

**Gude, T., Monsen, J. T., & Hoffart, A. (2001). Schemas, affect consciousness, and Cluster C personality pathology: a prospective one-year follow-up study of patients in a schema-focused short-term treatment program. *Psychotherapy Research*, 11(1), 85-98.**

In this prospective study the aim was to investigate the relationship between affect consciousness and Cluster C personality pathology (DSM-IV, Axis-II). Forty-four patients with panic disorder and/or agoraphobia and Cluster C personality traits were treated in a schema-focused program comprising a first panic/agoraphobia-focused phase and a second personality-focused phase, being finally assessed at a one-year follow-up. According to the treatment strategy, affect consciousness was expected to change during the second phase, independent of change in agoraphobic avoidance being focused in the first phase. Pretreatment level of affect consciousness during treatment was related to a reduction in avoidant personality pathology (not dependent or obsessive-compulsive) from pretreatment to follow-up, while increase in affect consciousness did not contribute in the same way. These results indicate that affect consciousness is important as a selection criterion, as a parameter in treatment with focus on schemas and schema-avoidance, and as a predictor for outcome in agoraphobic patients with avoidant personality pathology.