

INTERVENCIONES PSICOLÓGICAS CON APOYO EMPÍRICO.¹ **EMPIRICALLY SUPPORTED TREATMENT.**

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RESUMEN:

Este trabajo presenta un resumen de la bibliografía que debe ser consultada al realizar un estudio sobre las intervenciones psicológicas con apoyo empírico.

Palabras clave: Intervenciones psicológicas, tratamientos.

ABSTRACT:

This paper presents a summary of the literature that should be consulted to carry on a study on the psychological interventions with empirical support.

Keywords: Empirically supported treatment.

Las intervenciones psicológicas o tratamientos con apoyo empírico son aquellos que han demostrado experimentalmente su utilidad. Estos tratamientos son considerados como bien establecidos cuando al ser evaluados cumplieron con las siguientes condiciones

(I) Al menos dos experimentos con diseño inter-grupo en los que demostraron su eficacia en una o más de las siguientes maneras:

(A) Superioridad a píldora o psicoterapia placebo, o a otro tratamiento,

(B) Equivalencia a un tratamiento ya establecido, con tamaños de la muestra adecuados, o bien

(II) una gran cantidad de experimentos con diseño de caso único demostrar eficacia con:

(A) uso de un buen diseño experimental,

(B) comparación de la intervención con otro tratamiento,

(III) los experimentos deben ser realizados con manuales de tratamiento o descripciones del tratamiento que sean igualmente claras,

(IV) se debe especificar las características de las muestras,

(V) los efectos deben ser demostrados por un mínimo de dos investigadores o equipos diferentes.

En cambio se consideran como tratamientos probablemente eficaces cuando al ser evaluados cumplieron los siguientes criterios:

(I) Dos experimentos deben mostrar que el tratamiento es superior al grupo control de lista de espera, o bien

¹ Recibido el 15 de octubre y aceptado el 4 de noviembre del 2008.

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- (II) Uno o más experimentos deben cumplir los criterios de tratamiento bien establecido IA o IB, III, y IV, pero no se cumple el criterio V, o bien
- (III) (III) una pequeña cantidad de experimentos de diseño de caso único deben cumplir los criterios de tratamiento bien establecido.

La evaluación de los tratamientos fue realizada por un Grupo de Tarea de la División 12 de la Asociación American de Psicología. La inclusión de los tratamientos que casi en su totalidad provienen de una aproximación conductual, no obedece sin embargo, a criterios de grupos o “corrientes psicológicas”, pues solo el 1% de los inscritos en dicha asociación se consideran conductistas. Su inclusión es estrictamente a partir de criterios metodológicos. El dictamen de este grupo de tarea (que mas adelante se convertiría en una comisión permanente) fue aprobado por el consejo directivo de dicha división. Un grupo diferente en Inglaterra y Canadá hicieron su propia revisión con resultados similares.

La siguiente es solo una lista de las intervenciones psicológicas que cuentan con apoyo empírico, aquí se agrupa la información que ya fue publicada en los reportes del Grupo de Tarea de la División 12 de la APA tratando de poner las referencias que es necesario consultar y los textos que sirven como manuales de tratamiento, de tal manera que el interesado en estudiar sobre el tema tenga un instrumento más práctico de la bibliografía que deberá consultar.

ANSIEDAD Y ESTRÉS			
Problema	Intervención	Referencia	Manual
Ataque de pánico	Terapia cognitiva conductual	<p>Barlow, D. H., Craske, M. G., Cerny, J. A., & Klosko, J. S. (1989). Behavioral treatment of panic disorder. <i>Behavior Therapy</i>, 20, 261-282.</p> <p>Clark, D. M., Salkovskis, P.M., Hackman, A., Middleton, H., Anastasiades, P., & Gelder, M. (1994). A comparison of cognitive therapy, applied relaxation, and imipramine in the treatment of panic disorder. <i>British Journal of Psychiatry</i>, 164, 759-769.</p> <p>Mattick, R. P., Andrews, G., Hadzi-Pavlovic, D., & Christensen, H. (1990). Treatment of panic and agoraphobia: An integrative review. <i>Journal of Nervous and Mental Disease</i>, 178, 567-576.</p>	<p>Barlow, D.H., & Cerny, J.A. (1988). <i>Psychological Treatment of Panic</i>. New York: Guilford Press.</p> <p>Barlow, D., & Craske, M. (1994). <i>Mastery of Your Anxiety and Panic - II</i>. Albany, NY: Graywind Publications.</p> <p>Clark, D.M. (1989). Anxiety states: Panic and generalized anxiety. In K. Hawton, P. Salkovskis, J. Kirk, & D.M. Clark (Eds.) <i>Cognitive Behavior Therapy for Psychiatric Problems</i>. Oxford: Oxford. University Press.</p> <p>Salkovskis, P.M., & Clark, D.M. (1991). Cognitive treatment of panic disorder. <i>Journal of Cognitive Psychotherapy</i>, 3, 215-226.</p> <p>Hecker, J.E., & Thorpe, G.L. (1992). <i>Agoraphobia and panic: A guide to psychological treatment</i>. Boston: Allyn & Bacon.</p> <p>Salkovskis, P. M., & Clark, D. M. (1991). Cognitive treatment of panic disorder. <i>Journal of Cognitive Psychotherapy</i>, 3, 215-226.</p>
Ataque de pánico	Relajación aplicada	<p>Öst, L. (1988). Applied relaxation vs progressive relaxation in the treatment of panic disorder. <i>Behaviour Research and Therapy</i>, 26, 13-22.</p> <p>Öst, L., & Westling, B. E. (1991). Treatment of panic disorder by applied relaxation versus cognitive therapy. Paper presented at the meeting of the European Association of Behaviour Therapy, Oslo.</p>	

