

Assessment #4

Annotated Bibliography - 5 sources

Name: Junita Raja

Date: 10/04/2024

Subject: Psychology

[Article 1](#)

MLA Citation:

Author links open overlay panelStefan G. Hofmann a, et al. "The Science of Cognitive Therapy."

Behavior Therapy, Elsevier, 25 May 2011,

www.sciencedirect.com/science/article/abs/pii/S0005789411000591

Summary	Cognitive Therapy (CT) initially developed as a specific model but now expanded into a broad scientific approach. It includes various techniques tailored to specific disorders. The article focuses on explaining CT's scientific foundation, assessing how effective and valid the CT model is. While CT still hasn't been established as completely credible due to the Hollon guidelines for evaluation not being set, the new Tolin guideline proves to be useful in proving that CT is a credible type of therapy.
Abstract	Cognitive Therapy (CT) is a group of treatments designed to help with psychological disorders. It started as a specific method but has grown into a broader approach, including different treatments for specific disorders. The article explains CT's scientific approach, how well it works, and compares how CT is used for two disorders: posttraumatic stress disorder (PTSD) and health anxiety. It highlights both the differences and similarities in how CT helps treat these conditions.
Credibility	Found the source through google scholar and

	is a reputable journal for recent science discoveries and topics.
Reflection	I learned that while CT has proven to be effective and credible through the new Tolin guidelines, it still faces challenges in being universally accepted due to the lack of established Hollon guidelines. This gap suggests that the process of validating psychological therapies is ongoing, requiring constant evaluation and refinement. This information is highly relevant to my ISM journey, especially with my focus on mental health and psychology. Understanding the scientific foundation and evaluation of therapies like CT informs me about how treatment approaches develop and are assessed for credibility, which directly connects to my interest in improving mental health awareness. Learning about CT's evolving credibility encourages me to think critically about the therapies and techniques I might explore in the future, especially when I delve deeper into biomedical sciences. I found it motivating that new guidelines, like the Tolin guideline, are contributing to establishing CT's credibility, showing that the field is actively advancing

[Article 2](#)

MLA:

MA;, Mysore AR;Aras. "Understanding the Psychology of Geriatric Edentulous Patients."

Gerodontology, U.S. National Library of Medicine, 28 June 2011,

pubmed.ncbi.nlm.nih.gov/21707742/

Summary	Understanding the psychology of geriatric edentulous patients gives dentists a clear advantage in creating effective treatment plans. This insight allows for a more tailored approach to both the psychological and
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	prosthodontic needs of the patient. As a result, patient management becomes more effective and appropriate, improving overall care.
Abstract	The article explores the psychological aspects of geriatric patients who require complete dentures. Its goal is to help dentists better serve this growing population by breaking down patient psychology into key components. It emphasizes that the psychological and personality factors in denture treatment are significant, yet often overlooked. The study reviews existing literature on behavioral changes in these patients, offering a concise summary of their psychological needs. The conclusion stresses that dentists should be confident in addressing and managing these psychological aspects to provide more effective care.
Credibility	I was able to find the article through google scholar and the authors are all reputable and have psychological backgrounds.
Reflection	What I learned from this article is the importance of addressing the psychological and personality factors of geriatric edentulous patients in addition to their prosthodontic needs. Dentists need to consider the emotional and mental state of their patients, as it significantly impacts treatment outcomes. This holistic approach ensures more effective and compassionate care for the aging population. This information is relevant to me because I'm exploring psychology and its relevance to certain demographics, and understanding patient psychology is a critical aspect of providing comprehensive care. In any medical specialty, including dentistry, a patient's mental state can influence their treatment experience and recovery. This insight aligns with my interest in the intersection of mental health and physical care, especially for vulnerable populations

	like the elderly. I find it encouraging that there's growing awareness around the importance of psychology in patient care, but also a bit surprising that it's often overlooked, even though it plays such a crucial role. It motivates me to pay attention to both the physical and psychological needs of older patients in my future studies and career.
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[Article 3](#)

MLA Citation:

