

## Suggested reading list

### Psyc.E.In. Toolkit 1 – Dysfunctional thoughts

Targets: psychologists, psychotherapists and psychoanalysts

Developed by: AKP (CZ) – Asociace klinických psychologů

N.	Year	Title	Type of publication (article, book, guideline...)	Key words
1	1993	Judge, T. A., & Locke, E. A. (1993). Effect of dysfunctional thought processes on subjective well-being and job satisfaction. <i>Journal of Applied psychology</i> , 78(3), 475.	article	well-being, satisfaction, dysfunctional thought
2	2002	wn, G. P., & Beck, A. T. (2002). Dysfunctional attitudes, perfectionism, and models of vulnerability to depression. In G. L. Flett & P. L. Hewitt (Eds.), <i>Perfectionism: Theory, research, and treatment</i> (pp. 231–251). American Psychological Association. <a href="https://doi.org/10.1037/10458-010">https://doi.org/10.1037/10458-010</a>	article	models of vulnerability, perfectionism
3	2010	Wong, D. F. K., Chan, K. S., & Lau, Y. (2010). The role of perfectionism and dysfunctional attitudes in depression and quality of life of a community sample of Chinese adults in Hong Kong. <i>International Journal of Mental Health</i> , 39(4), 40–48. <a href="https://doi.org/10.2753/IMH0020-7411390403">https://doi.org/10.2753/IMH0020-7411390403</a>	article	dysfunctional attitudes, perfectionism
4	2003	Sherry, S. B., Hewitt, P. L., Flett, G. L., & Harvey, M. (2003). Perfectionism dimensions, perfectionistic attitudes, dependent attitudes, and depression in psychiatric patients and university students. <i>Journal of Counseling Psychology</i> , 50(3), 373–386. <a href="https://doi.org/10.1037/0022-0167.50.3.373">https://doi.org/10.1037/0022-0167.50.3.373</a>	article	Dependent attitudes, , perfectionistic attitudes



5	1995	Brown, G. P., Hammen, C. L., Craske, M. G., & Wickens, T. D. (1995). Dimensions of dysfunctional attitudes as vulnerabilities to depressive symptoms. <i>Journal of Abnormal Psychology, 104</i> (3), 431–435. <a href="https://doi.org/10.1037/0021-843X.104.3.431">https://doi.org/10.1037/0021-843X.104.3.431</a>	article	dysfunctional attitudes
6	2017	Meiser, S., & Esser, G. (2017). How dysfunctional are dysfunctional attitudes? A threshold model of dysfunctional attitudes and depressive symptoms in children and adolescents. <i>Cognitive Therapy and Research, 41</i> (5), 730–744. <a href="https://doi.org/10.1007/s10608-017-9842-0">https://doi.org/10.1007/s10608-017-9842-0</a>	article	dysfunctional attitudes, depressive symptoms
7	1988	Dykman, B. M., & Joffe, M. (1998). Dysfunctional attitudes and vulnerability to depressive symptoms: A 14-week longitudinal study. <i>Cognitive Therapy and Research, 22</i> (4), 337–352. <a href="https://doi.org/10.1023/A:1018705112077">https://doi.org/10.1023/A:1018705112077</a>	article	Cognitive Therapy, Dysfunctional attitudes
8	2013	Hartmann, E., Halvorsen, M., & Wang, C. E. A. (2013). Rorschach variables and dysfunctional attitudes as measures of depressive vulnerability: A 9-year follow-up study of individuals with different histories of major depressive episodes. <i>Journal of Personality Assessment, 95</i> (1), 26–37. <a href="https://doi.org/10.1080/00223891.2012.713881">https://doi.org/10.1080/00223891.2012.713881</a>	article	dysfunctional attitudes, Rorschach
9	2011	Wittchen HU, Jacobi F, Rehm J, Gustavsson A, Svensson M, Jönsson B et al (2011) The size and burden of mental disorders and other disorders of the brain in Europe 2010. <i>Eur Neuropsychopharmacol 21</i> (9):655–679. <a href="https://doi.org/10.1016/j.euroneuro.2011.07.018">https://doi.org/10.1016/j.euroneuro.2011.07.018</a>	article	mental disorders, disorders of the brain
10	2014	Huhn M, Tardy M, Spineli L, Kissling W, Förstl H, Pitschel-Walz G et al (2014) Efficacy of pharmacotherapy and psychotherapy for adult psychiatric disorders: a systematic overview of meta-analyses. <i>JAMA Psychiat 71</i> (6):706–715.	article	Psychotherapy, pharmacotherapy
11	2015	Kaczurkin AN, Foa EB (2015) Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. <i>Dialogues Clin Neurosci 17</i> (3):337–346.	article	Cognitive-behavioral therapy