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Problema	Intervención	Referencia	Manual
Ansiedad generalizada	Terapia cognitiva conductual	<p>Butler, G., Fennell, M., Robson, P., & Gelder, M. (1991). Comparison of behavior therapy and cognitive behavior therapy in the treatment of generalized anxiety disorder. <i>Journal of Consulting and Clinical Psychology</i>, 59, 167-175.</p> <p>Borkovec, T. D., Mathews, A. M., Chambers, A., Ebrahimi, S., Lytle, R., & Nelson, R. (1987). The effects of relaxation training with cognitive or nondirective therapy and the role of relaxation-induced anxiety in the treatment of generalized anxiety. <i>Journal of Consulting and Clinical Psychology</i>, 55, 883-888.</p> <p>Chambless, D. L., & Gillis, M. M. (1993). Cognitive therapy of anxiety disorders. <i>Journal of Consulting and Clinical Psychology</i>, 61, 248-260.</p>	<p>Controlling Anxiety. Department of Psychology, Warnerford Hospital, Headington, Oxford-</p> <p>Brown, T., O'Leary, T., & Barlow, D.H. (1994). Generalized anxiety disorder. In D.H. Barlow (Ed.), <i>Clinical Handbook of Psychological Disorders</i>. New York: Guilford.</p> <p>Zinbarg, R. E., Craske, M. G., & Barlow, D. H. (1993). <i>Therapist's guide for the Mastery of Your Anxiety and Worry program</i>. San Antonio, TX: Psychological Corporation.</p> <p>Anxiety Management for Generalized Anxiety. Department of Psychology, Warnerford Hospital, Headington, Oxford.</p>
Ansiedad generalizada	Relajación aplicada para la ansiedad generalizada	<p>Barlow, D. H., Craske, M. G., Cerny, J. A., & Klosko, J. S. (1989). Behavioral treatment of panic disorder. <i>Behavior Therapy</i>, 20, 261-282.</p> <p>Borkovec, T.D., & Costello, E. (1993). Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder. <i>Journal of Consulting and Clinical Psychology</i>, 61, 611-619.</p>	
Agorafobia	Tratamiento de exposición	<p>Trull, T. J., Nietzel, M. T., & Main, A. (1988). The use of meta-analysis to assess the clinical significance of behavior therapy for agoraphobia. <i>Behavior Therapy</i>, 19, 527-538.</p> <p>Mattick, R. P., Andrews, G., Hadzi-Pavlovic, D., & Christensen, H. (1990). Treatment of panic and agoraphobia: An integrative review. <i>Journal of Nervous and Mental Disease</i>, 178, 567-576.</p>	
Agorafobia	Entrenamiento en comunicación en pareja mas exposición	<p>Arnow, B.A., Taylor, C.B., Agras, W.S., & Telch, M.J. (1985). Enhancing agoraphobia treatment outcome by changing couple communication patterns. <i>Behavior Therapy</i>, 16, 452-467.</p>	
Fobia social	Terapia cognitiva conductual en grupo	<p>Mattick, R. P., & Peters, L. (1988). Treatment of severe social phobia: Effects of guided exposure with and without cognitive restructuring. <i>Journal of Consulting and Clinical Psychology</i>, 56, 251-260.</p> <p>Heimberg, R. G., Dodge, C. S., Hope, D. A., Kennedy, C. R., & Zollo, L. J. (1990). Cognitive behavioral group treatment for social phobia: Comparison with a credible placebo control. <i>Cognitive Therapy and Research</i>, 14, 1-23</p> <p>Feske, U., & Chambless, D.L. (1995). Cognitive behavioral versus exposure only treatment for social phobia: A meta-analysis. <i>Behavior Therapy</i>, 26, 695-720.</p>	<p>Cognitive Behavioral Group Therapy for Social Phobia. Department of Psychology, Temple University,</p> <p>Turner, S.M., Beidel, D.C., & Cooley, M. (1997). <i>Social effectiveness therapy: A program for overcoming social anxiety and phobia</i>. Toronto: Multi-Health Systems</p>

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Problema	Intervención	Referencia	Manual
Fobia social	Tratamiento de exposición	Feske, U., & Chambless, D.L. (1995). Cognitive behavioral versus exposure only treatment for social phobia: A meta-analysis. <i>Behavior Therapy</i> , 26, 695-720.	
Fobia social	Desensibilización sistemática	Paul, G.L., & Shannon, D.T. (1966). Treatment of anxiety through systematic desensitization in therapy groups. <i>Journal of Abnormal Psychology</i> , 71, 123-135.	
Fobia específica	Desensibilización sistemática	Kazdin, A. E., & Wilcoxon, L. A. (1976). Systematic desensitization and nonspecific treatment effects: A methodological evaluation. <i>Psychological Bulletin</i> , 83, 729-758.	Wolpe, J. (1990). <i>Practice of Behavior Therapy</i> (4th Edition). New York: Pergamon Press.
Fobia específica	Terapia de exposición	Marks, I., & O'Sullivan, G. (1988). Drugs and psychological treatments for agoraphobia/panic and obsessivecompulsive disorders: A review. <i>British Journal of Psychiatry</i> , 153, 650-658.	Marks, I. (1978). <i>Living with Fear</i> . New York: McGraw Hill. Craske, M. G., Antony, M. M., & Barlow, D. H. (1997). <i>Mastery of your specific phobia, therapist guide</i> . San Antonio, TX: The Psychological Corporation.
Fobia específica	Desensibilización sistemática para la fobia a animales	Kirsch, I., Tennen, H., Wickless, C., Saccone, A.J., & Cody, S. (1983). The role of expectancy in fear reduction. <i>Behavior Therapy</i> , 14, 520-533. Öst, L.-G. (1978). Fading vs. systematic desensitization in the treatment of snake and spider phobia. <i>Behaviour Research and Therapy</i> , 16, 379-389.	
Fobia específica	Desensibilización sistemática para la ansiedad a hablar en público	Paul, G.L. (1967). Insight vs desensitization in psychotherapy two years after termination. <i>Journal of Consulting Psychology</i> , 31, 333-348. Woy, R.J., & Efran, J.S. (1972). Systematic desensitization and expectancy in the treatment of speaking anxiety. <i>Behaviour Research and Therapy</i> , 10, 43-49.	
Conductas obsesivas compulsivas	Terapia conductual	Steketee, G., Foa, E. B., & Grayson, J. B. (1982). Recent advances in the behavioral treatment of obsessive compulsives. <i>Archives of General Psychiatry</i> , 39, 1365-1371.	Kozak, M., & Foa, E.B. (1997). <i>Mastery of obsessive-compulsive disorder: A cognitivebehavioral approach</i> . San Antonio, TX: The Psychological Corporation. Riggs, D. S. & Foa, E. B. (1993). Obsessive compulsive disorder. In D.H. Barlow (Ed.), <i>Clinical handbook of psychological disorders</i> . (2nd ed., pp. 180-239). New York: Guilford. Steketee, G. (1993). <i>Treatment of Obsessive Compulsive Disorder</i> . New York: Guilford Press. Riggs, D.S. & Foa, E.B. <i>Obsessive compulsive disorder</i> . In D.H. Barlow (Ed.), <i>Clinical Handbook of Psychological Disorders</i> . New York: Guilford.

