005). Design and analysis of experimental and quasi-experimental investigations. W: M.C. Roberts, S.S. Ilardi (red.), *Handbook of research methods in clinical psychology* (s. 92-114). Malden, MA: Blackwell Publishing. <https://doi.org/10.1002/9780470756980.ch6>

Greenson, R. (1967). *The technique and practice of psychoanalysis*. New York: International Universities Press.

Guyatt, G.H., Oxman, A.D., Vist, G.E., Kunz, R., Falck-Ytter, Y., Alonso-Coello, P., Schünemann, H.J. (2008). Grade: an emerging consensus on rating quality of evidence and strength of recommendations. *British Medical Journal*, 336, 924-926. <https://doi.org/10.1136/bmj.39489.470347.AD>

Haas, H.L., Clopton, J.R. (2003). Comparing clinical and research treatments for eating disorders. *International Journal of Eating Disorders*, 33, 412-420. <https://doi.org/10.1002/eat.10156>

- Haigh, R. (1999). The quintessence of a therapeutic environment. *Therapeutic Communities: International Journal of Therapeutic Communities*, 34(12013), 6-15.
<https://doi.org/10.1108/09641861311330464>
- Hansen, N., Lambert, M., Forman, E. (2002). The psychotherapy dose-response effect and its implications for treatment delivery services. *Clinical Psychology: Science and Practice*, 9(3), 329-343.
<https://doi.org/10.1093/clipsy.9.3.329>
- Hare, R.D. (2003). *Manual for the Hare Psychopathy Checklist-Revised (wyd. 2)*. Toronto, Canada: Multi-Health Systems.
- Harvey, A.G., Bryant, R.A. (1998a). Acute Stress Disorder following mild traumatic brain injury. *Journal of Nervous and Mental Disease*, 186, 333-337. <https://doi.org/10.1097/00005053-199806000-00002>
- Harvey, A.G., Bryant, R.A. (1998b). The relationship between Acute Stress Disorder and Posttraumatic Stress Disorder: A prospective evaluation of motor vehicle accident survivors. *Journal of Consulting and Clinical Psychology*, 66, 507-512. <https://doi.org/10.1037/0022-006X.66.3.507>
- Harvey, A.G., Bryant, R.A. (1999). Acute Stress Disorder across trauma populations. *Journal of Nervous and Mental Disease*, 187, 443-446. <https://doi.org/10.1097/00005053-199907000-00009>
- Hatcher, R.L. (1999). Therapists' views of treatment alliance and collaboration in therapy. *Psychotherapy Research*, 9(4), 405-423. <https://doi.org/10.1093/ptr/9.4.405>
- Hatcher, R.L., Barends, A.W. (1996). Patients' view of the alliance in psychotherapy: Exploratory factor analysis of three alliance measures. *Journal of Consulting and Clinical Psychology*, 64(6), 1326-1336. <https://doi.org/10.1037/0022-006X.64.6.1326>
- Hay, P.J., Claudino, A.M., Touyz, S., Elbaky, G.A. (2015). Individual psychological therapy in the outpatient treatment of adults with anorexia nervosa. *Cochrane Database of Systematic Reviews*, Issue 7. CD003909. <https://doi.org/10.1002/14651858.CD003909.pub2>
- Hayes, S.C., Strosahl, K., Wilson, K.G. (2013). *Terapia akceptacji i zaangażowania. Proces i praktyka uważnej zmiany*. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.
- van der Heiden, C., Muris, P., van der Molen, H.T. (2012). Randomized controlled trial on the effectiveness of metacognitive therapy and intolerance-of-uncertainty therapy for generalized anxiety disorder. *Behavior Research and Therapy*, 50, 100-109.
<https://doi.org/10.1016/j.brat.2011.12.005>
- Heider, J., Köck, K., Sehlbrede, M., Schröder, A. (2017). Readiness to change as a moderator of therapy outcome in patients with somatoform disorders. *Psychotherapy Research*, 47, 1-12.
- Henggeler, S., Pickrel, S. (2002). Four-year follow-up of multisystemic therapy with substance-abusing and substance-dependent juvenile offenders. *Journal of American Academy of Child and Adolescent Psychiatry*, 4(7), 868-874. <https://doi.org/10.1097/00004583-200207000-00021>
- Hennessy, E., Tanner-Smith, E. (2015). Effectiveness of brief school-based interventions for adolescents: A meta-analysis of alcohol use prevention programs. *Prevention of Science*, 16(3), 463-474.
<https://doi.org/10.1007/s11121-014-0512-0>
- Higgins, J.P., Thompson, S.G., Deeks, J.J., Altman, D.G. (2003). Measuring inconsistency in meta-analyses. *British Medical Journal*, 327, 557-560. <https://doi.org/10.1136/bmj.327.7414.557>

- Hoerr, S.L., Bokram, L., Lugo, B., Bivins, T., Keast, D.R. (2002). Risk for disordered eating relates to both gender and ethnicity for college students. *Journal of the American College of Nutritionists*, 21, 307-314. <https://doi.org/10.1080/07315724.2002.10719228>
- Hope, D., Heimberg, R., Bruch, M. (1995). Dismantling cognitive-behavioral group therapy for social phobia. *Behavior Research Therapy*, 33(6), 637-659. [https://doi.org/10.1016/0005-7967\(95\)00013-N](https://doi.org/10.1016/0005-7967(95)00013-N)
- Horan, W., Blanchard, J. (2003). Emotional responses to psychosocial stress in schizophrenia: the role of individual differences in affective traits and coping. *Schizophrenia Research*, 60, 271-283. [https://doi.org/10.1016/S0920-9964\(02\)00227-X](https://doi.org/10.1016/S0920-9964(02)00227-X)
- Hsiao, F., Lai, Y., Chen, Y., Yang, T., Liao, S., Ho, R., Ng, S., Chan, C., Jow, G. (2014). Efficacy of psychotherapy on diurnal cortisol patterns and suicidal ideation in adjustment disorder with depressed mood. *General Hospital Psychiatry*, 36, 214-219. <https://doi.org/10.1016/j.genhosppsy.2013.10.019>
- Imai, H., Tajika, A., Chen, P., Pompoli, A., Furukawa, T.A. (2016). Psychological therapies versus pharmacological interventions for panic disorder with or without agoraphobia in adults. *Cochrane Database of Systematic Reviews*, Issue 10. CD011170. <https://doi.org/10.1002/14651858.CD011170.pub2>
- Ingram, R.E., Price, J.M. (2000). *Handbook of vulnerability to psychopathology: risk across the lifespan*. New York: Guilford.
- Ising, H., Kraan, T., Rietdijk, J., Dragt, S., Klaassen, R., Boonstra, N., Nieman, D.H., Willebrands-Mendrik, M., van den Berg, D., Linszen, D.H., Wunderink, L., Veling, W., Smit, F., van der Graag, M. (2016). Four-year follow-up of cognitive behavioral therapy at ultra-high risk for developing psychosis: Dutch early detection intervention evaluation trial. *Schizophrenia Bulletin*, 42(5), 1243-2016. <https://doi.org/10.1093/schbul/sbw018>
- Jablensky, A., Kalaydjieva, L. (2003). Genetic epidemiology of schizophrenia: Phenotypes, risk factors, and reproductive behavior. *American Journal of Psychiatry*, 160(3), 425-429. <https://doi.org/10.1176/appi.ajp.160.3.425>
- Jackson, J., Pietrabissa, G., Rossi, A., Manzoni, C., Castelnovo, G. (2018). Brief strategic therapy and cognitive behavioral therapy for women with binge eating disorder and comorbid obesity: a randomized clinical trial one year follow-up. *Journal of Consulting and Clinical Psychology*, 86(8), 688-701. <https://doi.org/10.1037/ccp0000313>
- Jacobson, N.S., Truax, P. (1991). Clinical significance: a statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12-19. <https://doi.org/10.1037/0022-006X.59.1.12>
- Jensen, T., Holt, T., Ormhaug, S. (2017). A follow-up study from a multisite, randomized controlled trial for traumatized children receiving TF-CBT. *Journal of Abnormal Child Psychology*, 45, 1587-1597. <https://doi.org/10.1007/s10802-017-0270-0>
- Johansson, P., Høglend, P., Hersoug, A.G. (2011). Therapeutic alliance mediates the effect of patient expectancy in dynamic psychotherapy. *British Journal of Clinical Psychology*, 50, 271-281.
- Johansson, R., Sjöberg, E., Sjögren, M., Johnsson, E., Carlbring, P., Andersson, T., Andersson, G. (2012). Tailored vs. standardized internet-based cognitive behavior therapy for depression and

comorbid symptoms: a randomized controlled trial. *PLoS One*, 7(5), e36905.

