The role of psychological interventions

Roz Shafran
Professor of Translational Psychology
Why Psychological Interventions?

The most effective interventions were those that focused on maladaptive cognitions about social situations (Masi et al., 2011).
AT THE HEART OF COGNITIVE BEHAVIOUR THERAPY

It is not the event that determines the emotional response but the person’s interpretation of that event.
A word about cognitive behaviour therapy
Declaration

Do you have something which could cure my addiction to CBT?
Psychological Interventions

Meta-analyses support efficacy of CBT – equivalent efficacy when delivered face to face or internet (with guidance) for range of difficulties including social anxiety, depression, panic disorder and insomnia.
Pilot RCT of Internet-based CBT for Loneliness

- Robust linear regression analysis of all randomized participants showed significant treatment effects on the primary outcome measure of loneliness and on secondary outcomes measuring quality of life and social anxiety relative to control at post-assessment.

Content of Psychological Interventions for Loneliness

- A ‘Common Elements’ Approach to the Development of a Modular Cognitive Behavioural Theory and Therapy for Chronic Loneliness

- 11 studies containing 14 evidence supported practice elements

Anton Käll, Roz Shafran, Tomas Nygren, Sophie Bennett, Zafra Cooper, Gerhard Andersson (under review).
Conclusion: Trying to answer the question

- What kinds of loneliness interventions should our research focus on to reduce the burden of mental health problems in the population?
Psychological Interventions, Considerations of Spatial Segregation, Arts Interventions, Digital Interventions, Social Prescribing and User Led
Thank you