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Conductas obsesivas compulsivas	Exposición con prevención de respuestas	van Balkom A.J.L.M., van Oppen, P., Vermeulen, A.W.A., Nauta, N.C.E., Vorst, H.C.M., & van Dyck, R. (1994). A meta-analysis on the treatment of obsessive compulsive disorder: A comparison of antidepressants, behaviour and cognitive therapy. <i>Clinical Psychology Review</i> , 14, 359-381.	
Conductas obsesivas compulsivas	Terapia cognitiva	van Oppen, P., de Haan, E., van Balkom, A.J.L.M., Spinhoven, P., Hoogduin, K., & van Dyck, R. (1995). Cognitive therapy and exposure in vivo in the treatment of obsessive compulsive disorder. <i>Behaviour Research and Therapy</i> , 33, 379-390.	
Estrés	Inoculación de estrés	Saunders, T., Driskell, J.E., Hall, J., Salas, E. (1996). The effect of stress inoculation training on anxiety and performance. <i>Journal of Occupational Health Psychology</i> 1, 170-186.	Meichenbaum, D. (1985). <i>Stress inoculation training</i> . New York: Pergamon Press.
Estrés post-traumático	Terapia conductual	Foa, E. B., Rothbaum, B. O., Riggs, D. S., & Murdock, T. B. (1991). Treatment of posttraumatic stress disorder in rape victims: A comparison between cognitive-behavioral procedures and counseling. <i>Journal of Consulting and Clinical Psychology</i> , 59, 715-723.	Clinical Handbook/Therapist Manual on PTSD. Donald Meichenbaum. University of Waterloo, Department of Psychology.
Estrés post-traumático	Desensibilización y reprocesamiento con movimiento ocular	Rothbaum, B.O. (in press). A controlled study of eye movement desensitization and reprocessing in the treatment of posttraumatic stress disordered sexual assault victims. <i>Bulletin of the Menninger Clinic</i> Wilson, S.A., Becker, L.A., & Tinker, R.H. (1995). Eye movement desensitization and reprocessing (EMDR) treatment for psychologically traumatized individuals. <i>Journal of Consulting and Clinical Psychology</i> , 63, 928-937.	
Estrés post-traumático	Tratamiento de exposición	Foa, E. B., Rothbaum, B. O., Riggs, D. S., & Murdock, T. B. (1991). Treatment of posttraumatic stress disorder in rape victims: A comparison between cognitive-behavioral procedures and counseling. <i>Journal of Consulting and Clinical Psychology</i> , 59, 715-723. Keane, T.M., Fairbank, J.A., Caddell, J.M., & Zimering, R.T. (1989). Implosive (flooding) therapy reduces symptoms of PTSD in Vietnam combat veterans. <i>Behavior Therapy</i> , 20, 245-260.	
Estrés post-traumático	Inoculación del estrés	Foa, E. B., Rothbaum, B. O., Riggs, D. S., & Murdock, T. B. (1991). Treatment of posttraumatic stress disorder in rape victims: A comparison between cognitive-behavioral procedures and counseling. <i>Journal of Consulting and Clinical Psychology</i> , 59, 715-723.	