D; , Gabbard GO; Lazar SG; Hornberger J; Spiegel. "The Economic Impact of Psychotherapy: A Review." *The American Journal of Psychiatry*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/9016261/

Summary	The authors reviewed the impact of psychotherapy on the costs of treating psychiatric disorders by analyzing 18 studies identified from 686 articles published between 1984 and 1994. They found that 80% of clinical trials with random assignment and all non-randomized studies indicated that psychotherapy reduces overall costs, particularly for severe disorders like schizophrenia, bipolar disorder, and borderline personality disorder, mainly by decreasing inpatient treatment and work impairment. These findings highlight the potential for psychotherapy to not only improve patient outcomes but also to lower healthcare costs, suggesting that integrating psychotherapy into treatment plans could be a beneficial approach in mental health care moving forward. Potentially include increased investment in psychotherapeutic services and a greater emphasis on mental health treatment strategies that address both clinical and economic outcomes.
Abstract	The authors aimed to review the impact of psychotherapy on the costs associated with

	treating psychiatric disorders. They searched the MEDLINE database for peer-reviewed papers published between 1984 and 1994, initially identifying 686 articles. From this, 41 articles covering 35 studies were found that tested psychotherapeutic interventions and included relevant cost outcome measures. The researchers excluded studies without comparison groups, those focused on medical rather than psychiatric disorders, and those lacking cost-related data, ultimately selecting 18 studies for analysis. These studies were categorized based on whether subjects were randomly assigned to groups, and two reviewers independently assessed key characteristics. The results showed that 80% of clinical trials with random assignment and all studies without random assignment indicated that psychotherapy reduces overall costs. The findings suggest that psychotherapy positively affects various costs, particularly for severe psychiatric disorders such as schizophrenia, bipolar disorder, and borderline personality disorder, primarily through reductions in inpatient treatment and work impairment.
Credibility	Found the source through google scholar and is a reputable article since it was published through PubMed.
Reflection	From this analysis, I learned that psychotherapy can significantly reduce the costs associated with treating severe psychiatric disorders, as evidenced by a substantial number of studies. This information is relevant to my learning and ISM journey because it reinforces the importance of mental health care in the overall health system. Understanding the economic benefits of psychotherapy can inform future treatment approaches I might consider in my medical career, highlighting how addressing mental health can lead to better patient outcomes and lower healthcare costs. I found it encouraging that a high percentage of studies demonstrated the cost-saving

	benefits of psychotherapy, as it underscores the value of mental health treatment in clinical practice. This aligns with my interest in the intersection of mental health and overall well-being. However, I also wonder why psychotherapy is not more widely integrated into treatment plans, considering its benefits. This is important since it emphasizes the need for a holistic approach to healthcare, where mental health is prioritized alongside physical health. It suggests that investing in psychotherapeutic services could not only enhance patient care but also lead to more sustainable healthcare practices.
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[Article 4](#)

MLA Citation:

CISGENDERISM in Psychology: Pathologizing and Misgendering Children from 1999 to 2008:

