

WEBVTT

NOTE duration:"01:14:25.5360000"

NOTE language:en-us

NOTE Confidence: 0.8489899

00:00:00.000 --> 00:00:02.070 Just want to say how pleased

NOTE Confidence: 0.8489899

00:00:02.070 --> 00:00:04.738 we are to have you here today.

NOTE Confidence: 0.8489899

00:00:04.740 --> 00:00:07.379 And it's my honor to introduce Doctor

NOTE Confidence: 0.8489899

00:00:07.379 --> 00:00:10.520 Wendy Silverman who is a who is the Alfred,

NOTE Confidence: 0.8489899

00:00:10.520 --> 00:00:12.956 a MSR professor of child psychiatry and

NOTE Confidence: 0.8489899

00:00:12.956 --> 00:00:15.535 director of the Anxiety and Mood Disorders

NOTE Confidence: 0.8489899

00:00:15.535 --> 00:00:19.720 Program at the Yale Child Study Center.

NOTE Confidence: 0.8523846

00:00:19.720 --> 00:00:21.488 Doctor Silverman received her

NOTE Confidence: 0.8523846

00:00:21.490 --> 00:00:23.700 PhD in clinical psychology from

NOTE Confidence: 0.8523846

00:00:23.700 --> 00:00:25.468 Case Western Reserve University,

NOTE Confidence: 0.8523846

00:00:25.470 --> 00:00:29.006 and she's been at the Yale University for

NOTE Confidence: 0.8523846

00:00:29.006 --> 00:00:33.190 quite some time now following her training.

NOTE Confidence: 0.8523846

00:00:33.190 --> 00:00:36.520 Over the course of her career, she is really.

NOTE Confidence: 0.8523846

00:00:36.520 --> 00:00:37.960 She's published numerous scientific

NOTE Confidence: 0.8523846

00:00:37.960 --> 00:00:40.556 papers and chapters in the area of

NOTE Confidence: 0.8523846

00:00:40.556 --> 00:00:42.436 child and adolescent anxiety disorders,

NOTE Confidence: 0.8523846

00:00:42.440 --> 00:00:44.290 including five books of note.

NOTE Confidence: 0.8523846

00:00:44.290 --> 00:00:46.140 She developed the Anxiety Disorders

NOTE Confidence: 0.8523846

00:00:46.140 --> 00:00:47.620 interview scheduled for Children,

NOTE Confidence: 0.8523846

00:00:47.620 --> 00:00:50.045 which is widely used in

NOTE Confidence: 0.8523846

00:00:50.045 --> 00:00:51.500 research and practice.

NOTE Confidence: 0.8523846

00:00:51.500 --> 00:00:53.848 In addition to her scholarly papers,

NOTE Confidence: 0.8523846

00:00:53.850 --> 00:00:56.580 she's been the principal investigator or Co.

NOTE Confidence: 0.8523846

00:00:56.580 --> 00:00:58.096 Investigator on National Institute

NOTE Confidence: 0.8523846

00:00:58.096 --> 00:00:59.991 of Mental Health Research Grants

NOTE Confidence: 0.8523846

00:00:59.991 --> 00:01:02.019 to develop and evaluate treatments

NOTE Confidence: 0.8523846

00:01:02.019 --> 00:01:04.004 for anxiety disorders in children,

NOTE Confidence: 0.8523846

00:01:04.010 --> 00:01:04.424 adolescents.

NOTE Confidence: 0.8523846

00:01:04.424 --> 00:01:07.322 She served as the chairperson of the

NOTE Confidence: 0.8523846

00:01:07.322 --> 00:01:09.617 NIH Intervention Grant Review Panel and
NOTE Confidence: 0.8523846

00:01:09.617 --> 00:01:12.183 as an associate editor and editor of
NOTE Confidence: 0.8523846

00:01:12.183 --> 00:01:14.553 many of the major preeminent journals
NOTE Confidence: 0.8523846

00:01:14.553 --> 00:01:16.916 in clinical psychology and as a
NOTE Confidence: 0.8523846

00:01:16.916 --> 00:01:19.706 reflection of her stature in the field.
NOTE Confidence: 0.8523846

00:01:19.706 --> 00:01:21.796 She is a past president.
NOTE Confidence: 0.8523846

00:01:21.800 --> 00:01:24.215 The Society of Clinical Child
NOTE Confidence: 0.8523846

00:01:24.215 --> 00:01:26.630 and Adolescent Psychology of the
NOTE Confidence: 0.888463725

00:01:26.630 --> 00:01:29.098 American Psychological Association. And
NOTE Confidence: 0.8722872

00:01:29.100 --> 00:01:30.336 perhaps most importantly,
NOTE Confidence: 0.8722872

00:01:30.336 --> 00:01:32.396 in some respects she's been
NOTE Confidence: 0.8722872

00:01:32.396 --> 00:01:34.519 working with anxious youth and
NOTE Confidence: 0.8722872

00:01:34.519 --> 00:01:36.167 their families and supervising
NOTE Confidence: 0.8722872

00:01:36.167 --> 00:01:38.340 trainees for over three decades.
NOTE Confidence: 0.8722872

00:01:38.340 --> 00:01:41.084 So you know she's provided both clinical
NOTE Confidence: 0.8722872

00:01:41.084 --> 00:01:43.826 service but also has seated the next

NOTE Confidence: 0.8722872

00:01:43.826 --> 00:01:46.178 generation of researchers in this area.

NOTE Confidence: 0.8722872

00:01:46.180 --> 00:01:49.244 So today I'm really I want to say

NOTE Confidence: 0.8722872

00:01:49.244 --> 00:01:52.060 how fortunate we are to have the

NOTE Confidence: 0.8722872

00:01:52.060 --> 00:01:55.800 opportunity to learn from you today.

NOTE Confidence: 0.8722872

00:01:55.800 --> 00:01:57.756 From your experience as a clinician,

NOTE Confidence: 0.8722872

00:01:57.760 --> 00:01:59.846 an innovative researcher in the field of

NOTE Confidence: 0.8722872

00:01:59.846 --> 00:02:01.670 child and adolescent anxiety disorders.

NOTE Confidence: 0.8722872

00:02:01.670 --> 00:02:03.300 So thank you very much.

NOTE Confidence: 0.8854506

00:02:04.320 --> 00:02:06.497 OK, well thank you very much Stephanie

NOTE Confidence: 0.8854506

00:02:06.497 --> 00:02:08.551 for that very nice introduction and

NOTE Confidence: 0.8854506

00:02:08.551 --> 00:02:10.663 also thank you for inviting me.

NOTE Confidence: 0.8854506

00:02:10.670 --> 00:02:13.838 It's an honor to be able to present

NOTE Confidence: 0.8854506

00:02:13.838 --> 00:02:17.148 today at Grand rounds in psychiatry.

NOTE Confidence: 0.8854506

00:02:17.150 --> 00:02:20.192 I'm I didn't realize when I was going to

NOTE Confidence: 0.8854506

00:02:20.192 --> 00:02:22.959 begin preparing for this presentation.

NOTE Confidence: 0.8854506

00:02:22.960 --> 00:02:25.888 What actually would have?
NOTE Confidence: 0.8854506

00:02:25.890 --> 00:02:26.786 Wonderful opportunity,
NOTE Confidence: 0.8854506

00:02:26.786 --> 00:02:29.474 it actually provided me to actually
NOTE Confidence: 0.8854506

00:02:29.474 --> 00:02:32.879 stop and sit and reflect on what it is
NOTE Confidence: 0.8854506

00:02:32.880 --> 00:02:35.592 that I've been doing for more than half
NOTE Confidence: 0.8854506

00:02:35.592 --> 00:02:39.558 of my life which is trying to help and
NOTE Confidence: 0.8854506

00:02:39.558 --> 00:02:41.920 understand anxiety disorders in children.
NOTE Confidence: 0.8854506

00:02:41.920 --> 00:02:44.993 And so I think you'll hear throughout
NOTE Confidence: 0.8854506

00:02:44.993 --> 00:02:46.858 my presentation of reflection
NOTE Confidence: 0.8854506

00:02:46.858 --> 00:02:49.208 of some of my reflection.
NOTE Confidence: 0.8854506

00:02:49.210 --> 00:02:51.706 And this also will include a
NOTE Confidence: 0.8854506

00:02:51.706 --> 00:02:52.954 some historical perspective,
NOTE Confidence: 0.8854506

00:02:52.960 --> 00:02:55.345 because I think that historical
NOTE Confidence: 0.8854506

00:02:55.345 --> 00:02:58.240 perspective also helps put the work
NOTE Confidence: 0.8854506

00:02:58.240 --> 00:03:01.264 that will be presenting in some context.
NOTE Confidence: 0.8854506

00:03:01.270 --> 00:03:04.198 So this is the title of my presentation,

NOTE Confidence: 0.8854506

00:03:04.200 --> 00:03:06.396 which I hope will become clearer

NOTE Confidence: 0.8854506

00:03:06.396 --> 00:03:07.860 what it all means.

NOTE Confidence: 0.8854506

00:03:07.860 --> 00:03:10.415 As I get through it the type,

NOTE Confidence: 0.8854506

00:03:10.420 --> 00:03:11.884 the term experimental psychotherapeutics.

NOTE Confidence: 0.8854506

00:03:11.884 --> 00:03:14.080 I actually really love that term.

NOTE Confidence: 0.8854506

00:03:14.080 --> 00:03:14.812 It's not.

NOTE Confidence: 0.8854506

00:03:14.812 --> 00:03:17.008 It's a term from the NIH,

NOTE Confidence: 0.8854506

00:03:17.010 --> 00:03:18.792 and I actually love it because

NOTE Confidence: 0.8854506

00:03:18.792 --> 00:03:21.026 I think it does highlight that

NOTE Confidence: 0.8854506

00:03:21.026 --> 00:03:22.496 we're doing experiment.

NOTE Confidence: 0.8854506

00:03:22.500 --> 00:03:23.960 We're doing extremely well

NOTE Confidence: 0.8854506

00:03:23.960 --> 00:03:24.690 controlled experiments,

NOTE Confidence: 0.8854506

00:03:24.690 --> 00:03:27.010 but it's kind of a handful to be

NOTE Confidence: 0.8854506

00:03:27.010 --> 00:03:29.450 saying this throughout my presentation,

NOTE Confidence: 0.8854506

00:03:29.450 --> 00:03:31.748 so I will be referring to

NOTE Confidence: 0.8854506

00:03:31.748 --> 00:03:32.514 experimental psychotherapeutics.
NOTE Confidence: 0.8854506

00:03:32.520 --> 00:03:36.650 As clinical trials this morning.
NOTE Confidence: 0.8854506

00:03:36.650 --> 00:03:37.940 And this, uh?
NOTE Confidence: 0.8854506

00:03:37.940 --> 00:03:40.090 Stephanie mentioned the interview schedule,
NOTE Confidence: 0.8854506

00:03:40.090 --> 00:03:42.670 which I will be talking about
NOTE Confidence: 0.8854506

00:03:42.670 --> 00:03:44.390 in a few minutes,
NOTE Confidence: 0.8854506

00:03:44.390 --> 00:03:47.400 and I do receive royalties from that,
NOTE Confidence: 0.8854506

00:03:47.400 --> 00:03:50.060 so my objectives for today is to
NOTE Confidence: 0.8854506

00:03:50.060 --> 00:03:51.724 summarize knowledge and identify
NOTE Confidence: 0.8854506

00:03:51.724 --> 00:03:53.994 knowledge gaps in clinical trials
NOTE Confidence: 0.8854506

00:03:53.994 --> 00:03:56.430 of of cognitive behavior therapy,
NOTE Confidence: 0.8854506

00:03:56.430 --> 00:03:59.010 which CBT in my slides of
NOTE Confidence: 0.8854506

00:03:59.010 --> 00:04:00.300 pediatric anxiety disorders.
NOTE Confidence: 0.8854506

00:04:00.300 --> 00:04:02.880 And then this is a journey.
NOTE Confidence: 0.8854506

00:04:02.880 --> 00:04:05.070 So I will be highlighting
NOTE Confidence: 0.8854506

00:04:05.070 --> 00:04:07.260 my journey to enhance CBT.

