

The next meeting of the Leeds research group will take place on Tuesday 24th September, 2019 from 6-30-8-30pm. The topic chosen for discussion is Cognitive Behavioural Therapy (CBT) and the papers for discussion at the meeting are listed below:

Carpenter KM, Stoner SA, Mundt JM, et al. An online self-help CBT intervention for chronic lower back pain. *Clin J Pain*. 2012 Jan;28(1):14-22.

<https://www.ncbi.nlm.nih.gov/pubmed/21681084>

Cherkin DC, Sherman KJ, Balderson BH, et al. Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial. *JAMA*. 2016 Mar 22-29;315(12):1240-9.

<https://www.ncbi.nlm.nih.gov/pubmed/27002445>

Schemer L, Schroeder A, Ørnbøl E, et al. Exposure and cognitive-behavioural therapy for chronic back pain: An RCT on treatment processes. *Eur J Pain*. 2019 Mar;23(3):526-538.

<https://www.ncbi.nlm.nih.gov/pubmed/30318664>

Probyn K, Bowers H, Mistry D, et al. Non-pharmacological self-management for people living with migraine or tension-type headache: a systematic review including analysis of intervention components. *BMJ Open*. 2017 Aug 11;7(8):e016670.

<https://www.ncbi.nlm.nih.gov/pubmed/28801425>

What is CBT? NHS Choices <https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/> (Accessed 21-06-2019)

What is CBT? Mind <https://www.mind.org.uk/media/17708241/cbt-2017.pdf> (Accessed 21-06-2019)

Arch JJ, Eifert GH, Davies C, et al. Randomized clinical trial of cognitive behavioral therapy (CBT) versus acceptance and commitment therapy (ACT) for mixed anxiety disorders. *J Consult Clin Psychol*. 2012 Oct;80(5):750-65.

<https://www.ncbi.nlm.nih.gov/pubmed/22563639>

Harris A, Moe TF, Eriksen HR, et al. Brief intervention, physical exercise and cognitive behavioural group therapy for patients with chronic low back pain (The CINS trial). *Eur J Pain*. 2017 Sep;21(8):1397-1407. <https://www.ncbi.nlm.nih.gov/pubmed/28449303>