ABUSO Y DEPENDENCIA DE SUSTANCIAS QUÍMICAS			
Problema	Intervención	Referencia	Manual
Abuso de cocaína	Terapia conductual	Higgins, S.T., Budney, A.J., Bickel, W.K., Hughes, J.R., Foeg, F., & Badger, G. (1993). Achieving cocaine abstinence with a behavioral approach. <i>American Journal of Psychiatry</i> , 150, 763-769.	
Dependencia de cocaína	Terapia conductual con prevención de recaídas	Carroll, K.M., Rounsaville, B.J., Gordon, L.T., Nich, C., Jatlow, P., Bisighini, R.M., & Gawin, F.H. (1994). Psychotherapy and pharmacology for ambulatory cocaine abusers. <i>Archives of General Psychiatry</i> , 51, 177-187.	
Dependencia de opiáceos	Terapia dinámica breve	Woody, G. E., Luborsky, L., McLellan, A. T., & O'Brien, C. P. (1990). Corrections and revised analyses for psychotherapy in methadone maintenance patients. <i>Archives of General Psychiatry</i> , 47, 788-789.	
Dependencia de opiáceos	Terapia cognitiva	Carroll, K.M., Rounsaville, B.J., Gordon, L.T., Nich, C., Jatlow, P., Bisighini, R.M., & Gawin, F.H. (1994). Psychotherapy and pharmacology for ambulatory cocaine abusers. <i>Archives of General Psychiatry</i> , 51, 177-187.	
Retiro de la benzodiacepina para ataques de pánico	Terapia cognitivo conductual	Otto, M.W., Pollack, M.H., Sachs, G.S., Reiter, S.R., Meltzer-Brody, S., Rosenbaum, J.F. (1993). Discontinuation of benzodiazepine treatment: Efficacy of cognitive behavioral therapy for patients with panic disorder. <i>American Journal of Psychiatry</i> , 150, 1485-1490. Spiegel, D.A., Bruce, T.J., Gregg, S.F., & Nuzzarello, A. (1994). Does cognitive behavior therapy assist slow-taper alprazolam discontinuation in panic disorder? <i>American Journal of Psychiatry</i> , 151, 876-881.	
Abuso del alcohol	Refuerzo de la comunidad	Azrin, N.H. (1976). Improvements in the CR approach to alcoholism. <i>Behaviour Research and Therapy</i> , 14, 339-348. Hunt, G.M., & Azrin, N.J. (1973). A community reinforcement approach to alcoholism. <i>Behaviour Research and Therapy</i> , 11, 91-104.	
Abuso del alcohol	Exposición a señales mas internamiento	Drummond, D.C., & Glautier, S. (1994). A controlled trial of cue exposure treatment in alcohol dependence. <i>Journal of Consulting and Clinical Psychology</i> , 62, 809-817.	
Abuso del alcohol	Terapia marital conductual + disulfiram	O.Farrell, T.J., Cutter, H.S.G., Choquette, K.A., Floyd, F.J., & Bayog, R.D. (1992). Behavioral marital therapy for male alcoholics: Marital and drinking adjustment during the two years after treatment. <i>Behavior Therapy</i> , 23, 529-549. O.Farrell, T.J., Cutter, H.S.G., & Floyd, F.J. (1985). Evaluating behavioral marital therapy for male alcoholics: Effects on marital adjustment and communication from before to after treatment. <i>Behavior Therapy</i> , 16, 147-167.	
Abuso del alcohol	Habilidades sociales e internamiento	Eriksen, L., Bjornstad, S., & Gotestam, K.G. (1986). Social skills training in groups for alcoholics: One-year treatment outcome for groups and individuals. <i>Addictive Behaviors</i> , 11, 309-329.	

DEPRESIÓN			
Problema	Intervención	Referencia	Manual
Depresión	Terapia conductual	Jacobson, N.S., Dobson, K.S., Truax, P.A., Addis, M.E., Koerner, K., Gollan, J.K., Gortner, E., & Prince, S.E. (1996). A component analysis of cognitive-behavioral treatment for depression. <i>Journal of Consulting and Clinical Psychology</i> , 62, 295-304. McLean, P.D., & Hakstian, A.R. (1979). Clinical depression: Comparative efficacy of outpatient treatments. <i>Journal of Consulting and Clinical Psychology</i> , 47, 818-836.	
Depresión	Terapia cognitiva	Dobson, K. S. (1989). A meta-analysis of the efficacy of cognitive therapy for depression. <i>Journal of Consulting and Clinical Psychology</i> , 57, 414-419.	Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). <i>Cognitive Therapy of Depression</i> . New York: Guilford.
Depresión	Terapia Interpersonal de Klerman y Weismann	DiMascio, A., Weissman, M. M., Prusoff, B. A., Neu, C., Zwilling, M., & Klerman, G. L. (1979). Differential symptom reduction by drugs and psychotherapy in acute depression. <i>Archives of General Psychiatry</i> , 36, 1450-1456. Elkin, I., Shea, M. T., Watkins, J. T., Imber, S. D., Sotsky, S. M., Collins, J. F., Glass, D. R., Pilkonis, P. A., Leber, W. R., Docherty, J. P., Fiester, S. J., & Parloff, M. B. (1989). <i>Archives of General Psychiatry</i> , 46, 971-982.	Klerman, G.L., Weissman, M.M., Rounsaville, B.J., & Chevron, E.S. (1984). <i>Interpersonal Psychotherapy of Depression</i> . New York: Basic Books.
Depresión	Psicoeducación	Lewinsohn, P. M., Hoberman, H. M., & Clarke, G. N. (1989). The Coping With Depression Course: Review and future directions. <i>Canadian Journal of Behavioural Science</i> , 21, 470-493.	
Depresión	Terapia dinámica breve	Gallagher-Thompson, D., & Steffen, A.M. (1994). Comparative effects of cognitive-behavioral and brief dynamic therapy for depressed family caregivers. <i>Journal of Consulting and Clinical Psychology</i> , 62, 543-549.	
Depresión	Terapia cognitiva para pacientes geriátricos	Scogin, F., & McElreath, L. (1994). Efficacy of psychosocial treatments for geriatric depression: A quantitative review. <i>Journal of Consulting and Clinical Psychology</i> , 62, 69-74.	
Depresión	Terapia de reminiscencia	Arean, P.A., Perri, M.G., Nezu, A.M., Schein, R.L., Christopher, F., & Joseph, T.X. (1993). Comparative effectiveness of social problem-solving therapy and reminiscence therapy as treatments for depression in older adults. <i>Journal of Consulting and Clinical Psychology</i> , 61, 1003-1010. Scogin, F., & McElreath, L. (1994). Efficacy of psychosocial treatments for geriatric depression: A quantitative review. <i>Journal of Consulting and Clinical Psychology</i> , 62, 69-74.	