Psychology & Sexuality: Vol 3, No 2,

www.tandfonline.com/doi/abs/10.1080/19419899.2011.576696

Summary	The authors reviewed the impact of psychotherapy on the costs of treating psychiatric disorders by analyzing 18 studies identified from 686 articles published between 1984 and 1994. They found that 80% of clinical trials with random assignment and all non-randomized studies indicated that psychotherapy reduces overall costs, particularly for severe disorders like schizophrenia, bipolar disorder, and borderline personality disorder, mainly by decreasing inpatient treatment and work impairment. These findings highlight the potential for psychotherapy to not only improve patient outcomes but also to lower healthcare costs, suggesting that integrating psychotherapy into treatment plans could be a beneficial approach in mental health care moving forward. There may be increased investment in psychotherapeutic services and a greater emphasis on mental health
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	treatment strategies that address both clinical and economic outcomes.
Abstract	The study examined whether recent psychological literature on children aligns with the American Psychological Association's (APA) non-discrimination statement regarding transgender and gender variant individuals. Researchers evaluated 94 articles published between 1999 and 2008 that focused on childhood gender identity and expression, identifying two types of cisgenderism: misgendering language, which contradicts a child's self-identified gender, and pathologizing language, which frames their gender identity as disordered. The findings revealed that while misgendering language was less common, pathologizing language persisted. Overall, cisgenderism in the literature did not show significant increases or decreases, but mental health professionals exhibited higher levels of cisgenderism than other authors. Articles by a specific group of prolific authors were found to be more impactful and cisgenderism. The study suggests ways for authors and editors to better align their work with APA policy and improve the scientific discourse surrounding children's gender identities.
Credibility	Found the source through google scholar and is a reputable article since it was published through the Department of Psychology.
Reflection	From this analysis, I learned that psychotherapy can significantly reduce the costs associated with treating severe psychiatric disorders, while also improving patient outcomes. This information is particularly relevant to my learning and ISM journey as I explore the medical field and consider the importance of holistic approaches to healthcare. Understanding the economic benefits of psychotherapy reinforces my interest in mental health care and its intersection with overall patient well-being. I was surprised that despite these findings,

	psychotherapy isn't more widely implemented or prioritized in treatment plans. This raises questions about the barriers to integrating effective mental health practices in healthcare settings. This information matters because it emphasizes the importance of addressing mental health in a comprehensive manner, which is essential for improving patient care and reducing overall healthcare costs. It motivates me to advocate for mental health awareness and integration as I pursue my future career in medicine, ensuring that mental health is recognized as a crucial component of overall health.
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[Article 5](#)

MLA Citation:

Annunziata, Anna, et al. "Psychological Factors Influencing Adherence to NIV in Neuromuscular Patients Dependent on Non Invasive Mechanical Ventilation: Preliminary Results." *Journal of Clinical Medicine*, U.S. National Library of Medicine, 9 Sept. 2023, www.ncbi.nlm.nih.gov/pmc/articles/PMC10531532/.

Summary	The pilot study assessed NIV adherence in 15 adults with neuromuscular diseases, revealing a 60% adherence rate and a correlation between non-adherence and higher depression levels, particularly in older patients. Family acceptance of NIV and strong patient-physician relationships were linked to better adherence. These findings emphasize the critical role of psychological factors in managing chronic respiratory failure. The article suggests that healthcare providers should incorporate psychological support and family involvement into treatment plans to enhance NIV adherence and improve overall patient outcomes in neuromuscular disease management.
Abstract	The pilot study examined the adherence to

	non-invasive ventilation (NIV) among 15 adult patients with neuromuscular diseases, including Duchenne muscular dystrophy, myotonic dystrophy, and amyotrophic lateral sclerosis, focusing on the impact of depression as assessed by the Beck Depression Inventory (BDI). NIV is known to improve morbidity and mortality in patients with chronic respiratory failure, and adherence is crucial for its effectiveness. The study found that the overall NIV adherence rate was 60%. Notably, patients who were non-adherent to NIV had higher rates of depression, particularly among older individuals. Factors such as family acceptance of NIV and a positive patient-physician relationship were associated with better adherence. The findings suggest that depression can negatively impact NIV adherence, highlighting the importance of addressing psychological factors in the care of patients with neuromuscular diseases.
Credibility	Found the source through google scholar and is a reputable article since it was published through the NIH
Reflection	From this study, I learned that adherence to non-invasive ventilation (NIV) is significantly influenced by psychological factors, particularly depression, in patients with neuromuscular diseases. This information is relevant to my learning and ISM journey as it highlights the importance of addressing mental health in clinical settings, especially for chronic conditions where adherence to treatment is crucial for improving patient outcomes. Based on this article I want to learn more about how healthcare providers can better integrate psychological support into treatment plans. Why isn't there more emphasis on mental health in managing chronic conditions? Understanding the interplay between psychological factors and physical health is essential, as it matters for developing comprehensive care strategies

	that can lead to improved health outcomes and overall quality of life for patients.
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