NOTE Confidence: 0.8854506

00:04:07.260 --> 00:04:09.798 Outcomes and the way I've been

NOTE Confidence: 0.8854506

00:04:09.798 --> 00:04:13.122 trying to do this is by augmenting

NOTE Confidence: 0.8854506

00:04:13.122 --> 00:04:15.170 and dismantling clinical trials

NOTE Confidence: 0.8854506

00:04:15.170 --> 00:04:18.954 and a lot of this work has been

NOTE Confidence: 0.8854506

00:04:18.954 --> 00:04:21.581 with parents and within the past

NOTE Confidence: 0.8854506

00:04:21.581 --> 00:04:24.347 eight to 10 years with attention,

NOTE Confidence: 0.8854506

00:04:24.350 --> 00:04:25.140 retraining methods.

NOTE Confidence: 0.8854506

00:04:25.140 --> 00:04:27.905 And then because I am at heart

NOTE Confidence: 0.8854506

00:04:27.905 --> 00:04:30.720 wanting to really help children and

NOTE Confidence: 0.8854506

00:04:30.720 --> 00:04:32.600 trained clinicians and supervise

NOTE Confidence: 0.8854506

00:04:32.600 --> 00:04:34.979 trainees throughout my presentation,

NOTE Confidence: 0.8854506

00:04:34.980 --> 00:04:37.470 I will be weaving through.

NOTE Confidence: 0.8854506

00:04:37.470 --> 00:04:39.085 The things that we've learned

NOTE Confidence: 0.8854506

00:04:39.085 --> 00:04:40.054 that discoveries clinically,

NOTE Confidence: 0.8854506

00:04:40.060 --> 00:04:40.999 and the implications,

NOTE Confidence: 0.8854506

00:04:40.999 --> 00:04:42.877 and then I'll conclude with the
NOTE Confidence: 0.8854506

00:04:42.877 --> 00:04:44.269 ongoing and future research.
NOTE Confidence: 0.8649582

00:04:46.380 --> 00:04:48.018 Since there is a lot I'm trying
NOTE Confidence: 0.8649582

00:04:48.018 --> 00:04:51.360 to pack in, it's like you know.
NOTE Confidence: 0.8649582

00:04:51.360 --> 00:04:53.810 This is the structure of my presentation.
NOTE Confidence: 0.8649582

00:04:53.810 --> 00:04:56.610 As you'll see some background about the DSM,
NOTE Confidence: 0.8649582

00:04:56.610 --> 00:04:58.360 some background and CBT sampling,
NOTE Confidence: 0.8649582

00:04:58.360 --> 00:05:00.110 then the work with the
NOTE Confidence: 0.8649582

00:05:00.110 --> 00:05:01.860 parents and then and then,
NOTE Confidence: 0.8649582

00:05:01.860 --> 00:05:03.924 which is much of the emphasis
NOTE Confidence: 0.8649582

00:05:03.924 --> 00:05:06.071 and then the attention can be
NOTE Confidence: 0.8649582

00:05:06.071 --> 00:05:08.159 training and some of the takeaways.
NOTE Confidence: 0.8475516

00:05:11.220 --> 00:05:15.370 So I do need to begin with at the beginning,
NOTE Confidence: 0.8475516

00:05:15.370 --> 00:05:18.160 actually, because some people in the
NOTE Confidence: 0.8475516

00:05:18.160 --> 00:05:20.814 audience might not even have been
NOTE Confidence: 0.8475516

00:05:20.814 --> 00:05:23.662 born in when the DSM three came out,

NOTE Confidence: 0.8475516

00:05:23.670 --> 00:05:25.966 which was in 1980 because it was

NOTE Confidence: 0.8475516

00:05:25.966 --> 00:05:28.743 only in 1980 when there was even

NOTE Confidence: 0.8475516

00:05:28.743 --> 00:05:30.893 some things called anxiety disorders

NOTE Confidence: 0.8475516

00:05:30.893 --> 00:05:33.218 in children and adolescents.

NOTE Confidence: 0.8475516

00:05:33.220 --> 00:05:35.295 DSM two just had something

NOTE Confidence: 0.8475516

00:05:35.295 --> 00:05:36.540 called overanxious reaction,

NOTE Confidence: 0.8475516

00:05:36.540 --> 00:05:39.418 so all of a sudden, dear, some.

NOTE Confidence: 0.8475516

00:05:39.418 --> 00:05:40.630 Free in 1980,

NOTE Confidence: 0.8475516

00:05:40.630 --> 00:05:43.422 there was a whole new set of problems

NOTE Confidence: 0.8475516

00:05:43.422 --> 00:05:46.200 that came into existence and I don't,

NOTE Confidence: 0.8475516

00:05:46.200 --> 00:05:48.050 and that's a literal statement.

NOTE Confidence: 0.8475516

00:05:48.050 --> 00:05:50.252 An an I actually began my

NOTE Confidence: 0.8475516

00:05:50.252 --> 00:05:52.130 career in the early 80s,

NOTE Confidence: 0.8475516

00:05:52.130 --> 00:05:54.356 and so this was a ripe opportunity

NOTE Confidence: 0.8475516

00:05:54.356 --> 00:05:56.465 for me to get into something

NOTE Confidence: 0.8475516

00:05:56.465 --> 00:05:58.992 that was brand new and that was
NOTE Confidence: 0.8475516

00:05:59.068 --> 00:06:02.001 exciting and I had done some related
NOTE Confidence: 0.8475516

00:06:02.001 --> 00:06:03.653 fear studies Graduate School,
NOTE Confidence: 0.8475516

00:06:03.653 --> 00:06:06.797 but it was really a brand new opportunity
NOTE Confidence: 0.8475516

00:06:06.797 --> 00:06:09.565 and and we didn't know at the time,
NOTE Confidence: 0.8475516

00:06:09.570 --> 00:06:11.988 but we now know how prevalent
NOTE Confidence: 0.8475516

00:06:11.988 --> 00:06:14.529 these problems are and how the on.
NOTE Confidence: 0.8475516

00:06:14.530 --> 00:06:17.260 Set of these problems begin so early.
NOTE Confidence: 0.8475516

00:06:17.260 --> 00:06:20.348 Median age of onset is 11 and the
NOTE Confidence: 0.8475516

00:06:20.348 --> 00:06:21.964 lifetime prevalence of anxiety
NOTE Confidence: 0.8475516

00:06:21.964 --> 00:06:23.889 disorders is close to 30%.
NOTE Confidence: 0.8475516

00:06:23.890 --> 00:06:26.422 And anybody who knows people with
NOTE Confidence: 0.8475516

00:06:26.422 --> 00:06:28.980 anxiety can know how crippling.
NOTE Confidence: 0.8475516

00:06:28.980 --> 00:06:31.122 And the amount of suffering and
NOTE Confidence: 0.8475516

00:06:31.122 --> 00:06:33.409 burden that they cause on families.
NOTE Confidence: 0.8475516

00:06:33.410 --> 00:06:35.618 An intern on society. This list.

NOTE Confidence: 0.8475516

00:06:35.620 --> 00:06:38.469 There are the slower the anxiety disorders

NOTE Confidence: 0.8475516

00:06:38.469 --> 00:06:40.788 that currently exist in the DSM five.

NOTE Confidence: 0.8475516

00:06:40.790 --> 00:06:43.366 I actually put them in developmental order.

NOTE Confidence: 0.8475516

00:06:43.370 --> 00:06:45.948 So like the ones in the beginning

NOTE Confidence: 0.8475516

00:06:45.950 --> 00:06:47.924 begin more early childhood and then

NOTE Confidence: 0.8475516

00:06:47.924 --> 00:06:50.539 you get more into the middle childhood

NOTE Confidence: 0.8475516

00:06:50.539 --> 00:06:52.594 and then later into adolescence.

NOTE Confidence: 0.8475516

00:06:52.600 --> 00:06:54.440 It's not carved in stone,

NOTE Confidence: 0.8475516

00:06:54.440 --> 00:06:56.280 but there is this general

NOTE Confidence: 0.8475516

00:06:56.280 --> 00:06:58.120 developmental pattern and the in

NOTE Confidence: 0.8475516

00:06:58.185 --> 00:07:00.465 the three disorders with the astrex.

NOTE Confidence: 0.8475516

00:07:00.470 --> 00:07:00.811 Separation,

NOTE Confidence: 0.8475516

00:07:00.811 --> 00:07:01.834 social and geazy.

NOTE Confidence: 0.8475516

00:07:01.834 --> 00:07:04.438 Those are the most common in children

NOTE Confidence: 0.8475516

00:07:04.438 --> 00:07:05.420 and adolescents,

NOTE Confidence: 0.8475516

00:07:05.420 --> 00:07:07.325 and our clinical trials primarily

NOTE Confidence: 0.8475516

00:07:07.325 --> 00:07:08.849 focus on these disorders,

NOTE Confidence: 0.8475516

00:07:08.850 --> 00:07:11.811 and so that's these are the disorders

NOTE Confidence: 0.8475516

00:07:11.811 --> 00:07:14.890 that you'll be hearing most about today

NOTE Confidence: 0.8475516

00:07:14.890 --> 00:07:17.970 that we that we're trying to help.

NOTE Confidence: 0.8475516

00:07:17.970 --> 00:07:20.805 Now when I began my career as I said,

NOTE Confidence: 0.8475516

00:07:20.810 --> 00:07:22.882 there was not much out there and I

NOTE Confidence: 0.8475516

00:07:22.882 --> 00:07:25.104 knew I wanted to help children and

NOTE Confidence: 0.8475516

00:07:25.104 --> 00:07:27.161 I began my career career actually

NOTE Confidence: 0.8475516

00:07:27.161 --> 00:07:28.896 at Suni Albany State University

NOTE Confidence: 0.8475516

00:07:28.896 --> 00:07:30.628 of New York at Albany.