DEPRESIÓN			
Problema	Intervención	Referencia	Manual
Depresión	Terapia de autocontrol	Fuchs, C.Z., & Rehm, L.P. (1977). A self-control behavior therapy program for depression. <i>Journal of Consulting and Clinical Psychology</i> , 45, 206-215. Rehm, L.P., Fuchs, C.Z., Roth, D.M., Komblith, S.J., & Romano, J.M. (1979). A comparison of self-control and assertion skills treatments of depression. <i>Behavior Therapy</i> , 10, 429-442.	
Depresión	Terapia en solución de problemas	Nezu, A.M. (1986). Efficacy of a social problem-solving therapy approach for unipolar depression. <i>Journal of Consulting and Clinical Psychology</i> , 54, 196-202. Nezu, A.M., & Perri, M.G. (1989). Social problem-solving therapy for unipolar depression: An initial dismantling investigation. <i>Journal of Consulting and Clinical Psychology</i> , 57, 408-413.	
PROBLEMAS DE SALUD			
Problema	Intervención	Referencia	Manual
Dolor de cabeza crónico	Terapia conductual	Blanchard, E. B., Andrasik, F., Ahles, T. A., Teders, S. J., & O'Keefe, D. (1980). Migraine and tension headache: A meta-analytic review. <i>Behavior Therapy</i> , 11, 613-631. Blanchard, E. B., Schwarz, S. P., & Radnitz, C. (1987). Psychological assessment and treatment of irritable bowel syndrome. <i>Behavior Modification</i> , 11, 348-372. Holroyd, K.A., & Penzien, D.B. (1990). Pharmacological versus nonpharmacological prophylaxis of recurrent migraine headache: A meta-analytic review of clinical trials. <i>Pain</i> , 42, 1-13.	Blanchard, E.B., & Andrasik, F. (1985). <i>Management of Chronic Headache: A Psychological Approach</i> . Elmsford, NY: Pergamon Press.
Migraña	Biofeedback con entrenamiento autógono en relajación	Blanchard, E.B., Theobald, D.E., Williamson, D.A., Silver, B.V., & Brown, D.A. (1978). Temperature biofeedback in the treatment of migraine headaches. <i>Archives of General Psychiatry</i> , 35, 581-588. Sargent, J., Solbach, P., Coyne, L., Spohn, H., & Segerson, J. (1986). Results of a controlled experimental outcome study of non-drug treatment for the control of migraine headache. <i>Journal of Behavioral Medicine</i> , 9, 291-323.	

PROBLEMAS DE SALUD			
Problema	Intervención	Referencia	Manual
Dolor crónico	Terapia cognitiva conductual	Keefe, F. J., Dunsmore, J., & Burnett, R. (1992). Behavioral and cognitive-behavioral approaches to chronic pain: Recent advances and future directions. <i>Journal of Consulting and Clinical Psychology</i> , 60, 528-536. Parker, J.C., Frank, R.G., Beck, N.C., Smarr, K.L., Buescher, K.L., Phillips, L.R., Smith, E.I., Anderson, S.K., & Walker, S.E. (1988). Pain management in rheumatoid arthritis patients: A cognitivebehavioral approach. <i>Arthritis and Rheumatism</i> , 31, 593-601.	Cognitive Behavioral Treatment for Arthritis Pain. Duke Medical Center, Turk, D.C., Meichenbaum, D., & Genest, M. (1983). Pain and behavioral medicine: A cognitive-behavioral perspective. New York:Guilford Press. Keefe, F. J., Beupre, P. M., & Gil, K. M. (1997). Group therapy for patients with chronic pain. In R. J. Gatchel & D. C. Turk (Eds.) <i>Psychological treatments for pain: A practitioner's handbook</i> . New York: Guilford Press.
Dolor crónico	Terapia cognitivo conductual mas terapia física	Nicholas, M.K., Wilson, P.H., & Goyen, J. (1991). Operant-behavioral and cognitive-behavioral treatment for chronic low back pain. <i>Behaviour Research and Therapy</i> , 29, 225-238.	
Dolor crónico	Biofeedback electromiográfico	Flor, H., & Birbaumer, N. (1993). Comparison of the efficacy of electromyographic biofeedback, cognitive-behavioral therapy, and conservative medical interventions in the treatment of chronic musculoskeletal pain. <i>Journal of Consulting and Clinical Psychology</i> , 61, 653-658. Newton-John, T.R.O., Spence, S.H., & Schotte, D. (1995). Cognitive-behavioral therapy versus EMG biofeedback in the treatment of chronic low back pain. <i>Behaviour Research and Therapy</i> , 33, 691-697	
Dolor crónico	Terapia conductual operante	Turner, J.A., & Clancy, S. (1988). Comparison of operant behavioral and cognitive-behavioral group treatment for chronic low back pain. <i>Journal of Consulting and Clinical Psychology</i> , 56, 261-266. Turner, J.A., Clancy, S., McQuade, K.J., & Cardenas, D.D. (1990). Effectiveness of behavioral therapy for chronic low back pain: A component analysis. <i>Journal of Consulting and Clinical Psychology</i> , 58, 573-579.	
Dolor crónico (espalda)	Terapia cognitivo conductual	Turner, J.A., & Clancy, S. (1988). Comparison of operant behavioral and cognitive-behavioral group treatment for chronic low back pain. <i>Journal of Consulting and Clinical Psychology</i> , 56, 261-266.	