<https://doi.org/10.1371/journal.pone.0036905>

Johnson, R.L., McCann, V., Zimbardo, P. (2017). *Motywacja i uczenie się*. W: *Psychologia. Kluczowe koncepcje*. Tom 2. Warszawa: Wydawnictwo Naukowe PWN.

de Jong, K., van Sluis, P., Nugter, M., Heiser, J., Spinhoven, P. (2012). Understanding the differential impact of outcome monitoring: Therapist variables that moderate feedback effects in a randomized clinical trial. *Psychotherapy Research*, 22(4), 464-474.

<https://doi.org/10.1080/10503307.2012.673023>

Joyce, A.S., Ogrodniczuk, J.S., Piper, W.E., McCallum, M. (2003). The alliance as mediator of expectancy effects in short-term individual therapy. *Journal of Consulting and Clinical Psychology*, 71, 672-679.

<https://doi.org/10.1037/0022-006X.71.4.672>

Kampmann, I.L., Emmelkamp, P.M., Morina, N. (2016). Meta-analysis of technology-assisted interventions for social anxiety disorder. *Journal of Anxiety Disorders*, 42, 71-84.

<https://doi.org/10.1016/j.janxdis.2016.06.007>

Karver, M., Handelsman, J., Fields, S., Bickman, L. (2006). Meta-analysis of therapeutic relationship variables in youth and family therapy: the evidence for different relationship variables in the child and adolescent treatment outcome. *Clinical Psychology Review*, 26, 50-65.

<https://doi.org/10.1016/j.cpr.2005.09.001>

Karyotaki, E., Smit, Y., Henningsen, H., Huibers, M., Robays, J., de Beurs, D., Cuijpers, P. (2016). Combining pharmacotherapy and psychotherapy or monotherapy for major depression? A meta-analysis on the long-term effects. *Journal of Affective Disorders*, 194(1), 144-152.

<https://doi.org/10.1016/j.jad.2016.01.036>

Katz, C., Bolton, S., Katz, L., Isaak, C., Tilston-Jones, T., Sareen, J. (2013). A systematic review of school-based suicide prevention programs. *Depression and Anxiety*, 30, 1030-1045.

<https://doi.org/10.1002/da.22114>

Keefe, J., Amsterdam, J., Li, Q., Soeller, I., DeRubeis, R. (2017). Specific expectations are associated with symptomatic outcomes and side effect burden in trial of chamomile extract for generalized anxiety disorder. *Journal of Psychiatric Research*, 84, 90-97.

<https://doi.org/10.1016/j.jpsychires.2016.09.029>

Keel, P.K., Leon, G.R., Fulkerson, J.A. (2001). Vulnerability to eating disorders in childhood and adolescence. W: R.E. Ingram, J.M. Price (red.), *Vulnerability to psychopathology: Risks across the life span* (s. 390-411). New York: Guilford Press.

Kellam, S.G., Brown, C.H., Poduska, J.M., Ialongo, N.S., Wang, W., Toyinbo, P., Petras, H., Ford, C., Windham, A., Wilcox, H. (2008). Effects of a universal classroom behavior management program in first and second grades in young adult behavioral, psychiatric, and social outcomes. *Drug and Alcohol Dependence*, 95, 5-28.

<https://doi.org/10.1016/j.drugalcdep.2008.01.004>

Kellam, S.G., Rebok, G.W., Ialongo, N.S., Mayer, L.S. (1994). The course and malleability of aggressive behavior from early first grade into middle school: results of a developmental epidemiologically based preventive trial. *Journal of Child Psychology and Psychiatry*, 35, 259-281.

<https://doi.org/10.1111/j.1469-7610.1994.tb01161.x>

Kellett, S., Stockton, C., Marshall, H., Hall, J., Jennings, C., Delgadillo, J. (2018). Efficacy of narrative reformulation during cognitive analytic therapy for depression: Randomized dismantling trial. *Journal of Affective Disorders*, 239, 37-47. <https://doi.org/10.1016/j.jad.2018.05.070>

Kendrick, T., El-Gohary, M., Stuart, B., Gilbody, S., Churchill, R., Aiken, L., Bhattacharya, A., Gimson, B., Brütt, A., de Jong, K., Moore, M. (2016). Routine use of patient reported outcome measures for improving treatment of common health disorders in adults. *Cochrane Database of Systematic Reviews*, Issue 7. CD011119. <https://doi.org/10.1002/14651858.CD011119.pub2>

Kessler, R., Wittchen, H. (2002). Patterns and correlates of generalized anxiety disorder in community samples. *Journal of Clinical Psychiatry*, 63, 4-10.

Kida, T. (2006). *Don't believe everything you think: The 6 basic mistakes we make in thinking*. Amherst: Prometheus.

Kirsch, V., Keller, F., Tutus, D., Goldbeck, L. (2018). Treatment expectancy, working alliance, and outcome of trauma-focused cognitive behavioral therapy with children and adolescents. *Children and Adolescents Psychiatry and Mental Health*, 12, 16-24. <https://doi.org/10.1186/s13034-018-0223-6>

Kohlenberg, R.J., Bolling, M.Y., Kanter, J.W., Parker, C.R. (2002). Clinical behavior analysis: Where it went wrong, how it was made good again, and why its future is so bright. *The Behavior Analyst Today*, 3, 248-253. <https://doi.org/10.1037/h0099988>

Kohlenberg, R.J., Kanter, J.W., Waltz, P. (1991). *Functional Analytic Psychotherapy: A guide for creating intense and curative therapeutic relationship*. New York: NY Plenum. <https://doi.org/10.1007/978-0-387-70855-3>

Kohut, H. (1971). *The analysis of the self. A systematic approach to the psychoanalytic treatment of narcissistic personality disorder*. London: The University of Chicago Press.

Kolko, D.J., Swenson, C.C. (2002). *Assessing and treating physically abused children and their families: A cognitive-behavioral approach*. Thousand Oaks, CA: Sage.

Kramer, D., Landolt, M. (2011). Characteristics and efficacy of early psychological interventions in children and adolescents after single trauma. *European Journal of Psychotraumatology*, 2(1), 1-19. <https://doi.org/10.3402/ejpt.v2i0.7858>

Kronenberg, M.E., Hansel, T.C., Brennan, A.M., Osofsky, H.J., Osofsky, J.D., Lawrason, B. (2010). Children of Katrina: Lessons learned about post disaster symptoms and recovery patterns. *Child Development*, 81(4), 1241-1259. <https://doi.org/10.1111/j.1467-8624.2010.01465.x>

Kuester, A., Niemyer, H., Knaevelsrud, C. (2016). Internet-based interventions for posttraumatic stress: A meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 43, 1-16. <https://doi.org/10.1016/j.cpr.2015.11.004>

Lally, J., MacCabe, J. (2015). Antipsychotic medication in schizophrenia: a review. *British Medical Bulletin*, 114(1), 169-171. <https://doi.org/10.1093/bmb/ldv017>

Lambert, M., Whipple, J., Kleinstäuber, M. (2018). Collecting and delivering progress feedback: A metaanalysis of routine outcome monitoring. *Psychotherapy*, 55(4), 520-537. <https://doi.org/10.1037/pst0000167>

Lee, E., Woolee, A., Levin, M.E., Twohig, M.P. (2017). An initial meta-analysis of acceptance and commitment therapy for treating substance use disorders. Psychology Faculty Publications. Paper 1216. https://digitalcommons.usu.edu/psych_facpub/1216.