NOTE Confidence: 0.8475516

00:07:30.628 --> 00:07:31.304 David Barlow,

NOTE Confidence: 0.8475516

00:07:31.304 --> 00:07:34.399 who I do view as a mentor and is a,

NOTE Confidence: 0.8475516

00:07:34.400 --> 00:07:34.974 you know,

NOTE Confidence: 0.8475516

00:07:34.974 --> 00:07:36.409 very important person in in

NOTE Confidence: 0.8475516

00:07:36.409 --> 00:07:38.189 the field of adults anxiety.

NOTE Confidence: 0.8475516

00:07:38.190 --> 00:07:40.105 He developed the Adult Anxiety

NOTE Confidence: 0.8475516

00:07:40.105 --> 00:07:41.637 Disorders interview schedule and

NOTE Confidence: 0.8475516

00:07:41.637 --> 00:07:43.877 when I spoke with Dave and I said no,

NOTE Confidence: 0.8475516

00:07:43.880 --> 00:07:46.408 I want to do this for the kids.

NOTE Confidence: 0.8475516

00:07:46.410 --> 00:07:48.080 He says, well, you know.

NOTE Confidence: 0.8475516

00:07:48.080 --> 00:07:50.228 We need an interview for Children,

NOTE Confidence: 0.8475516

00:07:50.230 --> 00:07:52.718 which I did because at that time and

NOTE Confidence: 0.8475516

00:07:52.718 --> 00:07:55.121 still to this day you need to be

NOTE Confidence: 0.8475516

00:07:55.121 --> 00:07:57.720 able to show that you can carefully

NOTE Confidence: 0.8475516

00:07:57.720 --> 00:08:00.040 phenotype the participants and also

NOTE Confidence: 0.8475516

00:08:00.040 --> 00:08:02.760 clinically to know who you're working with.

NOTE Confidence: 0.8475516

00:08:02.760 --> 00:08:05.082 Com ability is rampant and there's

NOTE Confidence: 0.8475516

00:08:05.082 --> 00:08:07.693 a lot of overlapping symptoms an an

NOTE Confidence: 0.8475516

00:08:07.693 --> 00:08:10.003 it is a challenge so I developed

NOTE Confidence: 0.8475516

00:08:10.083 --> 00:08:11.347 the DSM 3 version,

NOTE Confidence: 0.8475516

00:08:11.350 --> 00:08:13.674 the DSM 3R version and then Anne
NOTE Confidence: 0.8475516

00:08:13.674 --> 00:08:15.866 Marie Albano who's sitting there in
NOTE Confidence: 0.8475516

00:08:15.866 --> 00:08:18.505 the corner is my friend and collaborator,
NOTE Confidence: 0.820691676470588

00:08:18.510 --> 00:08:20.115 Columbia. And she's been a
NOTE Confidence: 0.820691676470588

00:08:20.115 --> 00:08:22.484 coauthor of the date of the DSM
NOTE Confidence: 0.820691676470588

00:08:22.484 --> 00:08:24.224 four and season five versions,
NOTE Confidence: 0.820691676470588

00:08:24.230 --> 00:08:25.486 'cause it's, you know,
NOTE Confidence: 0.820691676470588

00:08:25.486 --> 00:08:27.750 it's actually quite a bit of work.
NOTE Confidence: 0.820691676470588

00:08:27.750 --> 00:08:29.375 These anxiety categories are changing
NOTE Confidence: 0.820691676470588

00:08:29.375 --> 00:08:31.270 with each version of the DSM,
NOTE Confidence: 0.820691676470588

00:08:31.270 --> 00:08:33.691 and I put the slide up also to let
NOTE Confidence: 0.820691676470588

00:08:33.691 --> 00:08:36.375 people know for those of you who are
NOTE Confidence: 0.820691676470588

00:08:36.375 --> 00:08:38.629 doing clinical trials research like and,
NOTE Confidence: 0.820691676470588

00:08:38.630 --> 00:08:41.190 I thought this was actually kind of cool.
NOTE Confidence: 0.820691676470588

00:08:41.190 --> 00:08:43.458 Frankly, that since the 80s has become
NOTE Confidence: 0.820691676470588

00:08:43.458 --> 00:08:45.667 the main measure used in most trials,

NOTE Confidence: 0.820691676470588
00:08:45.670 --> 00:08:47.590 not just in the United States,
NOTE Confidence: 0.820691676470588
00:08:47.590 --> 00:08:49.190 but in most in internationally,
NOTE Confidence: 0.820691676470588
00:08:49.190 --> 00:08:51.794 and it's been translated in many countries.
NOTE Confidence: 0.820691676470588
00:08:51.800 --> 00:08:54.275 I'm a bunch of us got together and develop
NOTE Confidence: 0.820691676470588
00:08:54.275 --> 00:08:56.608 this international consensus statement.
NOTE Confidence: 0.820691676470588
00:08:56.610 --> 00:08:59.004 How do you deal with the different
NOTE Confidence: 0.820691676470588
00:08:59.004 --> 00:09:01.050 children and different payment reports,
NOTE Confidence: 0.820691676470588
00:09:01.050 --> 00:09:02.530 the com ability, etc.
NOTE Confidence: 0.820691676470588
00:09:02.530 --> 00:09:04.380 And then Joan Luby Rd.
NOTE Confidence: 0.820691676470588
00:09:04.380 --> 00:09:06.956 I thought a nice editorial kind of
NOTE Confidence: 0.820691676470588
00:09:06.956 --> 00:09:09.219 highlighting that this is a nice
NOTE Confidence: 0.820691676470588
00:09:09.219 --> 00:09:11.034 template for other clinical trials,
NOTE Confidence: 0.820691676470588
00:09:11.040 --> 00:09:13.413 so I I think that's one important
NOTE Confidence: 0.820691676470588
00:09:13.413 --> 00:09:15.479 point about the importance of,
NOTE Confidence: 0.820691676470588
00:09:15.480 --> 00:09:17.020 especially when doing clinical
NOTE Confidence: 0.820691676470588

00:09:17.020 --> 00:09:19.330 trials research to make sure that
NOTE Confidence: 0.820691676470588

00:09:19.395 --> 00:09:21.846 trying to get people, of course.
NOTE Confidence: 0.820691676470588

00:09:21.846 --> 00:09:25.997 World on the same page on phenotyping.
NOTE Confidence: 0.820691676470588

00:09:26.000 --> 00:09:27.830 In terms of dimensional measures,
NOTE Confidence: 0.820691676470588

00:09:27.830 --> 00:09:29.655 which is another important part
NOTE Confidence: 0.820691676470588

00:09:29.655 --> 00:09:31.115 of our assessment procedure?
NOTE Confidence: 0.820691676470588

00:09:31.120 --> 00:09:33.316 There's a lot of different measures,
NOTE Confidence: 0.820691676470588

00:09:33.320 --> 00:09:34.538 and Becca Atkins,
NOTE Confidence: 0.820691676470588

00:09:34.538 --> 00:09:37.380 a postdoc in our anxiety program and
NOTE Confidence: 0.820691676470588

00:09:37.456 --> 00:09:40.344 and in the past year we put together
NOTE Confidence: 0.820691676470588

00:09:40.344 --> 00:09:42.716 this review one there was not too
NOTE Confidence: 0.820691676470588

00:09:42.716 --> 00:09:44.960 much to put into two separate papers,
NOTE Confidence: 0.820691676470588

00:09:44.960 --> 00:09:47.270 so we did the child and parent
NOTE Confidence: 0.820691676470588

00:09:47.270 --> 00:09:48.330 measure separately,
NOTE Confidence: 0.820691676470588

00:09:48.330 --> 00:09:50.520 and the main takeaway here is,
NOTE Confidence: 0.820691676470588

00:09:50.520 --> 00:09:53.696 first of all, there are many more studies

NOTE Confidence: 0.820691676470588

00:09:53.696 --> 00:09:56.706 looking at the use of the Child report.

NOTE Confidence: 0.820691676470588

00:09:56.710 --> 00:09:57.724 But but still,

NOTE Confidence: 0.820691676470588

00:09:57.724 --> 00:09:59.752 the pan reportedly in his ID,

NOTE Confidence: 0.820691676470588

00:09:59.760 --> 00:10:01.460 is also an important indicator,

NOTE Confidence: 0.820691676470588

00:10:01.460 --> 00:10:04.241 and I mainly just want to put out there

NOTE Confidence: 0.820691676470588

00:10:04.241 --> 00:10:06.878 that when you look at these measures,

NOTE Confidence: 0.820691676470588

00:10:06.880 --> 00:10:08.575 the crate they've been looked

NOTE Confidence: 0.820691676470588

00:10:08.575 --> 00:10:10.270 at pretty much more thoroughly

NOTE Confidence: 0.820691676470588

00:10:10.330 --> 00:10:11.970 than one might suspect norms,

NOTE Confidence: 0.820691676470588

00:10:11.970 --> 00:10:12.628 internal consistency,

NOTE Confidence: 0.820691676470588

00:10:12.628 --> 00:10:15.260 and you can see the list down there

NOTE Confidence: 0.820691676470588

00:10:15.326 --> 00:10:17.638 and we we came away with the conclusion

NOTE Confidence: 0.820691676470588

00:10:17.638 --> 00:10:19.468 that these measures actually have

NOTE Confidence: 0.820691676470588

00:10:19.468 --> 00:10:21.453 good to excellent cycle metrics,

NOTE Confidence: 0.820691676470588

00:10:21.460 --> 00:10:23.344 and we particularly came away with

NOTE Confidence: 0.820691676470588

00:10:23.344 --> 00:10:26.148 the idea for the most current for the
NOTE Confidence: 0.820691676470588

00:10:26.148 --> 00:10:27.998 current measures that the scared.
NOTE Confidence: 0.820691676470588

00:10:28.000 --> 00:10:31.465 The one that you see the seconds of the
NOTE Confidence: 0.820691676470588

00:10:31.465 --> 00:10:35.605 end actually has the strongest cycle metrics.
NOTE Confidence: 0.820691676470588

00:10:35.610 --> 00:10:38.431 So we have phenotyping with interviews Anne
NOTE Confidence: 0.820691676470588

00:10:38.431 --> 00:10:40.630 with rating scales and another important
NOTE Confidence: 0.820691676470588

00:10:40.630 --> 00:10:43.880 part of what we do at the anxiety program.
NOTE Confidence: 0.820691676470588

00:10:43.880 --> 00:10:45.384 Because we do a,
NOTE Confidence: 0.820691676470588

00:10:45.384 --> 00:10:46.136 you know,
NOTE Confidence: 0.820691676470588

00:10:46.140 --> 00:10:48.504 we definitely consider all of the
NOTE Confidence: 0.820691676470588

00:10:48.504 --> 00:10:51.382 units of analysis as per our doc and
NOTE Confidence: 0.820691676470588

00:10:51.382 --> 00:10:54.030 so we have some novel ways illegally.
NOTE Confidence: 0.820691676470588

00:10:54.030 --> 00:10:55.870 Poets developed a really cool
NOTE Confidence: 0.820691676470588

00:10:55.870 --> 00:10:57.710 kinetic motion detecting test task
NOTE Confidence: 0.820691676470588

00:10:57.771 --> 00:10:59.666 to assess approach and avoidance.
NOTE Confidence: 0.820691676470588

00:10:59.670 --> 00:11:02.309 And we published some papers on that.