PROBLEMAS DE SALUD			
Problema	Intervención	Referencia	Manual
Bulimia	Terapia Cognitivo conductual	<p>Agras, W.S., Schneider, J.A., Arnow, B., Raeburn, S.D., & Telch, C.F. (1989). Cognitive-behavioral and response-prevention treatments for bulimia nervosa. <i>Journal of Consulting and Clinical Psychology</i>, 57, 215-221.</p> <p>Thackwray, D.E., Smith, M.C., Bodfish, J.W., & Meyers, A.W. (1993). A comparison of behavioral and cognitive-behavioral interventions for bulimia nervosa. <i>Journal of Consulting and Clinical Psychology</i>, 61, 639-645.</p> <p>Fairburn, C. G., Jones, R., Peveler, R. C., Hope, R. A., O'Conner, M. (1993). Psychotherapy and bulimia nervosa: Longer-term effects of interpersonal psychotherapy, behavior therapy, and cognitive behavior therapy. <i>Archives of General Psychiatry</i>, 50, 419-428.</p>	<p>Agras, W.S., & Apple, R.F. (1997). <i>Overcoming eating disorders: A cognitive behavioral treatment for bulimia nervosa and binge-eating disorder</i>. San Antonio, TX: The Psychological Corporation.</p> <p>Fairburn, C.G. (1985). Cognitive-behavioral treatment for bulimia. In D.M. Garner and P.E. Garfinkel (Eds.) <i>Handbook of Psychotherapy for Anorexia Nervosa and Bulimia</i>. New York: Plenum Press.</p> <p>Fairburn, C.G., Marcus, M.D., & Wilson, G.T. (1993). Cognitive-behavioral therapy for binge eating and bulimia nervosa. In C.G. Fairburn & G.T. Wilson (Eds.) <i>Binge Eating: Nature, Assessment, and Treatment</i>. New York: Guilford Press.</p>
Bulimia	Terapia interpersonal	<p>Wilfley, D. E., Agras, W. S., Telch, C. F., Rossiter, E. M., Schneider, J. A., Cole, A. G., Sifford, L., & Raeburn, S. D. (1993). Group cognitive-behavioral therapy and group interpersonal psychotherapy for the nonpurging bulimic individual: A controlled comparison. <i>Journal of Consulting and Clinical Psychology</i>, 61, 296-305.</p> <p>Fairburn, C. G., Jones, R., Peveler, R. C., Hope, R. A., O'Conner, M. (1993). Psychotherapy and bulimia nervosa: Longer-term effects of interpersonal psychotherapy, behavior therapy, and cognitive behavior therapy. <i>Archives of General Psychiatry</i>, 50, 419-428</p>	<p>Fairburn, C.G. (1993). Interpersonal psychotherapy for bulimia nervosa. In G.L. Klerman & M.M. Weissman (Eds.) <i>New Applications of Interpersonal Therapy</i>. Washington, DC: American Psychiatric Press.</p>
Fumar	Terapia cognitiva conductual multicomponente con prevención de recaídas	<p>Hill, R.D., Rigdon, M., & Johnson, S. (1993). Behavioral smoking cessation treatment for older chronic smokers. <i>Behavior Therapy</i>, 24, 321-329.</p> <p>Stevens, V.J., & Hollis, J.F. (1989). Preventing smoking relapse, using an individually tailored skills-training technique. <i>Journal of Consulting and Clinical Psychology</i>, 57, 420-424.</p>	
Fumar	Reducción programada del hábito de fumar con terapia conductual multicomponente	<p>Cinciripini, P.M., Lapitsky, L.G., Seay, S., Wallfisch, A., Kitchens, K., & van Vunakis, H. (1995). The effects of smoking schedules on cessation outcome: Can we improve on common methods of gradual and abrupt nicotine withdrawal? <i>Journal of Consulting and Clinical Psychology</i>, 63, 388-399.</p> <p>Cinciripini, P.M., Lapitsky, L.G., Wallfisch, A., Mace, R., Nezami, E., & van Vunakis, H. (1994). An evaluation of a multicomponent treatment program involving scheduled smoking and relapse prevention procedures: Initial findings. <i>Addictive Behaviors</i>, 19, 13-22</p>	

PROBLEMAS DE SALUD			
Problema	Intervención	Referencia	Manual
Obesidad infantil	Terapia conductual	Epstein, L.H., Valoski, A., Wing, R.R., & McCurley, J. (1994). Tenyear outcomes of behavioral family-based treatment for childhood obesity. <i>Health Psychology, 13</i> , 373-383. Wheeler, M.E., & Hess, K.W. (1976). Treatment of juvenile obesity by successive approximation control of eating. <i>Journal of Behavior Therapy and Experimental Psychiatry, 7</i> , 235-241.	
Trastorno por atracón	Terapia cognitiva conductual	Telch, C.F., Agras, W.S., Rossiter, E.M., Wilfley, D., & Kenardy, J. (1990). Group cognitive-behavioral treatment for the nonpurging bulimic. <i>Journal of Consulting and Clinical Psychology, 58</i> , 629-635. Wilfley, D. E., Agras, W. S., Telch, C. F., Rossiter, E. M., Schneider, J. A., Cole, A. G., Sifford, L., & Raeburn, S. D. (1993). Group cognitive-behavioral therapy and group interpersonal psychotherapy for the nonpurging bulimic individual: A controlled comparison. <i>Journal of Consulting and Clinical Psychology, 61</i> , 296-305.	
Obesidad	Hipnosis y terapia cognitivo conductual	Bolocofsky, D.N., Spinler, D., & Coulthard-Morris, L. (1985). Effectiveness of hypnosis as an adjunct to behavioral weight management. <i>Journal of Clinical Psychology, 41</i> , 35-41. Wilfley, D. E., Agras, W. S., Telch, C. F., Rossiter, E. M., Schneider, J. A., Cole, A. G., Sifford, L., & Raeburn, S. D. (1993). Group cognitive-behavioral therapy and group interpersonal psychotherapy for the nonpurging bulimic individual: A controlled comparison. <i>Journal of Consulting and Clinical Psychology, 61</i> , 296-305.	
Síndrome del cólon irritable	Terapi cognitiva multicomponente	Lynch, P.M., & Zamble, E. (1989). A controlled behavioral treatment study of irritable bowel syndrome. <i>Behavior Therapy, 20</i> , 509-523. Payne, A., & Blanchard, E.B. (1995). A controlled comparison of cognitive therapy and self-help support groups in the treatment of irritable bowel syndrome. <i>Journal of Consulting and Clinical Psychology, 63</i> , 779-786.	
Dolor por enfermedad de célula falciforme (sickle cell disease pain)	Terapia cognitivo-conductual multicomponente	Gil, K.M., Wilson, J.J., Edens, J.L., Webster, D.A., Abrams, M.A., Orringer, E., Grant, M., Clark, W.C., & Janal, M.N. (1996). The effects of cognitive coping skills training on coping strategies and experimental pain sensitivity in African American adults with sickle cell disease. <i>Health Psychology, 15</i> , 3-10.	