Lees, J., Manning, N., Rawlings, B. (2004). Therapeutic community research: An overview and meta-analysis. W: D. Menzies, J. Lees, N. Manning (red.), A culture of enquiry. Research evidence and therapeutic community (s. 36-54). London: Jessica Kingsley Publishers Ltd.
<https://doi.org/10.1023/B:PSAQ.0000031797.74295.f8>

Leichsenring, F., Salzer, S., Beutel, M. i in. (2014). Long-term outcome of psychodynamic therapy and cognitive-behavioral therapy in social anxiety disorder. American Journal of Psychiatry, 171, 1074-1082. <https://doi.org/10.1176/appi.ajp.2014.13111514>

Lemmens, L., van Bronswijk, S., Peeters, F., Arntz, A., Hollon, S., Huibers, M. (2019). Long-term outcomes of acute treatment with cognitive therapy vs interpersonal psychotherapy for adult depression: follow-up of a randomized controlled trial. Psychological Medicine, 49(3), 465-473.
<https://doi.org/10.1017/S0033291718001083>

Lewinsohn, P.M. (1974). A behavioral approach to depression. W: R.J. Friedman, M. Katz (red.), The psychology of depression: Contemporary theory and research (s. 157-174). Oxford: John Willey and Sons.

Lewis, C.C., Simons, A.D., Silva, S.G., Rohde, P., Small, D.M., Murakami, J.L., High, R.R., March, J.S. (2009). The role of readiness to change in response to treatment of adolescent depression. Journal of Consulting and Clinical Psychology, 77(3), 422-438. <https://doi.org/10.1037/a0014154>

Li, L., Zhu, S., Tse, N., Tse, S., Wong, P. (2014). Effectiveness of motivational interviewing to reduce illicit drug use in adolescents: a systematic review and meta-analysis. Addiction, 111, 795-805.
<https://doi.org/10.1111/add.13285>

Lieberman, R.P., Wallace, C.J., Blackwell, G., Eckman, T.A., Vaccaro, J.V., Kuehnel, T.G. (1993). Innovations in skills training for the seriously mentally ill: the UCLA social and independent living skills modules. Innovations and Research, 2(2), 43-59.

Lick, J., Bootzin, R. (1975). Expectancy factors in the treatment of fear: Methodological and theoretical issues. Psychological Bulletin, 82(6), 917-931. <https://doi.org/10.1037/0033-2909.82.6.917>

Lincoln, T., Köther, U., Hartmann, M., Kempkensteffen, J., Moritz, S. (2015). Responses to stress in patients with psychotic disorders compared to persons with varying levels of vulnerability to psychosis, persons with depression and healthy controls. Journal of Behavior Therapy and Experimental Psychiatry, 47, 92-101. <https://doi.org/10.1016/j.jbtep.2014.11.011>

Linde, K., Sigterman, K., Kriston, L., Rücker, G., Jamil, S., Meissner, K., Schneider, A. (2015). Effectiveness of psychological treatments for depressive disorders in primary care: systematic review and meta-analysis. Annals of Family Medicine, 13, 56-68. <https://doi.org/10.1370/afm.1719>

Linehan, M. (2016). Terapia dialektyczno-behawioralna (DBT) trening umiejętności podręcznik terapiuty + terapia dialektyczno-behawioralna (DBT) trening umiejętności materiały i ćwiczenia dla pacjentów. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.

- Lipsey, M.W., Wilson, D.D. (1993). The efficacy of psychological, educational, and behavioral treatment: confirmation from meta-analysis. *American Psychologist*, 48(12), 1181-1209. <https://doi.org/10.1037/0003-066X.48.12.1181>
- Lock, S., Barrett, P.M. (2003). A longitudinal study of developmental differences in universal preventive intervention for child anxiety. *Behaviour Change*, 20, 183-199. <https://doi.org/10.1375/bech.20.4.183.29383>
- Lopez, A.D., Mathers, C.D., Ezzati, M., Jamison, D.T., Murray, C.J. (2006). Global and regional burden of disease and risk factors, 2001: systemic analysis of population health data. *Lancet*, 367, 1747-1757. [https://doi.org/10.1016/S0140-6736\(06\)68770-9](https://doi.org/10.1016/S0140-6736(06)68770-9)
- Loucas, C.E., Fairburn, C.G., Whittington, C., Pennant, M.E., Stockton, S., Kendall, T. (2014). E-therapy in the treatment and prevention of eating disorders: A systematic review and meta-analysis. *Behaviour Research and Therapy*, 63, 122-131. <https://doi.org/10.1016/j.brat.2014.09.011>
- Lowry-Webster, H., Barrett, P., Dadds, M. (2001). A universal prevention trial of anxiety and depressive symptomatology in childhood: Preliminary data from an Australian study. *Behavior Change*, 18(1), 36-50. <https://doi.org/10.1375/bech.18.1.36>
- Lowry-Webster, H., Barrett, P., Lock, S. (2003). A universal prevention trial of anxiety symptomatology during childhood: Results at one-year follow-up. *Behaviour Change*, 20(1), 25-43. <https://doi.org/10.1375/bech.20.1.25.24843>
- Luborsky, L. (1984). *Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment*. New York: Basic Books.
- Lucock, M., Halstead, J., Leach, C., Barkham, M., Tucker, S., Randal, C., Middleton, J., Khan, W., Catlow, H., Waters, E., Saxon, D. (2015). A mixed-method investigation of patient monitoring and enhanced feedback in routine practice: Barriers and facilitators. *Psychotherapy Research*, 25(6), 633-646. <https://doi.org/10.1080/10503307.2015.1051163>
- Ly, H., Trüschel, A., Jarl, Magnusson, S., Windahl, T., Johansson, R., Andersson, G., Carlbring, P. (2014). Behavioral activation versus mindfulness-based guided self help treatment administered through a smartphone application: A randomized controlled trial. *British Medical Journal Open*, 4, e003440. <https://doi.org/10.1136/bmjopen-2013-003440>
- Macedo, T., Barbosa, M., Rodrigues, H., Coutinho, E., Figueira, I., Ventura, P. (2018). Does CBT have lasting effects in the treatment of PTSD after one year of follow-up? A systematic review of randomized controlled trials. *Trends Psychiatry and Psychotherapy*, 40(4), 1-11. <https://doi.org/10.1590/2237-6089-2017-0153>
- McClellan, J., Susser, E., King, M. (2006). Maternal famine, de novo mutations, and schizophrenia. *Jama*, 296, 582-584. <https://doi.org/10.1001/jama.296.5.582>
- McCrone, P., Knapp, M., Proudfoot, J., Ryden, C., Cavanagh, K., Shapiro, D.A., Ilson, S., Gray, J.A., Goldberg, D., Mann, A., Marks, I., Everitt, B., Tylee, A. (2004). Cost-effectiveness of computerized cognitive-behavioural therapy for anxiety and depression in primary care: Randomised controlled trial. *British Journal of Psychiatry*, 185, 55-62. <https://doi.org/10.1192/bjp.185.1.55>
- McCullough, J.P. (2006). *Treating chronic depression with disciplined personal involvement*. CBASP. New York: Springer Press. <https://doi.org/10.1007/978-0-387-31066-4>