NOTE Confidence: 0.820691676470588
00:11:02.310 --> 00:11:05.047 You know, we're also doing eye tracking.
NOTE Confidence: 0.820691676470588
00:11:05.050 --> 00:11:07.145 We do parent child interactions
NOTE Confidence: 0.820691676470588
00:11:07.145 --> 00:11:09.662 and we measure oxytocin at the
NOTE Confidence: 0.820691676470588
00:11:09.662 --> 00:11:11.708 same time we do speech tasks.
NOTE Confidence: 0.820691676470588
00:11:11.710 --> 00:11:13.750 So we do a comprehensive
NOTE Confidence: 0.820691676470588
00:11:13.750 --> 00:11:15.382 behavioral assessment when the
NOTE Confidence: 0.820691676470588
00:11:15.382 --> 00:11:17.199 children come through with us.
NOTE Confidence: 0.820691676470588
00:11:17.200 --> 00:11:19.160 Using these types of methods.
NOTE Confidence: 0.820691676470588
00:11:19.160 --> 00:11:21.120 We also have been collecting
NOTE Confidence: 0.820691676470588
00:11:21.120 --> 00:11:22.688 biological and neural targets,
NOTE Confidence: 0.84085673
00:11:22.690 --> 00:11:25.532 and so I mentioned the oxytocin that's
NOTE Confidence: 0.84085673
00:11:25.532 --> 00:11:27.788 the Tiffany necklace at the bottom.
NOTE Confidence: 0.84085673
00:11:27.790 --> 00:11:30.555 That's not a Tiffany necklace that's actually
NOTE Confidence: 0.84085673
00:11:30.555 --> 00:11:33.268 oxytocin and and with Jim Lechman we've,
NOTE Confidence: 0.84085673
00:11:33.270 --> 00:11:35.400 you know, been doing stuff.
NOTE Confidence: 0.84085673

00:11:35.400 --> 00:11:36.903 Really interesting patterns
NOTE Confidence: 0.84085673

00:11:36.903 --> 00:11:38.907 of oxytocin relations with
NOTE Confidence: 0.84085673

00:11:38.907 --> 00:11:41.450 children and their mothers flora.
NOTE Confidence: 0.84085673

00:11:41.450 --> 00:11:42.959 Vaccarino, you know,
NOTE Confidence: 0.84085673

00:11:42.959 --> 00:11:45.474 we've been looking into fibro,
NOTE Confidence: 0.84085673

00:11:45.480 --> 00:11:48.108 glow, fibroblast growth factor,
NOTE Confidence: 0.84085673

00:11:48.108 --> 00:11:52.050 FGF two and looking into bad.
NOTE Confidence: 0.84085673

00:11:52.050 --> 00:11:53.229 Help with Hillary.
NOTE Confidence: 0.84085673

00:11:53.229 --> 00:11:55.980 We've been doing and LNG and psychology.
NOTE Confidence: 0.84085673

00:11:55.980 --> 00:11:58.152 We've been doing brain imaging and
NOTE Confidence: 0.84085673

00:11:58.152 --> 00:12:00.524 collecting data on the children when
NOTE Confidence: 0.84085673

00:12:00.524 --> 00:12:02.659 they're going through our trials.
NOTE Confidence: 0.84085673

00:12:02.660 --> 00:12:05.018 The rainbow figure is genetic work
NOTE Confidence: 0.84085673

00:12:05.018 --> 00:12:07.238 with Tom Fernandez, an Emily Olson,
NOTE Confidence: 0.84085673

00:12:07.238 --> 00:12:09.660 and then we also do collect AEG
NOTE Confidence: 0.84085673

00:12:09.736 --> 00:12:11.831 and this particular paper actually

NOTE Confidence: 0.84085673

00:12:11.831 --> 00:12:14.450 was the data for pilot stuff.

NOTE Confidence: 0.84085673

00:12:14.450 --> 00:12:16.648 The data that served for our current

NOTE Confidence: 0.84085673

00:12:16.648 --> 00:12:19.170 R 01 on attention processing.

NOTE Confidence: 0.84085673

00:12:19.170 --> 00:12:22.386 So we you know, so you know so.

NOTE Confidence: 0.84085673

00:12:22.390 --> 00:12:24.546 The soda is really important to get

NOTE Confidence: 0.84085673

00:12:24.546 --> 00:12:27.019 this type of multimethod assessment,

NOTE Confidence: 0.84085673

00:12:27.020 --> 00:12:29.336 and I'm I'm I'm really pleased,

NOTE Confidence: 0.84085673

00:12:29.340 --> 00:12:32.132 frankly, and I I came in 2013 and

NOTE Confidence: 0.84085673

00:12:32.132 --> 00:12:34.739 I'm actually really pleased with you.

NOTE Confidence: 0.84085673

00:12:34.740 --> 00:12:38.373 Know how well we've been reaching and

NOTE Confidence: 0.84085673

00:12:38.373 --> 00:12:41.228 collaborating with experts in these areas.

NOTE Confidence: 0.84085673

00:12:41.230 --> 00:12:42.790 So that's the measurement part.

NOTE Confidence: 0.84085673

00:12:42.790 --> 00:12:45.350 Now I want to get into the most of what

NOTE Confidence: 0.84085673

00:12:45.416 --> 00:12:47.780 my present my presentation is about,

NOTE Confidence: 0.84085673

00:12:47.780 --> 00:12:49.028 which is about treatment.

NOTE Confidence: 0.84085673

00:12:49.028 --> 00:12:49.964 But you know,
NOTE Confidence: 0.84085673

00:12:49.970 --> 00:12:50.366 assessment.
NOTE Confidence: 0.84085673

00:12:50.366 --> 00:12:52.742 You can have good treatment and
NOTE Confidence: 0.84085673

00:12:52.742 --> 00:12:54.771 evidence based treatments with that
NOTE Confidence: 0.84085673

00:12:54.771 --> 00:12:56.339 that evidence based assessment.
NOTE Confidence: 0.84085673

00:12:56.340 --> 00:12:59.049 So that's why I I emphasize that
NOTE Confidence: 0.84085673

00:12:59.049 --> 00:13:01.679 evidence based based assessment and the.
NOTE Confidence: 0.84085673

00:13:01.680 --> 00:13:02.452 This is.
NOTE Confidence: 0.84085673

00:13:02.452 --> 00:13:04.768 So once we had the anxiety
NOTE Confidence: 0.84085673

00:13:04.768 --> 00:13:06.250 disorders interview schedule,
NOTE Confidence: 0.84085673

00:13:06.250 --> 00:13:08.402 we were able to show that we were
NOTE Confidence: 0.84085673

00:13:08.402 --> 00:13:10.639 able to phenotype the children and
NOTE Confidence: 0.84085673

00:13:10.639 --> 00:13:13.081 Phil Kendall actually was the first
NOTE Confidence: 0.84085673

00:13:13.152 --> 00:13:15.644 person to do the first individual CBT.
NOTE Confidence: 0.84085673

00:13:15.650 --> 00:13:17.738 We did the second group CBT.
NOTE Confidence: 0.84085673

00:13:17.740 --> 00:13:20.716 I'm sorry we did the first we did.

NOTE Confidence: 0.84085673

00:13:20.720 --> 00:13:22.585 First trials showing that you

NOTE Confidence: 0.84085673

00:13:22.585 --> 00:13:25.620 can do CBT in a group format,

NOTE Confidence: 0.84085673

00:13:25.620 --> 00:13:28.772 and this is a data from that trial

NOTE Confidence: 0.84085673

00:13:28.772 --> 00:13:31.942 where we've showed 64% of kids in Group

NOTE Confidence: 0.84085673

00:13:31.942 --> 00:13:33.732 improve 5013 don't the significant

NOTE Confidence: 0.84085673

00:13:33.732 --> 00:13:35.819 time by treatment interactions,

NOTE Confidence: 0.84085673

00:13:35.820 --> 00:13:37.725 but what's interesting is that

NOTE Confidence: 0.84085673

00:13:37.725 --> 00:13:40.558 this this is 1999 in the latest

NOTE Confidence: 0.84085673

00:13:40.558 --> 00:13:42.688 Cochran review where they looked

NOTE Confidence: 0.84085673

00:13:42.688 --> 00:13:45.609 at across the papers of 41 studies.

NOTE Confidence: 0.84085673

00:13:45.610 --> 00:13:49.075 It was remarkable to me how the rates of

NOTE Confidence: 0.84085673

00:13:49.075 --> 00:13:51.676 remission with same basically 59% mission.

NOTE Confidence: 0.84085673

00:13:51.676 --> 00:13:53.456 Versus 15 in the weightless

NOTE Confidence: 0.84085673

00:13:53.456 --> 00:13:54.880 medium to launch effects.

NOTE Confidence: 0.84085673

00:13:54.880 --> 00:13:56.818 Although the durability is an issue

NOTE Confidence: 0.84085673

00:13:56.818 --> 00:13:59.310 and that is varies across the studies,
NOTE Confidence: 0.84085673

00:13:59.310 --> 00:14:01.760 and that's an issue that we're very
NOTE Confidence: 0.84085673

00:14:01.760 --> 00:14:04.090 interested in in trying to work on.
NOTE Confidence: 0.8252491

00:14:06.230 --> 00:14:09.214 And with the cams, is that the largest
NOTE Confidence: 0.8252491

00:14:09.214 --> 00:14:11.950 multi site multi method paper study that
NOTE Confidence: 0.8252491

00:14:11.950 --> 00:14:15.035 came out a while ago and they released
NOTE Confidence: 0.8252491

00:14:15.035 --> 00:14:18.354 their data and so this this is going to?
NOTE Confidence: 0.8252491

00:14:18.354 --> 00:14:20.993 I'm telling you why this is relevant
NOTE Confidence: 0.8252491

00:14:20.993 --> 00:14:24.670 in a moment. So with Michael.
NOTE Confidence: 0.8252491

00:14:24.670 --> 00:14:28.090 Jerome Taylor was a solid fellow and he an
NOTE Confidence: 0.8252491

00:14:28.090 --> 00:14:31.497 myself and Michael Block and Ellie Leibowitz.
NOTE Confidence: 0.8252491

00:14:31.500 --> 00:14:34.293 We Annaly analyze some of the cameras
NOTE Confidence: 0.8252491

00:14:34.293 --> 00:14:37.268 data and we looked at the predictors
NOTE Confidence: 0.8252491

00:14:37.268 --> 00:14:40.782 of poor outcome and what we found in
NOTE Confidence: 0.8252491

00:14:40.782 --> 00:14:43.883 terms of CBT predictors of poor outcome.
NOTE Confidence: 0.8252491

00:14:43.890 --> 00:14:46.020 We found that severe anxiety,

NOTE Confidence: 0.8252491

00:14:46.020 --> 00:14:47.322 especially social anxiety,

NOTE Confidence: 0.8252491

00:14:47.322 --> 00:14:51.436 anxiety and low SES and OC D were main

NOTE Confidence: 0.8252491

00:14:51.436 --> 00:14:53.916 effect predictors of poor outcome.