12	2017	Wenzel A (2017) Innovations in cognitive behavioral therapy: strategic interventions for creative practice. Taylor & Francis	article	Interventions, creative practice
13	2012	Türkçapar MH, Sargın AE (2012) Cognitive behavioral psychotherapies: history and development. J Cognit Behav Psychother Res 1(1):7–14.	article	Cognitive behavioral psychotherapies
14	2018	Robertson D (2018) The philosophy of cognitive-behavioural therapy (CBT): stoic philosophy as rational and cognitive psychotherapy. Taylor & Francis	book	CBT, cognitive psychotherapy
15	2020	Turner DT, Reijnders M, van der Gaag M, Karyotaki E, Valmaggia LR, Moritz S, et al. (2020) Efficacy and moderators of cognitive behavioural therapy for psychosis versus other psychological interventions: an individual-participant data meta-analysis. Front Psychiatry 11(402). <a href="https://doi.org/10.3389/fpsy.2020.00402">https://doi.org/10.3389/fpsy.2020.00402</a>	article	CBT, psychological interventions
16	2011	Clark DA, Beck AT (2011) Cognitive therapy of anxiety disorders: science and practice. Guilford Publications.	book	Cognitive therapy
17	1979	Beck AT (1979) Cognitive therapy of depression. Guilford Publication.	book	therapy of depression
18	2012	Leahy RL, Holland SJF, McGinn LK (2012) Treatment plans and interventions for depression and anxiety disorders, 2e. Guilford Publications.	article	Treatment plans, anxiety
19	1979	Beck AT (1979) Cognitive therapy and the emotional disorders. Penguin Publishing Group.	book	Cognitive therapy
20	2016	Tolin DF (2016) Doing CBT: a comprehensive guide to working with behaviors, thoughts, and emotions. Guilford Publications.	book	Guide, thoughts, CBT
21	2015	Evans IM (2015) How and why thoughts change: foundations of cognitive psychotherapy. Oxford University Press.	article	cognitive psychotherapy, thoughts change





22	2016	Dobson D, Dobson KS (2016) Evidence-based practice of cognitive-behavioral therapy, 2nd edn. Guilford Publications.	article	Practice cognitive-behavioral
23	2012	Akkoyunlu S, Türkçapar MH (2012) A technique: examining the evidence. J Cognit Behav Psychother Res 1(3):184–190 .	article	Technique CBT
24	2015	Türkçapar MH, Kahraman MS, Sargin AE (2015) Guided discovery with socratic questioning. J Cognit Behav Psychother Res 4(1):47–53. <a href="https://doi.org/10.5455/jcbpr.188198">https://doi.org/10.5455/jcbpr.188198</a>	article	socratic questioning
25	2013	Akkoyunlu S, Türkçapar MH (2013) A technique: generating alternative thoughts. J Cognit Behav Psychother Res 2(1):53–59.	article	alternative thoughts, technique
26	2018	David D, Lynn SJ, Montgomery GH (2018) Evidence-based psychotherapy: the state of the science and practice. Wiley	article	psychotherapy
27	1997	Wells A (1997) Cognitive therapy of anxiety disorders: a practice manual and conceptual guide. John Wiley & Sons, Chichester, UK.	manual	Anxiety, CBT
28	2010	Antony MM, Barlow DH (eds) (2010) Handbook of assessment and treatment planning for psychological disorders. Guilford Press, New York.	manual	treatment planning
29	1996	Wells A, Matthews G (1996) Modelling cognition in emotional disorder: the S-REF model. Behav Res Ther 32:867–870.	article	Modelling cognition
30	2019	Wells A, Nordahl H (2019) Developing greater skill and understanding in the use of meta-level discourse in MCT. In: Pre-congress skills based workshop presented at the 4th international conference on metacognitive therapy, Prague, Czech Republic, 30 April–2 May, 2019.	article	Developing skill





**Psychological  
Early  
Intervention**

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