- McEwan, K., Waddell, C., Barker, J. (2007). Bringing children's mental health "out of the shadows". Canadian Medical Association Journal, 176(4), 471-481. <https://doi.org/10.1503/cmaj.061028>
- McGorry, P.D., Nelson, B., Markulev, C., Yuen, H.P., Schäfer, M.R., Mossaheb, N., Schlägelhofer, M., Smesny, S., Hickie, I.B., Berger, G.E., Chen, E.Y.H., deHaan, L., Nieman D.H., Nordentof, M., Riecher-Rössler, A., Verma, S., Thompson, A., Yung, A.R., Amminger, G.P. (2017). Effect of omega-3 polyunsaturated fatty acids in young people at ultrahigh risk for psychotic disorders: The NEURAPRO randomized clinical trial. JAMA Psychiatry, 74, 19-27. <https://doi.org/10.1001/jamapsychiatry.2016.2902>
- McGuire, J., Piacentini, J., Lewin, A., Brennan, E., Murphy, T., Storch, E.A. (2015). A meta-analysis of cognitive behavior therapy and medication for child obsessive-compulsive disorder: Moderators of treatment efficacy, response, and remission. Depression and Anxiety, 32, 580-593. <https://doi.org/10.1002/da.22389>
- McLean, S.A., Paxton, S.J., Wertheim, E.H. (2016). The measurement of media literacy in eating disorder risk factor research: psychometric properties of six measures. Journal of Eating Disorders, 4, 30. <https://doi.org/10.1186/s40337-016-0116-0>
- McMonagle, T., Sultana, A. (2000). Token economy for schizophrenia. Cochrane Database of Systematic Reviews, Issue 3. CD001473. <https://doi.org/10.1002/14651858.CD001473>
- McKay, M., Wood, J.C., Brantley, J. (2017). Zaburzenie osobowości z pogranicza. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.
- Malmberg, L., Fenton, M., Rathbone, J. (2001). Individual psychodynamic psychotherapy and psychoanalysis for schizophrenia and severe mental illness. Cochrane Database of Systematic Reviews, Issue 3. CD003526. <https://doi.org/10.1002/14651858.CD001360>
- Medalia, A., Lim, R. (2004). Treatment of cognitive dysfunction in psychiatric disorders. Journal of Psychiatric Practice, 10(1), 17-25 <https://doi.org/10.1097/00131746-200401000-00003>
- Meltzoff, J., Kornreich, M. (1970). Research in psychotherapy. New York: Atherton.
- Meyer, B., Pilkonis, P.A., Krupnick, J.L., Egan, M.K., Simmens, S.J., Sotsky, S.M. (2002). Treatment expectancies, patient alliance, and outcome: Further analyses from the National Institute of Mental Health Treatment of Depression Collaborative Research Program. Journal of Consulting and Clinical Psychology, 70, 1051-1055. <https://doi.org/10.1037/0022-006X.70.4.1051>
- Miller, L., Laye-Gindhu, A., Liu, Y., March, J.S., Thordarson, D.S., Garland, E.J. (2011). An evaluation of preventive intervention for child anxiety in two randomized attention-control school trials. Behavior Research and Therapy, 49, 315-323. <https://doi.org/10.1016/j.brat.2011.02.006>
- Miller, S.D., Duncan, B.L., Hubble, M.A. (2005). Outcome-informed clinical work. W: J.C. Norcross, M.R. Goldfried (red.), Handbook of psychotherapy integration (s. 84-102). New York: Oxford University Press. <https://doi.org/10.1093/med:psych/9780195165791.003.0004>
- Mitchell, J.T. (1983). When disaster strikes: The critical incident stress debriefing process. Journal of Emergency Medical Services, 8(1), 36-39.
- Mitchell, O., MacKenzie, D., Wilson, D. (2012). The effectiveness of incarceration-based drug treatment on criminal behavior: A systematic review. Campbell Systematic Reviews. <https://doi.org/10.4073/csr.2012.18>

Mooney, T.K., Gibbons, M.C., Gallop, R., Mack, R.A., Crits-Christoph, P. (2014). Psychotherapy credibility ratings: patient predictors of credibility and the relation of credibility to therapy outcome. *Psychotherapy Research*, 24(5), 565-577. <https://doi.org/10.1080/10503307.2013.847988>

Mrazek, P.J., Hoggerty, R.J. (1994). *Reducing risks for mental disorders: Frontiers for preventive intervention research*. Washington: National Academy Press.

Mufson, L., Dorta, K., Moreau, D., Weissman, M. (2004). *Interpersonal therapy for depressed adolescents*. New York: Basic Books. <https://doi.org/10.1176/appi.psychotherapy.2004.58.2.220>

Mullings, B. (2017). *A literature review of the evidence for the effectiveness of experiential psychotherapies*. Melbourne: PACFA.

Murphy, S.M., Irving, C.B., Adams, C.E., Waqar, M. (2015). Crisis intervention for people with severe mental illnesses. *Cochrane Database of Systematic Reviews*, Issue 12. CD001087. <https://doi.org/10.1002/14651858.CD001087.pub5>

Nanni, V., Uher, R., Danese, A. (2012). Childhood maltreatment predicts unfavorable course of illness and treatment outcome in depression: A meta-analysis. *American Journal of Psychiatry*, 169(2), 141-151. <https://doi.org/10.1176/appi.ajp.2011.11020335>

National Institute of Mental Health (2002). *Mental health and mass violence: Evidence early psychological intervention for victim survivors of mass violence. A workshop to reach consensus on best practices* (NIH Publication No. 02-51-38). Washington DC: U.S. Government Printing Office.

Newcomer, A.R., Roth, K.B., Kellam, S.G., Wang, W., Ialongo, N.S., Hart, S.R., Wagner, B.M., Wilcox, H.C. (2016). Higher Childhood Peer Reports of Social Preference Mediates the Impact of the Good Behavior Game on Suicide Attempt. *Prevention science: the official journal of the Society for Prevention Research*, 17(2), 145-156. <https://doi.org/10.1007/s11121-015-0593-4>

Newberry, M. (2010). A synthesis of outcome research at Grendon Therapeutic Community prison. *Therapeutic Communities*, 31(4), 356-371.

Newton-Howes, G., Tyrer, P., Johnson, T. (2006). Personality disorder and the outcome of depression: meta-analysis of published studies. *British Journal of Psychiatry*, 188, 13-20. <https://doi.org/10.1192/bjp.188.1.13>

Nielsen, M., Andreasen, C., Thastum, M. (2016). A Danish study of One-session treatment for specific phobias in children and adolescents. *Scandinavian Journal of Child and Adolescent Psychiatry and Psychology*, 4(2), 65-67. <https://doi.org/10.21307/sjcap-2016-011>

Norcross, J.C., Goldfried, M.R. (red.). (2005). *Handbook of psychotherapy integration*. New York: Oxford University Press.

Nordentoft, M., Thorup, A., Petersen, L., Øhlenschläger, J., Melau, M., Christensen, T., Krarup, G., Jorgensen, P., Jeppesen, P. (2006). Transition rates from schizotypal disorder to psychotic disorder for first - contact patients included in the OPUS trial. A randomized clinical trial of integrated treatment and standard treatment. *Schizophrenia Research*, 83(1), 29-40. <https://doi.org/10.1016/j.schres.2006.01.002>

Norton, P.J. (2012). *Group cognitive-behavioral therapy of anxiety: A transdiagnostic treatment manual*. New York: Guilford Press.

O'Connell, M., Boat, T., Warner, K.E. (2009). Preventing mental, emotional, and behavioral disorders among young people. Progress and possibilities. Washington, DC: The National Academic Press.

O'Leary, K.D., Wilson, G.T. (1975). Behavior therapy: Application and outcome. Englewood Cliffs, NJ: Prentice-Hall.