NOTE Confidence: 0.8252491

00:14:53.920 --> 00:14:56.545 And the cams people looked at their

NOTE Confidence: 0.8252491

00:14:56.545 --> 00:14:58.154 long term naturalistic follow-up

NOTE Confidence: 0.8252491

00:14:58.154 --> 00:15:00.650 and they also found severe anxiety,

NOTE Confidence: 0.8252491

00:15:00.650 --> 00:15:02.234 especially social anxiety worth

NOTE Confidence: 0.8252491

00:15:02.234 --> 00:15:03.818 predictors of poor outcome.

NOTE Confidence: 0.8252491

00:15:03.820 --> 00:15:06.196 I'm going to be coming well.

NOTE Confidence: 0.8252491

00:15:06.200 --> 00:15:09.014 I share this now because this is

NOTE Confidence: 0.8252491

00:15:09.014 --> 00:15:11.439 actually the problem as you see

NOTE Confidence: 0.8252491

00:15:11.439 --> 00:15:13.713 when we do the attention training.

NOTE Confidence: 0.8252491

00:15:13.720 --> 00:15:16.366 This is a large reason why our

NOTE Confidence: 0.8252491

00:15:16.366 --> 00:15:17.985 attention retraining work is

NOTE Confidence: 0.8252491

00:15:17.985 --> 00:15:19.657 focusing on this population.

NOTE Confidence: 0.8252491

00:15:19.660 --> 00:15:22.004 Severe adolescent social anxiety.
NOTE Confidence: 0.8252491

00:15:22.004 --> 00:15:24.934 So that's the reason for
NOTE Confidence: 0.8252491

00:15:24.934 --> 00:15:26.660 bringing this up now.
NOTE Confidence: 0.8252491

00:15:26.660 --> 00:15:30.236 So I will be focusing primarily on efficacy,
NOTE Confidence: 0.8252491

00:15:30.240 --> 00:15:33.840 but I also want to lay for people out there
NOTE Confidence: 0.8252491

00:15:33.925 --> 00:15:37.387 who are interested in effectiveness, work,
NOTE Confidence: 0.8252491

00:15:37.387 --> 00:15:40.069 and the generalizability of this work.
NOTE Confidence: 0.8252491

00:15:40.070 --> 00:15:43.101 I had the honor of being involved
NOTE Confidence: 0.8252491

00:15:43.101 --> 00:15:44.990 in a effectiveness trial.
NOTE Confidence: 0.8252491

00:15:44.990 --> 00:15:46.794 This is Pia Jeppesen,
NOTE Confidence: 0.8252491

00:15:46.794 --> 00:15:50.018 who is a psychiatrist in India in
NOTE Confidence: 0.8252491

00:15:50.018 --> 00:15:52.568 Copenhagen and this she put together
NOTE Confidence: 0.8252491

00:15:52.568 --> 00:15:56.280 a team to see how we can disseminate.
NOTE Confidence: 0.8252491

00:15:56.280 --> 00:15:58.065 CBT the intervention was called
NOTE Confidence: 0.8252491

00:15:58.065 --> 00:16:01.165 mind my mind I was involved in the
NOTE Confidence: 0.8252491

00:16:01.165 --> 00:16:03.649 design and also in developed in

NOTE Confidence: 0.8252491

00:16:03.649 --> 00:16:05.923 consulting on the anxiety modules and

NOTE Confidence: 0.8252491

00:16:05.923 --> 00:16:08.472 you could see here what it's about.

NOTE Confidence: 0.8252491

00:16:08.472 --> 00:16:10.758 The main thing is with anxiety,

NOTE Confidence: 0.8252491

00:16:10.760 --> 00:16:12.412 depression and behavioral disturbances.

NOTE Confidence: 0.8252491

00:16:12.412 --> 00:16:14.890 But using a module eyes approach

NOTE Confidence: 0.8252491

00:16:14.955 --> 00:16:16.983 with children in from the schools

NOTE Confidence: 0.8252491

00:16:16.983 --> 00:16:17.997 from the Community,

NOTE Confidence: 0.8252491

00:16:18.000 --> 00:16:20.436 mental health settings and I underline

NOTE Confidence: 0.8252491

00:16:20.436 --> 00:16:22.825 that all the parents were engaged

NOTE Confidence: 0.8252491

00:16:22.825 --> 00:16:25.233 but only as Co agents of change.

NOTE Confidence: 0.8252491

00:16:25.240 --> 00:16:26.664 So panels were not.

NOTE Confidence: 0.8252491

00:16:26.664 --> 00:16:28.800 A important part of this story,

NOTE Confidence: 0.8252491

00:16:28.800 --> 00:16:31.481 and in case people are wondering about

NOTE Confidence: 0.8252491

00:16:31.481 --> 00:16:34.806 that since I am so interested in parents.

NOTE Confidence: 0.8252491

00:16:34.810 --> 00:16:35.540 And so,

NOTE Confidence: 0.8252491

00:16:35.540 --> 00:16:36.270 for example,
NOTE Confidence: 0.8252491

00:16:36.270 --> 00:16:37.730 this was a prototype,
NOTE Confidence: 0.8252491

00:16:37.730 --> 00:16:39.800 so we developed different flowcharts
NOTE Confidence: 0.8252491

00:16:39.800 --> 00:16:41.870 that different children and you
NOTE Confidence: 0.8252491

00:16:41.931 --> 00:16:43.940 know this might be for one child,
NOTE Confidence: 0.8252491

00:16:43.940 --> 00:16:46.112 but for some children it might
NOTE Confidence: 0.8252491

00:16:46.112 --> 00:16:48.348 be a different module of what
NOTE Confidence: 0.8252491

00:16:48.348 --> 00:16:50.138 might be needed for anxiety,
NOTE Confidence: 0.8252491

00:16:50.140 --> 00:16:52.695 and it was actually very very cool,
NOTE Confidence: 0.8252491

00:16:52.700 --> 00:16:55.276 and I think that's a large reason for
NOTE Confidence: 0.8252491

00:16:55.276 --> 00:16:57.438 the success of this effectiveness.
NOTE Confidence: 0.8252491

00:16:57.440 --> 00:17:00.134 Trial was because of the systematic
NOTE Confidence: 0.8252491

00:17:00.134 --> 00:17:03.180 way that we identified and stratified.
NOTE Confidence: 0.8252491

00:17:03.180 --> 00:17:09.030 Youth and. It identified.
NOTE Confidence: 0.8252491

00:17:09.030 --> 00:17:11.166 I'm using a two faced ratification
NOTE Confidence: 0.8252491

00:17:11.166 --> 00:17:13.050 process an it's it's again.

NOTE Confidence: 0.8252491

00:17:13.050 --> 00:17:15.162 This is more than I want

NOTE Confidence: 0.8252491

00:17:15.162 --> 00:17:17.429 people to get to get into,

NOTE Confidence: 0.8252491

00:17:17.430 --> 00:17:19.512 but I do think an important

NOTE Confidence: 0.8252491

00:17:19.512 --> 00:17:21.317 part of an effectiveness trial

NOTE Confidence: 0.8252491

00:17:21.317 --> 00:17:23.399 is being able to identify and

NOTE Confidence: 0.8252491

00:17:23.399 --> 00:17:25.295 make sure you've stratifying the

NOTE Confidence: 0.8252491

00:17:25.295 --> 00:17:27.647 youth so you know which module,

NOTE Confidence: 0.8252491

00:17:27.650 --> 00:17:30.198 which dose which sequence to be giving.

NOTE Confidence: 0.8252491

00:17:30.200 --> 00:17:30.534 That,

NOTE Confidence: 0.8252491

00:17:30.534 --> 00:17:33.540 I believe was a big reason for the success

NOTE Confidence: 0.8388504

00:17:33.617 --> 00:17:36.298 of this because the data were actually

NOTE Confidence: 0.8388504

00:17:36.298 --> 00:17:39.040 really very very good, but Mau was.

NOTE Confidence: 0.8388504

00:17:39.040 --> 00:17:40.600 With management as usual,

NOTE Confidence: 0.8388504

00:17:40.600 --> 00:17:43.128 MMM is mind my mind and this this

NOTE Confidence: 0.8388504

00:17:43.128 --> 00:17:45.560 strength and difficulty question here.

NOTE Confidence: 0.8388504

00:17:45.560 --> 00:17:48.728 This is the main go to measure in child

NOTE Confidence: 0.8388504

00:17:48.728 --> 00:17:50.910 psychology and psychiatry in Europe.

NOTE Confidence: 0.8388504

00:17:50.910 --> 00:17:54.348 We don't use it as much in the states,

NOTE Confidence: 0.8388504

00:17:54.350 --> 00:17:57.024 but it is the go to measures

NOTE Confidence: 0.8388504

00:17:57.024 --> 00:17:59.982 in Europe and so sure enough we

NOTE Confidence: 0.8388504

00:17:59.982 --> 00:18:03.237 found that the the the people got

NOTE Confidence: 0.8388504

00:18:03.237 --> 00:18:06.197 getting the evidence based modules.

NOTE Confidence: 0.8388504

00:18:06.200 --> 00:18:07.733 Significantly improved overtime,

NOTE Confidence: 0.8388504

00:18:07.733 --> 00:18:10.799 including over the 26 follow up

NOTE Confidence: 0.8388504

00:18:10.799 --> 00:18:13.128 compared to the control condition.

NOTE Confidence: 0.85320807

00:18:15.200 --> 00:18:16.700 And this Additionally.

NOTE Confidence: 0.8015180999999999

00:18:19.240 --> 00:18:20.728 The teachers confirm this.