PROBLEMAS DE SALUD			
Problema	Intervención	Referencia	Manual
Síndrome de Raynaud	Biofeedback térmico	Freedman, R.R., Ianni, P., & Wenig, P. (1983). Behavioral treatment of Raynaud's disease. <i>Journal of Consulting and Clinical Psychology</i> , 51, 539-549.	
PROBLEMAS DE CONDUCTA EN NIÑOS			
Problema	Intervención	Referencia	Manual
Enuresis	Modificación de conducta	Houts, A.C., Berman, J.S., & Abramson, H. (1994). Effectiveness of psychological and pharmacological treatments for nocturnal enuresis. <i>Journal of Consulting and Clinical Psychology</i> , 62, 737-745. Kupfersmid, J. (1989). Treatment of nocturnal enuresis: A status report. <i>The Psychiatric Forum</i> , 14, 37-46.	Azrin, N.H. & Besalel, V.B. (1979). <i>A Parent's Guide To Bedwetting Control</i> . New York: Pocket Books. Full Spectrum Home Training for Nocturnal Enuresis. Department of Psychology, University of Memphis,
Conducta oposicionista	Terapia conductual	Walter, H. I., & Gilmore, S. K. (1973). Placebo versus social learning effects in parent training procedures designed to alter the behavior of aggressive boys. <i>Behavior Therapy</i> , 4, 361-377. Wells, K. C., & Egan, J. (1988). Social learning and systems family therapy for childhood oppositional disorder: Comparative treatment outcome. <i>Comprehensive Psychiatry</i> , 29, 138-146.	Forehand, R., & McMahon, R. J. (1981). <i>Helping the noncompliant child: A clinician's guide for parent training</i> . New York: Guilford. Kozloff, M. A. (1979). <i>A program for families of children with learning and behavior problems</i> . New York: Wiley. Parent-Child Interaction Therapy. Department of Clinical and Health Psychology, University of Florida, Patterson, G. R., Reid, J. B., Jones, R. R., & Conger, R. E. (1975). <i>A social learning approach to family interaction (Vol. 1)</i> . Eugene, OR: Castalia Publishing. Patterson, G. R., & Forgatch, M. (1987). <i>Parents and adolescents living together --Part 1: The basics</i> . Eugene, OR: Castalia Publishing. Forgatch, M., & Patterson, G.R. (1987). <i>Parents and adolescents living together -- Part 2: Family problem solving</i> . Eugene, OR: Castalia Publishing. Sanders, M. R., & Dadds, M. R. (1993). <i>Behavioral family intervention</i> . Needham Heights, MA: Allyn & Bacon.
Encopresis	Modificación de conducta	O'Brien, S., Ross, L.V., & Christophersen, E.R. (1986). Primary encopresis: Evaluation and treatment. <i>Journal of Applied Behavior Analysis</i> , 19, 137-145. Wright, L., & Walker, C. E. (1978). A simple behavioral treatment program for psychogenic encopresis. <i>Behaviour Research and Therapy</i> , 16, 209-212.	

PROBLEMAS DE CONDUCTA EN NIÑOS			
Problema	Intervención	Referencia	Manual
Ansiedad	Terapia cognitiva conductual para la ansiedad de separación, desorden de evitación y sobreansiedad	Kendall, P.C. (1994). Treating anxiety disorders in children: Results of a randomized clinical trial. <i>Journal of Consulting and Clinical Psychology</i> , 62, 100-110. Kendall, P.C., Flannery-Schroeder, E., Panichelli-Mindel, S.M., Southam-Gerow, M., Henin, A., & Warman, M. (1997). Therapy for youths with anxiety disorders: A second randomized clinical trial. <i>Journal of Consulting and Clinical Psychology</i> , 65, 366-380	
Ansiedad	Entrenamiento en el manejo de la ansiedad en la familia	Barrett, P.M., Dadds, M.R., & Rapee, R.M. (1996). Family treatment of childhood anxiety: A controlled trial. <i>Journal of Consulting and Clinical Psychology</i> , 64, 333-342.	
Fobia simple	Exposición	Menzies, R.G., & Clarke, J.C. (1993). A comparison of in vivo and vicarious exposure in the treatment of childhood water phobia. <i>Behaviour Research and Therapy</i> , 31, 9-15.	
PROBLEMAS MARITALES			
Problema	Intervención	Referencia	Manual
Conflicto marital	Terapia conductual	Azrin, N. H., Bersalel, A., Bechtel, R., Michalicek, A., Mancera, M., Carroll, D., Shuford, D., & Cox, J. (1980). Comparison of reciprocity and discussion-type counseling for marital problems. <i>American Journal of Family Therapy</i> , 8, 21-28. Jacobson, N. S., & Follette, W. C. (1985). Clinical significance of improvement resulting from two behavioral marital therapy components. <i>Behavior Therapy</i> , 16, 249-262.	Jacobson, N.S., & Margolin, G. (1979). <i>Marital therapy: Strategies based on Social Learning and Behavior Exchange Principles</i> . New York: Brunner/Mazel. Baucom, D.H., & Epstein, N. (1990). <i>Cognitive-Behavioral Marital Therapy</i> . New York: Brunner/Mazel.
Conflicto marital	Terapia de pareja enfocada en la emoción	James, P.S. (1991). Effects of a communication training component added to an emotionally focused couples therapy. <i>Journal of Marital and Family Therapy</i> , 17, 263-275. Johnson, S. M., & Greenberg, L. S. (1985). Differential effects of experiential and problem-solving interventions in resolving marital conflict. <i>Journal of Consulting and Clinical Psychology</i> , 53, 175-184.	
Conflicto marital	Terapia marital orientada al insight	Snyder, D.K., & Wills, R.M. (1989). Behavioral versus insight-oriented marital therapy: Effects on individual and interspousal functioning. <i>Journal of Consulting and Clinical Psychology</i> , 57, 39-46.	