Ollendick, T., Thompson, E., Davis, E. (2013). One-session treatment for specific phobias: A review of Ost's single-session exposure with children and adolescents. *Cognitive-Behaviour Therapy*, 32, 275-283. <https://doi.org/10.1080/16506073.2013.773062>

Öst, L.G., Havnen, A., Hansen, B., Kvale, G. (2015). Cognitive behavioral treatments of obsessive-compulsive disorder. A systematic review and meta-analysis of studies published 1993-2014. *Clinical Psychology Review*, 40, 156-169. <https://doi.org/10.1016/j.cpr.2015.06.003>

Oveisi, S., Ardabili, H.E., Dadds, M.R., Mohammadkhani, P., Rad, J.A., Majdzadeh, R., Shahrivar, Z. (2010). Primary prevention of parent child conflict and abuse in Iranian mothers: A randomized controlled trial. *Child Abuse and Neglect*, 34, 206-213. <https://doi.org/10.1016/j.chiabu.2009.05.008>

Oxman, T.E., Hegel, M.T., Hull, J.G., Dietrich, A.J. (2008). Problem-solving treatment and coping styles in primary care for minor depression. *Journal of Consulting and Clinical Psychology*, 76(6), 933-943. <https://doi.org/10.1037/a0012617>

Palermo, T.M., Wilson, A.C., Peters, M., Lewandowski, A., Somhegyi, H. (2009). Randomized controlled trial of an internet delivered family cognitive behavioral therapy intervention for children and adolescents with chronic pain. *Pain*, 146(1-2), 205-213. <https://doi.org/10.1016/j.pain.2009.07.034>

Paykel, E.S. (2001). Continuation and maintenance therapy in depression. *British Medical Bulletin*, 57(11), 145-159. <https://doi.org/10.1093/bmb/57.1.145>

Paykel, E.S., Scott, J., Cornwall, R., Abbott, R., Crane, C., Pope, M., Johnson, A. (2005). Duration of relapse prevention after cognitive therapy in residual depression and follow-up of controlled trial. *Psychological Medicine*, 35, 59-68. <https://doi.org/10.1017/S003329170400282X>

Peng, X.D., Huang, C.Q., Chen, L.J., Lu, Z.C. (2009). Cognitive behavioural therapy and reminiscence techniques for the treatment of depression in the elderly: A systematic review. *Journal of International Medical Research*, 37, 975-982. <https://doi.org/10.1177/147323000903700401>

Pharoah, F., Mari, J.J., Rathbone, J., Wong, W. (2010). Family intervention for schizophrenia. *Cochrane Database of Systematic Reviews*, Issue 12. CD000088. <https://doi.org/10.1002/14651858.CD000088.pub3>

Pihlaja, S., Stenberg, J., Joutsenniemi, K., Mehik, H., Ritola, V., Joffe, G. (2018). Therapeutic alliance in guided internet therapy programs for depression and anxiety disorders: A systematic review. *Internet Interventions*, 1, 1-10. <https://doi.org/10.1016/j.invent.2017.11.005>

Pinkham, A.E. (2014). Social cognition in schizophrenia. *Journal of Clinical Psychiatry*, 75 (Suppl. 2), 14-19. <https://doi.org/10.4088/JCP.13065su1.04>

van der Pol, T., Hendriks, V., Rigter, H., Cohn, M., Doreleijers, T., van Domburgh, L., Vermeiren, R. (2018). Multidimensional family therapy in adolescents with cannabis use disorder long-term effects on delinquency in a randomized controlled trial. *Child and Adolescents Psychiatry and Mental Health*, 12(44), 98-112. <https://doi.org/10.1186/s13034-018-0248-x>

- van der Pol, T., Hoeve, M., Noom, M., Stams, G., Doreleijers, T., Domburgh, L., Vermeiren, R. (2017). Research review: The effectiveness of multidimensional family therapy in treating behavior problems - a meta-analysis. *Journal of Clinical Psychology*, 58(5), 532-545. <https://doi.org/10.1111/icpp.12685>
- Pompoli, A., Furukawa, T., Efthimiou, O., Imai, H., Tajka, A., Salanti, G. (2018). Dismantling cognitive-behavior therapy for panic disorder: A systematic review and component network meta-analysis. *Psychological Medicine*, 48, 1945-1953. <https://doi.org/10.1017/S0033291717003919>
- Pompoli, A., Furukawa, T.A., Imai, H., Tajka, A., Efthimiou, O., Salanti, G. (2016). Psychological therapies for panic disorder with or without agoraphobia in adults: a network meta-analysis. *Cochrane Database of Systematic Reviews*, Issue 4. CD011004. <https://doi.org/10.1002/14651858.CD011004.pub2>
- Pots, W., Fledderus, M., Meulenbeek, P., Klooster, P., Schreurs, K., Bohlmeijer, E. (2016). Acceptance and commitment therapy as a web-based intervention for depressive symptomatology: A randomized controlled trial. *The British Journal of Psychiatry*, 208, 69-77. <https://doi.org/10.1192/bjp.bp.114.146068>
- Prochaska, J.O., DiClemente, C.C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51, 390-395. <https://doi.org/10.1037/0022-006X.51.3.390>
- Prochaska, J.O., Norcross, J.C. (2006). *Analiza transteoretyczna. W: Systemy psychoterapeutyczne*. Warszawa: Instytut Psychologii Zdrowia PTP.
- Rakowska, J.M. (2000). *Terapia krótkoterminowa*. Warszawa: Wydawnictwo Naukowe PWN.
- Rakowska, J.M. (2011). Brief strategic therapy in patients with social phobia with or without personality disorder. *Psychotherapy Research*, 21(4), 462-471. <https://doi.org/10.1080/10503307.2011.581707>
- Rawlings, B. (1998). *Research on therapeutic communities in prisons: A review of the literature*. Manchester: University of Manchester.
- Rice, M.E., Harris, G.T., Cormier, C.A. (1992). An evaluation of a maximum security therapeutic community for psychopaths and other mentally disordered offenders. *Law and Human Behavior*, 16(4), 399. <https://doi.org/10.1007/BF02352266>
- Richards, D., Richardson, T., Timulak, L., McElvaney, J. (2015). The efficacy of internet - delivered treatment for generalized anxiety disorder: A systematic review and meta-analysis. *Internet Interventions*, 2, 272-282. <https://doi.org/10.1016/j.invent.2015.07.003>
- Robey, R.R. (2004). A five-phase model for clinical outcome research. *Journal of Communication Disorders*, 37, 401-411. <https://doi.org/10.1016/j.jcomdis.2004.04.003>
- Robins, P.M., Smith, S.M., Glutting, J.J., Bishop, C.T. (2005). A randomized controlled trial of a cognitive-behavioral family intervention for pediatric recurrent abdominal pain. *Journal of Pediatric Psychology*, 30, 397-408. <https://doi.org/10.1093/jpepsy/jsi063>
- Roehrig, M., Thompson, J., Brannick, M., van den Berg, P. (2006). Dissonance-based eating disorder prevention program: A preliminary dismantling investigation. *International Journal of Eating Disorder*, 39, 1-10. <https://doi.org/10.1002/eat.20217>

Ryle, A., Kerr, I.B. (2008). *Introducing cognitive analytic therapy: Principles and practice*. Oxford, UK: John Willey and Sons.

Sackett, D.L., Richardson, W.S., Rosenberg, W., Haynes, R.B. (1997). *Evidence-based medicine*. New York: Churchill Livingstone.