NOTE Confidence: 0.8015180999999999

00:18:20.728 --> 00:18:22.960 The children confirmed this with the

NOTE Confidence: 0.8015180999999999

00:18:23.027 --> 00:18:25.299 with their versions of the SDQ and there

NOTE Confidence: 0.8015180999999999

00:18:25.299 --> 00:18:27.534 were no adverse effects and currently

NOTE Confidence: 0.8015180999999999

00:18:27.534 --> 00:18:29.946 we're doing a cost effectiveness study

NOTE Confidence: 0.8015180999999999
00:18:29.950 --> 00:18:34.066 Anwyl doing long term follow up.
NOTE Confidence: 0.8015180999999999
00:18:34.070 --> 00:18:36.070 So let me pause here for now with
NOTE Confidence: 0.8015180999999999
00:18:36.070 --> 00:18:37.946 the clinical takeaways that there
NOTE Confidence: 0.8015180999999999
00:18:37.946 --> 00:18:39.706 is international consensus and
NOTE Confidence: 0.8015180999999999
00:18:39.706 --> 00:18:41.630 phenotyping pediatric anxiety disorders,
NOTE Confidence: 0.8015180999999999
00:18:41.630 --> 00:18:44.288 child and parent rating scales are
NOTE Confidence: 0.8015180999999999
00:18:44.288 --> 00:18:46.507 generally good and excellent across
NOTE Confidence: 0.8015180999999999
00:18:46.507 --> 00:18:48.739 a wide range of cycle metrics.
NOTE Confidence: 0.8015180999999999
00:18:48.740 --> 00:18:50.911 CBT is efficacious about 60% limit,
NOTE Confidence: 0.8015180999999999
00:18:50.911 --> 00:18:53.077 but we do need to enhance,
NOTE Confidence: 0.8015180999999999
00:18:53.080 --> 00:18:55.614 and that's what we'll be talking about.
NOTE Confidence: 0.8015180999999999
00:18:55.620 --> 00:18:58.147 They were predictors of poor CBT outcome,
NOTE Confidence: 0.8015180999999999
00:18:58.150 --> 00:18:59.594 which is severe anxiety,
NOTE Confidence: 0.8015180999999999
00:18:59.594 --> 00:19:00.316 especially adolescence.
NOTE Confidence: 0.8015180999999999
00:19:00.320 --> 00:19:01.096 Social anxiety,
NOTE Confidence: 0.8015180999999999

00:19:01.096 --> 00:19:03.036 an we can successfully disseminate
NOTE Confidence: 0.8015180999999999

00:19:03.036 --> 00:19:04.669 CBT for anxiety in and,
NOTE Confidence: 0.8015180999999999

00:19:04.670 --> 00:19:06.475 and this has been shown
NOTE Confidence: 0.8015180999999999

00:19:06.475 --> 00:19:07.558 through effectiveness trials.
NOTE Confidence: 0.8015180999999999

00:19:07.560 --> 00:19:10.094 So this so far I've been giving
NOTE Confidence: 0.8015180999999999

00:19:10.094 --> 00:19:11.866 some good news, I think.
NOTE Confidence: 0.8015180999999999

00:19:11.866 --> 00:19:14.610 But now I think I need to pause
NOTE Confidence: 0.8015180999999999

00:19:14.703 --> 00:19:16.247 for some bad news,
NOTE Confidence: 0.8015180999999999

00:19:16.250 --> 00:19:19.290 and this is the bad news in 2000.
NOTE Confidence: 0.8015180999999999

00:19:19.290 --> 00:19:21.240 Three Amando Pena was a graduate
NOTE Confidence: 0.8015180999999999

00:19:21.240 --> 00:19:22.540 student at the time.
NOTE Confidence: 0.8015180999999999

00:19:22.540 --> 00:19:24.165 He's now an associate professor
NOTE Confidence: 0.8015180999999999

00:19:24.165 --> 00:19:25.140 at Arizona State,
NOTE Confidence: 0.8015180999999999

00:19:25.140 --> 00:19:27.275 and this is a paper where we
NOTE Confidence: 0.8015180999999999

00:19:27.275 --> 00:19:29.622 did this paper and you can see
NOTE Confidence: 0.8015180999999999

00:19:29.622 --> 00:19:31.317 this table from this paper,

NOTE Confidence: 0.8015180999999999

00:19:31.320 --> 00:19:33.539 and this was looking at the proportion

NOTE Confidence: 0.8015180999999999

00:19:33.539 --> 00:19:35.538 of Hispanic Latinos in anxiety trials.

NOTE Confidence: 0.8015180999999999

00:19:35.540 --> 00:19:38.465 And if you look at this list in 2003,

NOTE Confidence: 0.8015180999999999

00:19:38.470 --> 00:19:39.762 you see a Nah,

NOTE Confidence: 0.8015180999999999

00:19:39.762 --> 00:19:42.097 Nah Nah Nah tool is percent tooth

NOTE Confidence: 0.8015180999999999

00:19:42.097 --> 00:19:45.012 done and then you see a 37% and 46%

NOTE Confidence: 0.8015180999999999

00:19:45.012 --> 00:19:48.284 in the rest of none and those 237 and

NOTE Confidence: 0.8015180999999999

00:19:48.284 --> 00:19:51.168 46 were actually two of our trials.

NOTE Confidence: 0.8015180999999999

00:19:51.170 --> 00:19:53.366 Those in 2003 and 2021 in

NOTE Confidence: 0.8015180999999999

00:19:53.366 --> 00:19:55.220 this review that came out,

NOTE Confidence: 0.8015180999999999

00:19:55.220 --> 00:19:57.789 which I'll actually be talking about again.

NOTE Confidence: 0.8015180999999999

00:19:57.790 --> 00:20:00.734 Three out of 11 CBT plus pound studies.

NOTE Confidence: 0.8015180999999999

00:20:00.740 --> 00:20:02.948 So this was no longer CBT.

NOTE Confidence: 0.8015180999999999

00:20:02.950 --> 00:20:04.206 This CBT plus parent,

NOTE Confidence: 0.8015180999999999

00:20:04.206 --> 00:20:07.047 but still three out of 11 did not

NOTE Confidence: 0.8015180999999999

00:20:07.047 --> 00:20:08.827 report ethno racial composition.
NOTE Confidence: 0.8015180999999999

00:20:08.830 --> 00:20:10.852 One study did not report specific
NOTE Confidence: 0.8015180999999999

00:20:10.852 --> 00:20:13.476 so this is that this is all
NOTE Confidence: 0.8015180999999999

00:20:13.476 --> 00:20:15.084 groups and actress Hispanics.
NOTE Confidence: 0.8015180999999999

00:20:15.090 --> 00:20:18.018 Most studies reported less than 10%.
NOTE Confidence: 0.8015180999999999

00:20:18.020 --> 00:20:20.150 With the exception of one study,
NOTE Confidence: 0.8015180999999999

00:20:20.150 --> 00:20:21.442 and in this case,
NOTE Confidence: 0.8015180999999999

00:20:21.442 --> 00:20:24.060 since this was a CBT plus payment,
NOTE Confidence: 0.8015180999999999

00:20:24.060 --> 00:20:26.715 they sight out of 2009 and I I guess
NOTE Confidence: 0.8015180999999999

00:20:26.715 --> 00:20:30.011 I need to say I didn't tell you this
NOTE Confidence: 0.8015180999999999

00:20:30.011 --> 00:20:32.219 after Albany everyone to Miami.
NOTE Confidence: 0.8015180999999999

00:20:32.220 --> 00:20:34.705 So this is these with Miami samples.
NOTE Confidence: 0.8015180999999999

00:20:34.710 --> 00:20:37.090 And so this explains the very nice
NOTE Confidence: 0.8015180999999999

00:20:37.090 --> 00:20:38.969 representation we had of Hispanics,
NOTE Confidence: 0.8015180999999999

00:20:38.970 --> 00:20:40.059 but it's it's.
NOTE Confidence: 0.8015180999999999

00:20:40.059 --> 00:20:43.553 It's like not OK frankly that in 2021 our

NOTE Confidence: 0.8015180999999999
00:20:43.553 --> 00:20:46.612 participation rates of other groups is is.
NOTE Confidence: 0.8015180999999999
00:20:46.620 --> 00:20:49.049 You know abysmal and it's not acceptable,
NOTE Confidence: 0.8015180999999999
00:20:49.050 --> 00:20:50.262 and I'm hoping it.
NOTE Confidence: 0.8015180999999999
00:20:50.262 --> 00:20:52.080 While I'm here and this is
NOTE Confidence: 0.8015180999999999
00:20:52.155 --> 00:20:54.635 actually a large reason why I I do
NOTE Confidence: 0.8015180999999999
00:20:54.635 --> 00:20:56.340 continue my collaborations,
NOTE Confidence: 0.8015180999999999
00:20:56.340 --> 00:20:58.440 this the attention training study that
NOTE Confidence: 0.8015180999999999
00:20:58.440 --> 00:21:01.250 I'll talk about is a two side study
NOTE Confidence: 0.8015180999999999
00:21:01.250 --> 00:21:03.272 that it still includes my affiliation.
NOTE Confidence: 0.8015180999999999
00:21:03.280 --> 00:21:05.709 When I was in Miami because it's,
NOTE Confidence: 0.8015180999999999
00:21:05.710 --> 00:21:06.338 you know,
NOTE Confidence: 0.8015180999999999
00:21:06.338 --> 00:21:08.536 it's it's an important part of our
NOTE Confidence: 0.8015180999999999
00:21:08.536 --> 00:21:11.155 work to try to undo to get these
NOTE Confidence: 0.8015180999999999
00:21:11.155 --> 00:21:13.009 samples and understand how our
NOTE Confidence: 0.8015180999999999
00:21:13.009 --> 00:21:15.069 treatments work with diverse samples.
NOTE Confidence: 0.7876285

00:21:18.320 --> 00:21:21.064 OK, so now parents, how do we involve

NOTE Confidence: 0.7876285

00:21:21.064 --> 00:21:23.330 parents to improve CBT outcomes?

NOTE Confidence: 0.7876285

00:21:23.330 --> 00:21:25.250 Look 12 to 14 sessions.

NOTE Confidence: 0.7876285

00:21:25.250 --> 00:21:27.946 Two is to have almost 60% improving.

NOTE Confidence: 0.7876285

00:21:27.946 --> 00:21:29.490 That's really, really good.

NOTE Confidence: 0.7876285

00:21:29.490 --> 00:21:32.570 But you know we need to do better.

NOTE Confidence: 0.7876285

00:21:32.570 --> 00:21:34.880 The durability needs to be better.

NOTE Confidence: 0.7876285

00:21:34.880 --> 00:21:37.140 Wigan parents certainly make a

NOTE Confidence: 0.7876285

00:21:37.140 --> 00:21:40.595 great deal of sense to how to try

NOTE Confidence: 0.7876285

00:21:40.595 --> 00:21:43.171 to think about their role can be.

NOTE Confidence: 0.7876285

00:21:43.180 --> 00:21:43.904 Now, Interestingly,

NOTE Confidence: 0.7876285

00:21:43.904 --> 00:21:46.438 I told you 94 Kendall did the

NOTE Confidence: 0.7876285

00:21:46.438 --> 00:21:48.389 first individual study in 99.

NOTE Confidence: 0.7876285

00:21:48.390 --> 00:21:50.628 We did the first group and

NOTE Confidence: 0.7876285

00:21:50.628 --> 00:21:52.849 the group CBT study in 1996.

NOTE Confidence: 0.7876285

00:21:52.850 --> 00:21:55.826 In the bottom you see the Barrett study,

NOTE Confidence: 0.7876285

00:21:55.830 --> 00:21:58.735 the first parent plus CBT versus CBT

NOTE Confidence: 0.7876285

00:21:58.735 --> 00:22:02.014 study was done only in night was done

NOTE Confidence: 0.7876285

00:22:02.014 --> 00:22:05.518 around the same time that we did hours 1996.

