

Halford, W.K., Bernoth-Doolan, S., & Eadie, K. (2002). Schemata as moderators of clinical effectiveness of a comprehensive cognitive behavioural program for patients with depression or anxiety disorders. *Behavior Modification*, 26, 571-593.

The authors examined the clinical effectiveness of a comprehensive cognitive behavior therapy (CBT) program offered to patients with depression or anxiety disorders. They also tested the prediction, based on Young's schema-focused approach to therapy, that endorsement of maladaptive cognitive schemata predicts poor response to standard CBT. One hundred thirty-four consecutive referrals were assessed on a battery of self-report measures at the commencement of the program, and 121 of these patients (90%) completed the program and provided posttreatment data. Two thirds of the patients showed statistically reliable symptom reduction, and half had large effect size (0.8 standard deviations or more) symptom reduction. Contrary to predictions, greater initial endorsement of schemata did not predict poor therapy response. The CBT program was effective for most patients, including patients with high endorsement of maladaptive schemata.