Safran, J.D., Muran, J.C., Samstag, L.W., Stevens, C. (2001). Repairing alliance ruptures. *Psychotherapy: Theory, Research, Practice, Training*, 38(4), 406-412. <https://doi.org/10.1037/0033-3204.38.4.406>

Salzer, S., Winkelbach, C., Leweke, F. (2011). Long term effects of short-term psychodynamic psychotherapy and cognitive-behavioural therapy in generalized anxiety disorder: 12 month follow-up. *Canadian Journal of Psychiatry*, 5(8), 503-508. <https://doi.org/10.1177/070674371105600809>

Salehi, L., Alizadeh, L. (2018). Efficacy of a cognitive-behavioral relapse prevention model in the treatment of opioid dependence in Iran: A randomization clinical trial. *Shiraz E-Medical Journal*, 19(5), e1417. <https://doi.org/10.5812/semj.14170>

Santos, R.G., Chartier, M.J., Whalen, J.C., Chateau, D., Boyd, L. (2011). Effectiveness of school-based violence prevention for children and youth. Cluster randomized controlled field trial of the roots of empathy program with replication and three-year follow-up. *Healthcare Quarterly*, 14, 80-90. <https://doi.org/10.12927/hcq.2011.22367>

Sariaslan, A., Lichtenstein, P., Larsson, H., Fazel, S. (2016). Triggers for violent criminality in patients with psychotic disorders. *Jama Psychiatry*, 73(8), 799-803. <https://doi.org/10.1001/jamapsychiatry.2016.1349>

Sarin, F., Wallin, L., Widerlöv, B. (2011). Cognitive behavior therapy for schizophrenia: A meta-analytical review of randomized controlled trials. *Nordic Journal of Psychiatry*, 65(3), 162-174. <https://doi.org/10.3109/08039488.2011.577188>

Sauer-Zavala, S., Boswell, J., Bentley, K., Thompson-Hollands, J., Farchione, T., Barlow, D. (2018). Expectancies, working alliance, and outcome in transdiagnostic and single diagnosis treatment for anxiety disorders: An investigation of mediation. *Cognitive Therapy Research*, 42(2), 135-145. <https://doi.org/10.1007/s10608-017-9855-8>

Scaini, S., Belotti, R., Ogliari, A., Battaglia, M. (2016). A comprehensive meta-analysis of cognitive-behavioral interventions for social anxiety disorder in children and adolescents. *Journal of Anxiety Disorders*, 42, 105-112. <https://doi.org/10.1016/j.janxdis.2016.05.008>

Schilling, E.A., Aseltine, R.H., James, A. (2016). The SOS suicide prevention program: Further evidence of efficacy and effectiveness. *Prevention Science*, 17(2), 157-166. <https://doi.org/10.1007/s11121-015-0594-3>

Schmidt, N.B., Buckner, J.D., Pusser, A., Woolaway-Bickel, K., Preston, J.L., Norr, A. (2012). Randomized controlled trial of false safety behavior elimination therapy: a unified cognitive behavioral treatment for anxiety psychopathology. *Behavior Therapy*, 43, 518-532. <https://doi.org/10.1016/j.beth.2012.02.004>

Schutzmann, K., Schutzmann, M., Eckert, J. (2010). Wirksamkeit von ambulanter gesprächspsychotherapie bei bulimia nervosa: Ergebnisse einer randomisiert-kontrollierten studie. *Psychotherapie, Psychosomatik, medizinische Psychologie*, 60, 52-63. <https://doi.org/10.1055/s-0029-1234134>

- Shnaider, P., Vorstenbosch, V., Macdonald, A., Wells, S.Y., Monson, C.M., Resick, P.A. (2014). Associations between functioning and PTSD symptom clusters in a dismantling trial of cognitive processing therapy in female interpersonal violence survivors. *Journal of Traumatic Stress*, 27(5), 526-534. <https://doi.org/10.1002/jts.21954>
- Segool, N.K., Carlson, J.S. (2008). Efficacy of cognitive-behavioral and pharmacological treatments for children with social anxiety. *Depression and Anxiety*, 25, 620-631. <https://doi.org/10.1002/da.20410>
- Seto, M.C., Barbaree, H.E. (1999). Psychopathy, treatment behavior, and sex offender recidivism. *Journal of Interpersonal Violence*, 14(12), 1235-1248. <https://doi.org/10.1177/088626099014012001>
- Sharp, C., Fonagy, P. (2015). Practitioner Review: Borderline personality disorder in adolescence: recent conceptualization, intervention and implications for clinical practice. *Journal of Child Psychology and Psychiatry*, 12, 1-23. <https://doi.org/10.1111/jcpp.12449>
- Sheehan, D.V., Lecrubier, Y., Sheehan, K., Amorim, P., Weiller, E., Hergueta, T., Baker, R., Dunbar, G.C., Janavs, J. (1998). The Mini-International Neuropsychiatric Interview (M.I.N.I.): the development and validation of a structured diagnostic psychiatric interview for DSM-IV and ICD-10. *Journal of Clinical Psychiatry*, 59 (Suppl 20-22), 34-57.
- Sidebotham, P., Heron, J. (2006). Child maltreatment in the children of the nineties: A cohort study of risk factors. *Child Abuse and Neglect*, 30, 497-522. <https://doi.org/10.1016/j.chiabu.2005.11.005>
- Skarphedinsson, G., Hanssen-Bauer, K., Kornor, H., Heiervang, E., Landro, N., Axelsdottir, B., Biedilae, S., Ivarsson, T. (2015). Standard individual cognitive behavior therapy for paediatric obsessive-compulsive disorder: A systematic review of effect estimates across comparisons. *Nordic Journal of Psychiatry*, 69, 81-92. <https://doi.org/10.3109/08039488.2014.941395>
- Skinner, B.F. (1995). *Zachowanie się organizmów*. Warszawa: Wydawnictwo Naukowe PWN.
- Smedslund, G., Berg, R., Hammerstrøm, K., Steiro, A., Leiknes, K. (2011). Motivational interviewing for substance abuse. *Cochrane Database of Systematic Reviews*, Issue 5. CD008063. <https://doi.org/10.1002/14651858.CD008063.pub2>
- Söchting, I., Tsai, M., Ogrodniczuk, J. (2016). Patients' perceptions of treatment credibility and their relation to the outcome of group CBT for depression. *Archives of Psychiatry and Psychotherapy*, 18(4), 7-15. <https://doi.org/10.12740/APP/66485>
- Song, D., Shen, Q., Xu, T., Sun, Q. (2014). Effects of group reminiscence on elderly depression: A metaanalysis. *International Journal of Nursing Sciences*, 1(4), 416-422. <https://doi.org/10.1016/j.ijnss.2014.10.001>
- Sorensen, L.C., Dodge, K.A., Conduct Problems Prevention Research Group (2016). How does the fast track intervention prevent adverse outcomes in young adulthood? *Child Development*, 87(2), 429-444. <https://doi.org/10.1111/cdev.12467>
- Spielmanns, G.I., Berman, M.I., Usitalo, A.N. (2011). Psychotherapy versus second generation antidepressants in the treatment of depression: A meta-analysis. *The Journal of Nervous and Mental Disease*, 199, 142-149. <https://doi.org/10.1097/NMD.0b013e31820caefb>
- Staab, J.P., Grieger, T.A., Fullerton, C.S., Ursano, R.J. (1996). Acute Stress Disorder, subsequent Posttraumatic Stress Disorder and depression after a series of typhoons. *Anxiety*, 2, 219-225. [https://doi.org/10.1002/\(SICI\)1522-7154\(1996\)2:5<219::AID-ANXI3>3.0.CO;2-H](https://doi.org/10.1002/(SICI)1522-7154(1996)2:5<219::AID-ANXI3>3.0.CO;2-H)