NOTE Confidence: 0.7876285

00:22:05.520 --> 00:22:07.599 But I I share that with you

NOTE Confidence: 0.7876285

00:22:07.599 --> 00:22:09.459 because in 1996 Bill Katinas,

NOTE Confidence: 0.7876285

00:22:09.460 --> 00:22:11.115 my friend and collaborator for

NOTE Confidence: 0.7876285

00:22:11.115 --> 00:22:13.720 my 22 years when I was in Miami,

NOTE Confidence: 0.7876285

00:22:13.720 --> 00:22:15.376 we wrote this book for clinicians

NOTE Confidence: 0.7876285

00:22:15.376 --> 00:22:17.719 and it was called anxiety and phobic

NOTE Confidence: 0.7876285

00:22:17.719 --> 00:22:19.295 disorders of pragmatic approach.

NOTE Confidence: 0.7876285

00:22:19.300 --> 00:22:22.580 And we and what we did there in that book.

NOTE Confidence: 0.7876285

00:22:22.580 --> 00:22:25.217 We laid out what and we will kind of

NOTE Confidence: 0.7876285

00:22:25.217 --> 00:22:27.633 making this up because the you know

NOTE Confidence: 0.7876285

00:22:27.633 --> 00:22:29.740 nobody had been doing anything with

NOTE Confidence: 0.7876285

00:22:29.740 --> 00:22:32.747 parents yet at the time and we came up

NOTE Confidence: 0.7876285

00:22:32.747 --> 00:22:35.036 with this idea of the protection trap.

NOTE Confidence: 0.7876285

00:22:35.040 --> 00:22:36.492 We have a few.

NOTE Confidence: 0.7876285

00:22:36.492 --> 00:22:37.218 You know,

NOTE Confidence: 0.7876285

00:22:37.220 --> 00:22:39.026 like maybe half a chapter on

NOTE Confidence: 0.7876285

00:22:39.026 --> 00:22:40.905 the protection trap and we talk

NOTE Confidence: 0.7876285

00:22:40.905 --> 00:22:42.747 about how children of vote with

NOTE Confidence: 0.7876285

00:22:42.747 --> 00:22:44.520 anxiety avoid they show distress.

NOTE Confidence: 0.7876285

00:22:44.520 --> 00:22:45.780 The parents then behave.

NOTE Confidence: 0.7876285

00:22:45.780 --> 00:22:46.725 By maintaining this.

NOTE Confidence: 0.7876285

00:22:46.730 --> 00:22:48.632 They might say you don't want

NOTE Confidence: 0.7876285

00:22:48.632 --> 00:22:49.900 to go to school.

NOTE Confidence: 0.7876285

00:22:49.900 --> 00:22:52.119 You don't need to go to school,

NOTE Confidence: 0.7876285

00:22:52.120 --> 00:22:53.316 you can stay home.

NOTE Confidence: 0.7876285

00:22:53.316 --> 00:22:54.811 This brings about relief and

NOTE Confidence: 0.7876285

00:22:54.811 --> 00:22:56.560 it's a child feels protected.

NOTE Confidence: 0.7876285

00:22:56.560 --> 00:22:58.594 The parents felt protects good that

NOTE Confidence: 0.7876285

00:22:58.594 --> 00:23:00.370 they're protecting their child and it.

NOTE Confidence: 0.7876285

00:23:00.370 --> 00:23:02.898 And then it's continued to be a cycle.

NOTE Confidence: 0.7876285

00:23:02.900 --> 00:23:04.164 It's a protection trap.

NOTE Confidence: 0.7876285

00:23:04.164 --> 00:23:05.744 It's a negative reinforcement trap,

NOTE Confidence: 0.7876285

00:23:05.750 --> 00:23:06.785 and that's I.

NOTE Confidence: 0.7876285

00:23:06.785 --> 00:23:08.855 Is a model that continues to,

NOTE Confidence: 0.7876285

00:23:08.860 --> 00:23:09.412 you know,

NOTE Confidence: 0.7876285

00:23:09.412 --> 00:23:11.344 be used a lot and it's really

NOTE Confidence: 0.7876285

00:23:11.344 --> 00:23:13.040 holds clinically a great deal

NOTE Confidence: 0.7876285

00:23:13.040 --> 00:23:15.068 and and we actually then talked

NOTE Confidence: 0.7876285

00:23:15.131 --> 00:23:17.159 about the treatment implications.

NOTE Confidence: 0.7876285

00:23:17.160 --> 00:23:19.272 We talked about it in that book and

NOTE Confidence: 0.7876285

00:23:19.272 --> 00:23:21.399 we also talked about it in chapters

NOTE Confidence: 0.7876285

00:23:21.399 --> 00:23:23.998 and we also wrote this article theory

NOTE Confidence: 0.7876285

00:23:23.998 --> 00:23:26.498 and trial psychosocial treatment research.

NOTE Confidence: 0.7876285

00:23:26.500 --> 00:23:28.943 Have it or had a pragmatic alternative
NOTE Confidence: 0.7876285

00:23:28.943 --> 00:23:31.066 and we called it a pragmatic
NOTE Confidence: 0.7876285

00:23:31.066 --> 00:23:33.411 because we would take away is look.
NOTE Confidence: 0.7876285

00:23:33.420 --> 00:23:35.790 There are many ways you probably
NOTE Confidence: 0.7876285

00:23:35.790 --> 00:23:37.370 can work with children.
NOTE Confidence: 0.7876285

00:23:37.370 --> 00:23:38.282 And we can.
NOTE Confidence: 0.7876285

00:23:38.282 --> 00:23:41.500 And we called it a transfer of control model.
NOTE Confidence: 0.7876285

00:23:41.500 --> 00:23:43.564 I actually prefer to call it
NOTE Confidence: 0.7876285

00:23:43.564 --> 00:23:44.940 more generalization model now,
NOTE Confidence: 0.7876285

00:23:44.940 --> 00:23:47.084 but but the idea was that if you
NOTE Confidence: 0.7876285

00:23:47.084 --> 00:23:49.410 are an evidence based clinician,
NOTE Confidence: 0.7876285

00:23:49.410 --> 00:23:51.468 you know what treatments you know,
NOTE Confidence: 0.7876285

00:23:51.470 --> 00:23:52.722 what the you know.
NOTE Confidence: 0.7876285

00:23:52.722 --> 00:23:54.600 What are the procedures and the
NOTE Confidence: 0.7876285

00:23:54.662 --> 00:23:56.412 methods that have the strongest
NOTE Confidence: 0.7876285

00:23:56.412 --> 00:23:58.949 evidence and your job as a clinician

NOTE Confidence: 0.7876285

00:23:58.949 --> 00:24:01.103 is to generalize this to children,

NOTE Confidence: 0.7876285

00:24:01.110 --> 00:24:02.136 generalize this information

NOTE Confidence: 0.7876285

00:24:02.136 --> 00:24:03.504 and knowledge to parents,

NOTE Confidence: 0.7876285

00:24:03.510 --> 00:24:05.325 and then there are different

NOTE Confidence: 0.7876285

00:24:05.325 --> 00:24:07.920 ways you can do it and this.

NOTE Confidence: 0.7876285

00:24:07.920 --> 00:24:09.750 Clinical trial in 1999 was a

NOTE Confidence: 0.7876285

00:24:09.750 --> 00:24:11.430 dismantling trial because we basically

NOTE Confidence: 0.7876285

00:24:11.430 --> 00:24:13.440 dismantled the transfer of control.

NOTE Confidence: 0.8372995

00:24:13.440 --> 00:24:16.200 If you see the full transfer of control

NOTE Confidence: 0.8372995

00:24:16.200 --> 00:24:18.102 that's working, therapist to parents,

NOTE Confidence: 0.8372995

00:24:18.102 --> 00:24:20.526 the children and the therapist is

NOTE Confidence: 0.8372995

00:24:20.526 --> 00:24:22.803 still with the child so you do CBT

NOTE Confidence: 0.8372995

00:24:22.803 --> 00:24:25.170 and you do some work with parents.

NOTE Confidence: 0.8372995

00:24:25.170 --> 00:24:27.930 And that's what most of what we do.

NOTE Confidence: 0.8372995

00:24:27.930 --> 00:24:30.345 That's the full transfer of control in

NOTE Confidence: 0.8372995

00:24:30.345 --> 00:24:32.733 this particular trial, though we actually.
NOTE Confidence: 0.8372995

00:24:32.733 --> 00:24:35.890 Dismantled and we did mainly Trump exposure,
NOTE Confidence: 0.8372995

00:24:35.890 --> 00:24:38.230 is exposure is the main procedure
NOTE Confidence: 0.8372995

00:24:38.230 --> 00:24:39.010 for producing.
NOTE Confidence: 0.8372995

00:24:39.010 --> 00:24:41.338 But this is a phobia study,
NOTE Confidence: 0.8372995

00:24:41.340 --> 00:24:42.720 particularly with phobias.
NOTE Confidence: 0.8372995

00:24:42.720 --> 00:24:45.480 And then we also trained parents.
NOTE Confidence: 0.8372995

00:24:45.480 --> 00:24:47.226 In the other arm pound reinforcement
NOTE Confidence: 0.8372995

00:24:47.226 --> 00:24:48.870 training in in the article,
NOTE Confidence: 0.8372995

00:24:48.870 --> 00:24:50.410 we called the Contingency Management,
NOTE Confidence: 0.8372995

00:24:50.410 --> 00:24:52.608 but we compared these two models that
NOTE Confidence: 0.8372995

00:24:52.608 --> 00:24:55.097 the results are not as important as the
NOTE Confidence: 0.8372995

00:24:55.097 --> 00:24:57.180 model because I'm going to put this.
NOTE Confidence: 0.8372995

00:24:57.180 --> 00:24:59.133 But this is the way we think
NOTE Confidence: 0.8372995

00:24:59.133 --> 00:25:00.570 about working with children,
NOTE Confidence: 0.8372995

00:25:00.570 --> 00:25:01.491 children and parents.

NOTE Confidence: 0.8372995

00:25:01.491 --> 00:25:03.333 Just how you work with parents.

NOTE Confidence: 0.8372995

00:25:03.340 --> 00:25:07.108 But in terms of the results.

NOTE Confidence: 0.8372995

00:25:07.110 --> 00:25:09.126 We actually found that with phobias.

NOTE Confidence: 0.8372995

00:25:09.130 --> 00:25:10.805 This is a behavior observation

NOTE Confidence: 0.8372995

00:25:10.805 --> 00:25:13.201 that all the children in all the

NOTE Confidence: 0.8372995

00:25:13.201 --> 00:25:15.163 in both of arms showed improvement.

NOTE Confidence: 0.8372995

00:25:15.170 --> 00:25:16.850 There were no significant differences,

NOTE Confidence: 0.8372995

00:25:16.850 --> 00:25:18.530 which is kind of not,

NOTE Confidence: 0.8372995

00:25:18.530 --> 00:25:21.218 which is sort of what we kind of.

NOTE Confidence: 0.8372995

00:25:21.220 --> 00:25:22.255 Frankly, we're really.

NOTE Confidence: 0.8372995

00:25:22.255 --> 00:25:24.325 We're really more interested in seeing

NOTE Confidence: 0.8372995

00:25:24.325 --> 00:25:26.259 clinically and theoretically of this model.