DISFUNCIONES SEXUALES			
Problema	Intervención	Referencia	Manual
Disfunciones sexuales	Terapia conductual	Auerbach, R., & Kilmann, P. R. (1977). The effects of group systematic desensitization on secondary erectile failure. <i>Behavior Therapy</i> , 8, 330-339. LoPiccolo, J., & Stock, W. E. (1986). Treatment of sexual dysfunction. <i>Journal of Consulting and Clinical Psychology</i> , 54, 158-167.	
Deseo Sexual femenino hipoactivo	Terapia combinada de Hulbert	Hurlbert, D.F., White, C.L., & Powell, R.D. (1993). Orgasm consistency training in the treatment of women reporting hypoactive sexual desire: An outcome comparison of women-only groups and couple-only groups. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 24, 3-13.	
Deseo Sexual femenino hipoactivo	Terapia marital y sexual combinada de Zimmer	Zimmer, D. (1987). Does marital therapy enhance the effectiveness of treatment for sexual dysfunction? <i>Journal of Sex and Marital Therapy</i> , 13, 193-209.	
Disfunción orgásmica femenina	Terapia sexual de Masters & Johnson	Everaerd, W., & Dekker, J. (1981). A comparison of sex therapy and communication therapy: Couples complaining of orgasmic dysfunction. <i>Journal of Sex and Marital Therapy</i> , 7, 278-289.	
OTROS			
Problema	Intervención	Referencia	Manual
Enfermedad mental crónica	Economía de fichas	Lieberman, R. P. (1972). Behavioral modification of schizophrenia: A review. <i>Schizophrenia Bulletin</i> , 1(6), 37-48. Hogarty, G. E., Anderson, C. M., Reiss, D. J., Kornblith, S. J., Greenwald, D. P., Javna, C. D., & Madonia, M. J. (1986). Family psychoeducation, social skills training, and maintenance chemotherapy in the aftercare treatment of schizophrenia: I. One-year effects of a controlled study on relapse and expressed emotion. <i>Archives of General Psychiatry</i> , 43, 633-642. Falloon, R. H., Boyd, J. L., McGill, C. W., Williamson, M., Razani, A., Moss, H. B., Gulderman, A. M., & Simpson, G. M. (1985). Family management in the prevention of morbidity of schizophrenia: Clinical outcome of a twoyear longitudinal study. <i>Archives of General Psychiatry</i> , 42, 887-896.	Ayllon, T., & Azrin, N. (1968). <i>The token economy: A motivational system for therapy and rehabilitation</i> . New York: Appleton-Century-Crofts.

PROBLEMAS DE CONDUCTA EN NIÑOS			
Problema	Intervención	Referencia	Manual
Esquizofrenia	Intervención familiar	Falloon, I.R.H., Boyd, J.L., McGill, C.W., Williamson, M., Razani, J., Moss, H.B., Gilderman, A.M., & Simpson, G.M. (1985). Family management in the prevention of morbidity of schizophrenia: Clinical outcome of a two year longitudinal study. <i>Archives of General Psychiatry</i> , 42, 887-896. Randolph, E.T., Eth, S., Glynn, S., Paz, G.B., Leong, G.B., Shaner, A.L., Strachan, A., Van Vort, W., Escobar, J., & Liberman, R.P. (1994). Behavioural family management in schizophrenia: Outcome from a clinic-based intervention. <i>British Journal of Psychiatry</i> , 144, 501-506.	
Esquizofrenia	Entrenamiento en habilidades sociales	Marder, S.R., Wirshing, W.C., Mintz, J., McKenzie, J., Johnston, K., Eckman, T.A., Lebell, M., Zimmerman, K., & Liberman, R.P. (1996). Two-year outcome of social skills training and group psychotherapy for outpatients with schizophrenia. <i>American Journal of Psychiatry</i> , 153, 1585-1592.	
Enfermedades mentales graves	Empleo con apoyo	Drake, R.E., McHugo, G.J., Becker, D.R., Anthony, W.A., & Clark, R.E. (1996). The New Hampshire supported employment study. <i>Journal of Consulting and Clinical Psychology</i> , 64, 391-399.	
Ofensores sexuales	Modificación de conducta	Marshall, W. L., Jones, R., Ward, T., Johnston, P., & Barbaree, H. E. (1991). Treatment outcome with sex offenders. <i>Clinical Psychology Review</i> , 11, 465-485	
Personalidad borderline	Terapia dialéctica conductual	Linehan, M. M., Armstrong, H. E., Suarez, A., Allmon, D., & Heard, H. L. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. <i>Archives of General Psychiatry</i> , 48, 1060-1064.	
Habitos no deseados	Terapia conductual	Azrin, N. H., Nunn, R. G., & Frantz, S. E. (1980). Habit reversal vs. negative practice treatment of nailbiting. <i>Behaviour Research and Therapy</i> , 18, 281-285. Azrin, N. H., Nunn, R. G., & Frantz-Renshaw, S. (1980). Habit reversal treatment of thumbsucking. <i>Behaviour Research and Therapy</i> , 18, 395-399.	

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- Chambless DL, Baker M, Baucom DH, Beutler LE, Calhoun KS, et al. 1998. Update on empirically validated-therapies, II. *Clin. Psychol.* 51(1):3-16
- Woody, S.R. & Sanderson, W.C. (1998). Manuals for empirically supported treatments: 1998 update from the task force on psychological interventions. *The Clinical Psychologist*, 51, 17-21.