- Stangier, U., Schramm, E., Heidenreich, T. i in. (2011). Cognitive therapy vs. interpersonal psychotherapy in social anxiety disorder. A randomized controlled trial. *Archives of General Psychiatry*, 68(7), 692-700. <https://doi.org/10.1001/archgenpsychiatry.2011.67>
- Steel, Z., Marnane, C., Iranpour, C., Chey, T., Jakcson, J., Patel, V., Silove, D. (2014). The global prevalence of common mental disorders: A systematic review and meta-analysis 1980-2013. *International Journal of Epidemiology*, 43(2), 475-493. <https://doi.org/10.1093/ije/dyu038>
- Stirman, S.W., DeRubeis, R.J., Crits-Christoph, P., Brody, P.E. (2003). Are samples in randomized controlled trials of psychotherapy representative of community outpatients? A new methodology and initial findings. *Journal of Consulting and Clinical Psychology*, 71(6), 963-973. <https://doi.org/10.1037/0022-006X.71.6.963>
- Stoltenborgh, M., Bakermans-Kranenburg, M.J., Alink, L.R., van Ijzendoorn, M.H. (2015). The prevalence of child maltreatment across the globe: Review of a series of meta-analyses. *Child Abuse Review*, 4, 2437-2450. <https://doi.org/10.1002/car.2353>
- Strunk, D., Brotman, M., DeRubeis, R. (2010). The process of change in cognitive therapy for depression: Predictors of early intersession symptom gains. *Behavior Research and Therapy*, 48, 599-606. <https://doi.org/10.1016/j.brat.2010.03.011>
- Svedlund, J., Sjödin, J., Ottosson, J.O., Detevall, G. (1983). Controlled study of psychotherapy in irritable bowel syndrom. *Lancet*, 10, 589-592. [https://doi.org/10.1016/S0140-6736\(83\)90678-5](https://doi.org/10.1016/S0140-6736(83)90678-5)
- Swartz, M.S., Perkins, D.O., Stroup, T.S., Capuano, G., Rosenheck, R.A., Reimherr, F., McGee, M.F., Keefe, R.S., McEvoy, J.P., Hsiao, J.K., Lieberman, J.A., Thomas, S.M. (2011). Effects of antipsychotic medications on psychosocial functioning in patients with chronic schizophrenia: findings from the NIMH CATIE study. *American Journal of Psychiatry*, 164(3), 428-436. <https://doi.org/10.1176/ajp.2007.164.3.428>
- Swenson, C.C., Schaeffer, C.M., Henggeler, S.W., Faldowski, R., Mayhew, A.M. (2010). Multisystemic therapy for child abuse and neglect: A randomized effectiveness trial. *Journal of Family Psychology*, 24(4), 497-507. <https://doi.org/10.1037/a0020324>
- Tanner-Smith, E.E., Steinka-Fry, K.T., Kettrey, H.H., Lipsey, M.W. (2016). Adolescent substance use treatment effectiveness: A systematic review and meta-analysis. Nashville, TN: Peabody Research Institute, Vanderbilt University.
- Teasdale, J., Williams, M.G., Segal, Z. (2020). *Terapia poznawcza depresji oparta na uważności. Profilaktyka nawrotów*. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.
- Telch, M., Kamphuis, J., Schmidt, N. (2011). The effects of comorbid personality disorder on cognitive behavioral treatment for panic disorder. *Journal of Psychiatric Research*, 45, 469-474. <https://doi.org/10.1016/j.jpsychires.2010.08.008>
- Thabet, A.A., Vostanis, P., Karim, K. (2005). Group crisis intervention for children during ongoing war conflict. *European Child & Adolescent Psychiatry*, 14(5), 262-269. <https://doi.org/10.1007/s00787-005-0466-7>
- Thiruchselvam, T., Dozois, D., Bagby, M., Lobo, D., Ravindran, L., Quilty, L. (2019). The role of outcome expectancy in therapeutic change across psychotherapy versus pharmacotherapy for depression. *Journal of Affective Disorders*, 251(15), 121-129. <https://doi.org/10.1016/j.jad.2019.01.046>

Thomas, R.E., Baker, P.R., Thomas, B.C., Lorenzetti, D.L. (2015). Family-based programmes for preventing smoking by children and adolescents. *Cochrane Database of Systematic Reviews*, Issue 7. CD001291. <https://doi.org/10.1002/14651858.CD004493.pub3>

Thorndike, E.L. (1905). *The elements of psychology*. New York: A.G. Seiler.
<https://doi.org/10.1037/10881-000>

Truijens, F., Zuhike-van Hulzen, L., Vanheule, S. (2019). To manualize, or not to manualize: Is that still the question? A systematic review of empirical evidence for manual superiority in psychological treatment. *Journal of Clinical Psychology*, 75(3), 329-343. <https://doi.org/10.1002/jclp.22712>

Tyson, G.M., Range, L.M. (1987). Gestalt dialogues as treatment for mild depression: time works just as well. *Journal of Clinical Psychology*, 43(2), 227-231. [https://doi.org/10.1002/1097-4679\(198703\)43:2<227::AID-JCLP2270430210>3.0.CO;2-M](https://doi.org/10.1002/1097-4679(198703)43:2<227::AID-JCLP2270430210>3.0.CO;2-M)

Velasco, V., Griffin, K.W., Botvin, G.J., Corrado Celata and Gruppo LST Lombardia (2017). Preventing adolescent substance use through an evidence-based program: Effects of the Italian adaptation of Life Skills Training. *Prevention Science*, 18(4), 394-405. <https://doi.org/10.1007/s11121-017-0776-2>

Viner, R., Gregorowski, A., Wine, C., Bladen, M., Fisher, D., Miller, M., Neil, S. (2004). Outpatient rehabilitative treatment of chronic fatigue syndrome (CFS/ME). *Archives of Diseases of Childhood*, 89(7), 615-619. <https://doi.org/10.1136/adc.2003.035154>

Višlā, A., Constantino, P., Newkirk, K., Ogrodniczuk, J.S., Söchting, I. (2016). The relation between outcome expectation, therapeutic alliance and outcome among depressed patients in group cognitive behavioral therapy. *Psychotherapy Research*, 28(3), 1-11.
<https://doi.org/10.1080/10503307.2016.1218089>

Wachtel, P.L., Kruk, J., McKinney, M. (2005). Cyclical psychodynamics and integrative relational psychotherapy. W: J. Norcross, M. Goldfried (red.), *Handbook of psychotherapy integration* (s. 172-195). New York: Oxford University Press.
<https://doi.org/10.1093/med:psych/9780195165791.003.0008>

Wade, C., Travis, C. (2009). *Psychology*. Upper Saddle River: Prentice-Hall.

Wasserman, D., Wasserman, C. (2010). *The Oxford textbook of suicidology and suicide prevention: A global perspective* (wyd. 1). New York: Oxford University Press.
<https://doi.org/10.1093/med/9780198570059.001.0001>

Warshaw, C., Sullivan, C.M. (2013). A systematic review of trauma-focused intervention for domestic violence survivors. *Rapport of National Center on domestic violence, trauma and mental health*, the U.S. Department of Health and Human Services. <https://doi.org/10.1037/e566602013-001>

Watson, H.J., Joyce, T., French, E., Willan, V., Kane, R.T., Tanner-Smith, E.E., McCormack, J., Dawkins, H., Hoiles, K.J., Egan, S.J. (2016). Prevention of eating disorders: A systematic review of randomized, controlled trials. *International Journal of Eating Disorders*, 49(9), 833-862.
<https://doi.org/10.1002/eat.22577>

Weissman, M.M., Markowitz, M., Klerman, G.L. (2000). *Guide to interpersonal psychotherapy*. New York: Basic Books.

Weissman, M.M., Wolk, S., Goldstein, R.B., Moreau, D., Adams, P., Greenwald, S., Klier, C.M., Ryan, N.D., Dahl, R.E., Wickramaratne, P. (1999). Depressed adolescents grown up. *Jama*, 281(18), 1707-1713. <https://doi.org/10.1001/jama.281.18.1707>

- Weisz, J.R., Donenberg, G.R., Han, S.S., Weiss, B. (1995). Bridging the gap between laboratory and clinic in child and adolescent psychotherapy. *Journal of Consulting and Clinical Psychology*, 63, 688-701. <https://doi.org/10.1037/0022-006X.63.5.688>
- Wells, A., Welford, M., King, P. (2010). A pilot randomized trial of metacognitive therapy vs applied relaxation in the treatment of adults with generalized anxiety disorder. *Behavior Research and Therapy*, 48, 429-434. <https://doi.org/10.1016/j.brat.2009.11.013>
- Whitesite, S., Ale, C., Young, B., Dammann, J., Tiede, M., Biggs, B. (2015). The feasibility of improving CBT for childhood anxiety disorders through a dismantling study. *Behavior Research and Therapy*, 73, 83-89. <https://doi.org/10.1016/j.brat.2015.07.011>
- Wiehe, S., Garrison, M., Christakis, D., Ebel, B., Rivara, F. (2005). A systematic review of school-based smoking prevention trials with long-term follow-up. *Journal of Adolescents Health*, 36, 162-169. <https://doi.org/10.1016/j.jadohealth.2004.12.003>
- Wilcox, H. (2016). Higher childhood peer reports of social preference mediates the impact of the Good Behavior Game on suicide attempt. *Prevention of Suicide*, 17(2), 145-156. <https://doi.org/10.1007/s11121-015-0593-4>
- Wilcox, H.C., Kellam, S.G., Brown, C.H., Poduska, J.M., Ialongo, N.S., Wang, W., Anthony, J.C. (2008). The impact of two universal randomized first-and second-grade classroom interventions on young adult suicide ideation and attempts. *Drug and Alcohol Dependence*, 95, S60-S73. <https://doi.org/10.1016/j.drugalcdep.2008.01.005>
- Wilson, A., Draine, M., Hadley, J., Metraux, S., Evans, A. (2011). Examining the impact of mental illness and substance use on recidivism in a county jail. *International Journal of Law and Psychiatry*, 34(4), 264-268. <https://doi.org/10.1016/j.ijlp.2011.07.004>
- Wolitzky-Taylor, K., Horowitz, J., Powers, M., Telch, M. (2008). Psychological approaches in the treatment of specific phobias: A meta-analysis. *Clinical Psychology Review*, 28(6), 1021-1037. <https://doi.org/10.1016/j.cpr.2008.02.007>
- Wolmer, L., Hamiel, D., Barchas, J.D., Slone, M., Laor, N. (2011). Teacher-delivered resilience-focused intervention in schools with traumatized children following the second Lebanon war. *Journal of Traumatic Stress*, 24(3), 309-316. <https://doi.org/10.1002/jts.20638>
- Wolmer, L., Laor, N., Dedeoglu, C., Siev, J., Yazgan, Y. (2005). Teacher-mediated intervention after disaster: a controlled three-year follow-up of children functioning. *Journal of Child Psychology Psychiatry*, 46, 1161-1168. <https://doi.org/10.1111/j.1469-7610.2005.00416.x>
- Wootton, B. (2016). Remote cognitive-behavior therapy for obsessive-compulsive symptoms: A meta-analysis. *Clinical Psychology Review*, 43, 103-113. <https://doi.org/10.1016/j.cpr.2015.10.001>
- World Health Organization (1992). ICD-10 Międzynarodowa statystyczna klasyfikacja chorób i problemów zdrowotnych, Rozdział V Zaburzenia psychiczne i zaburzenia zachowania - X rewizja, Geneva, World Health Organization.
- World Health Organization ICD-11 (2017). Beta Draft. <https://icd.who.int/dev11/-m/en>.
- World Health Organization (2004). Prevention of mental disorders: effective interventions and policy options. Summary report. Geneva: Department of Mental Health and Substance Dependence, World Health Organization.

- Wykes, T., Cellard, C., Huddy, V., Czobor, P., McGurk, S. (2011). A meta-analysis of cognitive remediation for schizophrenia: Methodology and effect sizes. *American Journal of Psychiatry*, 168, 472-485. <https://doi.org/10.1176/appi.ajp.2010.10060855>
- Xu, H., Tracey, T. (2015). Reciprocal influence model of working alliance and therapeutic outcome over individual therapy course. *Journal of Counseling Psychology*, 62, 351-359. <https://doi.org/10.1037/cou0000089>
- Yalom, I.D. (2020). *Psychoterapia egzystencjalna*. Warszawa: Instytut Psychologii Zdrowia.
- Yeomans, F.E., Clarkin, J.F., Kernberg, O.F. (2015). *Psychoterapia skoncentrowana na przeniesieniu w leczeniu zaburzeń osobowości borderline*. Warszawa: Polskie Towarzystwo Psychoterapii Psychodynamicznej.
- Yoo, S., Hong, S., Sohn, N., O'Brien, K.M. (2014). Working alliance as a mediator and moderator between expectations for counseling success and counseling outcome among Korean clients. *Asia Pacific Education Review*, 15, 271-281. <https://doi.org/10.1007/s12564-014-9320-2>
- Young, J.E., Klosko, J.S., Weishaar, M.E. (2019). *Terapia schematów. Przewodnik praktyka*. Gdańsk: Gdańskie Wydawnictwo Psychologiczne.
- Yu, R., Geddes, J.R., Fazel, S. (2012). Personality disorders, violence, and antisocial behaviour: a systematic review and meta-regression analysis. *Journal of Personality Disorders*, 26, 775-792. <https://doi.org/10.1521/pedi.2012.26.5.775>
- Yung, A.R., Yuen, H.P., McGorry, P.D. (2005). Mapping the onset of psychosis: the Comprehensive Assessment of At-Risk Mental States. *Australian New Zealand Journal of Psychiatry*, 39, 964-971. <https://doi.org/10.1080/j.1440-1614.2005.01714.x>
- Zech, N., Seemann, M., Grzesiek, M., Brey, A., Seyfried, T.F., Hansen, E. (2019). Nocebo effects on muscular performance - an experimental study about clinical situations. *Frontiers in Pharmacology*, 4: e00208.101002/prp2.208. <https://doi.org/10.3389/fphar.2019.00219>
- Zernicke, K., Campbell, T., Blustein, P., Fung, T., Johnson, J. (2013). Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms. A randomized wait-list controlled trial. *Journal of Behavioral Medicine*, 20(3), 385-396. <https://doi.org/10.1007/s12529-012-9241-6>
- Zhou, X., Hetrick, S., Cuijpers, P., Qin, B., Barth, J., Whittington, C.J., Cohen, D., Del Giovane, C., Liu, Y., Michael, K.D., Zhang, Y., Weisz, J.R. (2015). Comparative efficacy and acceptability of psychotherapies for depression in children and adolescents: A systematic review and network meta-analysis. *World Psychiatry*, 14, 207-222. <https://doi.org/10.1002/wps.20217>
- Zilcha-Mano, S., Muran, J., Hung, C., Eubanks, C., Safran, J., Winston, A. (2016). The relationship between alliance and outcome: Analysis of a two-person perspective on alliance and session outcome. *Journal of Consulting and Clinical Psychology*, 4, 484-496. <https://doi.org/10.1037/ccp0000058>
- Zimmermann, G., Favrod, J., Trieu, V.H., Pomini, V. (2005). The effect of cognitive behavioral treatment on the positive symptoms of schizophrenia spectrum disorders: a meta-analysis. *Schizophrenia Research*, 77(1), 1-9. <https://doi.org/10.1016/j.schres.2005.02.018>
- Zubin, J., Spring, B. (1977). Vulnerability: A new view of schizophrenia. *Journal of Abnormal Psychology*, 86, 103-126. <https://doi.org/10.1037/0021-843X.86.2.103>