NOTE Confidence: 0.8372995

00:25:26.260 --> 00:25:29.284 Hope you can work, and we found that yeah,

NOTE Confidence: 0.8372995

00:25:29.290 --> 00:25:31.635 you could work with both of these.

NOTE Confidence: 0.8372995

00:25:31.640 --> 00:25:32.824 You can do these.

NOTE Confidence: 0.8372995

00:25:32.824 --> 00:25:34.600 This type of approach and what
NOTE Confidence: 0.8372995

00:25:34.670 --> 00:25:36.338 I found really interesting,
NOTE Confidence: 0.8372995

00:25:36.340 --> 00:25:38.596 actually, is that was in 1999.
NOTE Confidence: 0.8372995

00:25:38.600 --> 00:25:41.640 In 2014 and I did contribute data to
NOTE Confidence: 0.8372995

00:25:41.640 --> 00:25:44.548 this data after this meta analysis,
NOTE Confidence: 0.8372995

00:25:44.550 --> 00:25:46.335 disciplinary men analysis as you
NOTE Confidence: 0.8372995

00:25:46.335 --> 00:25:49.735 see it is a long list of anxiety
NOTE Confidence: 0.8372995

00:25:49.735 --> 00:25:51.779 researchers who contributed data.
NOTE Confidence: 0.8372995

00:25:51.780 --> 00:25:54.180 But what's really interesting in
NOTE Confidence: 0.8372995

00:25:54.180 --> 00:25:57.070 this meta analysis was that they.
NOTE Confidence: 0.8372995

00:25:57.070 --> 00:25:59.779 They said that.
NOTE Confidence: 0.8372995

00:25:59.780 --> 00:26:00.960 The conclusion is they,
NOTE Confidence: 0.8372995

00:26:00.960 --> 00:26:03.197 like they looked at all the different
NOTE Confidence: 0.8372995

00:26:03.197 --> 00:26:05.222 ways parents researchers are using
NOTE Confidence: 0.8372995

00:26:05.222 --> 00:26:07.889 parents and they actually came up with hey,
NOTE Confidence: 0.8372995

00:26:07.890 --> 00:26:09.912 the way that most people are

NOTE Confidence: 0.8372995

00:26:09.912 --> 00:26:10.923 working with parents.

NOTE Confidence: 0.8372995

00:26:10.930 --> 00:26:11.944 They're actually doing

NOTE Confidence: 0.8372995

00:26:11.944 --> 00:26:12.620 contingency management,

NOTE Confidence: 0.8372995

00:26:12.620 --> 00:26:14.648 so let's call it reinforcement training.

NOTE Confidence: 0.8372995

00:26:14.650 --> 00:26:16.694 Although they also called it when I

NOTE Confidence: 0.8372995

00:26:16.694 --> 00:26:18.765 called in my article continues to

NOTE Confidence: 0.8372995

00:26:18.765 --> 00:26:21.404 management or a full transfer of control,

NOTE Confidence: 0.8372995

00:26:21.410 --> 00:26:23.438 and they found that CBT for

NOTE Confidence: 0.8372995

00:26:23.438 --> 00:26:24.790 entries children is efficacious,

NOTE Confidence: 0.8372995

00:26:24.790 --> 00:26:26.480 with or without and without

NOTE Confidence: 0.8372995

00:26:26.480 --> 00:26:27.156 pound involvement.

NOTE Confidence: 0.8372995

00:26:27.160 --> 00:26:30.283 But if you want to look up a durability.

NOTE Confidence: 0.8372995

00:26:30.290 --> 00:26:33.360 Some form of parent involvement.

NOTE Confidence: 0.8372995

00:26:33.360 --> 00:26:36.150 Probably with some kind of reinforcement

NOTE Confidence: 0.8372995

00:26:36.150 --> 00:26:39.528 training and some type of strong parent

NOTE Confidence: 0.8372995

00:26:39.528 --> 00:26:41.928 transfer is the strongest evidence,
NOTE Confidence: 0.8372995

00:26:41.930 --> 00:26:45.738 so I I found that kind of reaffirming,
NOTE Confidence: 0.8372995

00:26:45.740 --> 00:26:48.820 frankly to see that however.
NOTE Confidence: 0.8372995

00:26:48.820 --> 00:26:51.516 It still doesn't tell us what are the
NOTE Confidence: 0.8372995

00:26:51.516 --> 00:26:53.987 specific so specific is so important.
NOTE Confidence: 0.8372995

00:26:53.990 --> 00:26:56.198 It's in red on my slide.
NOTE Confidence: 0.8372995

00:26:56.200 --> 00:26:58.125 What are the specific payment
NOTE Confidence: 0.8372995

00:26:58.125 --> 00:27:00.549 mechanisms that ought to be contained
NOTE Confidence: 0.8372995

00:27:00.549 --> 00:27:03.099 in a transfer of control approach?
NOTE Confidence: 0.8372995

00:27:03.100 --> 00:27:05.164 Which is they figure that you see the
NOTE Confidence: 0.8372995

00:27:05.164 --> 00:27:07.184 therapist to pound the child and the
NOTE Confidence: 0.8372995

00:27:07.184 --> 00:27:09.000 therapist child two enhanced CBT alone.
NOTE Confidence: 0.8372995

00:27:09.000 --> 00:27:10.668 What is what should be done
NOTE Confidence: 0.8372995

00:27:10.668 --> 00:27:12.090 and you might say why?
NOTE Confidence: 0.8372995

00:27:12.090 --> 00:27:13.266 What's hard about that?
NOTE Confidence: 0.8372995

00:27:13.266 --> 00:27:16.029 Of course it's going to be X so it's close.

NOTE Confidence: 0.8372995

00:27:16.030 --> 00:27:17.430 It's going to be why,

NOTE Confidence: 0.843111929999999

00:27:17.430 --> 00:27:19.646 but actually this table I I made up

NOTE Confidence: 0.843111929999999

00:27:19.646 --> 00:27:21.664 this table but it comes I didn't make

NOTE Confidence: 0.843111929999999

00:27:21.664 --> 00:27:24.264 it up but it comes from looking at all

NOTE Confidence: 0.843111929999999

00:27:24.264 --> 00:27:26.256 the literatures or the meta analysis.

NOTE Confidence: 0.843111929999999

00:27:26.256 --> 00:27:28.632 These are all the different mechanisms

NOTE Confidence: 0.843111929999999

00:27:28.632 --> 00:27:30.871 that people have looked at and

NOTE Confidence: 0.843111929999999

00:27:30.871 --> 00:27:32.516 have targeted in their treatment

NOTE Confidence: 0.843111929999999

00:27:32.516 --> 00:27:34.638 and you could look at the list.

NOTE Confidence: 0.843111929999999

00:27:34.640 --> 00:27:36.290 An I'm calling it mechanisms

NOTE Confidence: 0.843111929999999

00:27:36.290 --> 00:27:37.280 in my presentation.

NOTE Confidence: 0.843111929999999

00:27:37.280 --> 00:27:39.260 An eye image calls it targets.

NOTE Confidence: 0.843111929999999

00:27:39.260 --> 00:27:40.580 If you're a statistician,

NOTE Confidence: 0.843111929999999

00:27:40.580 --> 00:27:41.900 you call it mediators,

NOTE Confidence: 0.843111929999999

00:27:41.900 --> 00:27:43.880 and I actually I often call

NOTE Confidence: 0.843111929999999

00:27:43.880 --> 00:27:45.200 it mediators as well.
NOTE Confidence: 0.8431119299999999

00:27:45.200 --> 00:27:46.190 If your clinician,
NOTE Confidence: 0.8431119299999999

00:27:46.190 --> 00:27:47.840 you might call a component,
NOTE Confidence: 0.8431119299999999

00:27:47.840 --> 00:27:49.786 but the bottom line is in a
NOTE Confidence: 0.8431119299999999

00:27:49.786 --> 00:27:51.495 course these studies that mainly
NOTE Confidence: 0.8431119299999999

00:27:51.495 --> 00:27:53.119 they're vaguely defined often,
NOTE Confidence: 0.8431119299999999

00:27:53.120 --> 00:27:54.440 they're often compounded together,
NOTE Confidence: 0.8431119299999999

00:27:54.440 --> 00:27:56.090 so somebody might say, oh,
NOTE Confidence: 0.8431119299999999

00:27:56.090 --> 00:27:57.410 I'm, I'm doing acceptance.
NOTE Confidence: 0.8431119299999999

00:27:57.410 --> 00:27:58.400 In fact, actually,
NOTE Confidence: 0.8431119299999999

00:27:58.400 --> 00:28:00.710 let me give the example I've done.
NOTE Confidence: 0.8431119299999999

00:28:00.710 --> 00:28:01.272 I said,
NOTE Confidence: 0.8431119299999999

00:28:01.272 --> 00:28:02.958 oh I'm going to improve the
NOTE Confidence: 0.8431119299999999

00:28:02.958 --> 00:28:04.340 parent child relationship.
NOTE Confidence: 0.8431119299999999

00:28:04.340 --> 00:28:06.916 But then what I actually did was I
NOTE Confidence: 0.8431119299999999

00:28:06.916 --> 00:28:09.739 had a couple of things in there.

NOTE Confidence: 0.8431119299999999
00:28:09.740 --> 00:28:12.107 It was a mish mosh so these are lessons
NOTE Confidence: 0.8431119299999999
00:28:12.107 --> 00:28:14.166 learned but people continue to do that.
NOTE Confidence: 0.8431119299999999
00:28:14.170 --> 00:28:16.042 It's a big conundrum for researcher
NOTE Confidence: 0.8431119299999999
00:28:16.042 --> 00:28:18.330 'cause you don't know well as I show it.
NOTE Confidence: 0.8431119299999999
00:28:18.330 --> 00:28:19.434 What do you do?
NOTE Confidence: 0.8431119299999999
00:28:19.434 --> 00:28:20.538 What do you study?
NOTE Confidence: 0.8431119299999999
00:28:20.540 --> 00:28:21.930 How do you operationalize it?
NOTE Confidence: 0.8431119299999999
00:28:21.930 --> 00:28:22.482 And clinically,
NOTE Confidence: 0.8431119299999999
00:28:22.482 --> 00:28:23.586 clinicians really don't know,
NOTE Confidence: 0.8431119299999999
00:28:23.590 --> 00:28:25.806 like, what do I do with the pants?
NOTE Confidence: 0.8431119299999999
00:28:25.810 --> 00:28:27.466 It still is a big conundrum,
NOTE Confidence: 0.8431119299999999
00:28:27.470 --> 00:28:29.576 but I also want to say
NOTE Confidence: 0.8431119299999999
00:28:29.576 --> 00:28:31.860 it's not just the research.
NOTE Confidence: 0.8431119299999999
00:28:31.860 --> 00:28:33.815 It is difficult and challenging
NOTE Confidence: 0.8431119299999999
00:28:33.815 --> 00:28:36.199 in specially in 12 to 14
NOTE Confidence: 0.8431119299999999

00:28:36.199 --> 00:28:38.287 sessions to think that we can.
NOTE Confidence: 0.83525604

00:28:40.700 --> 00:28:42.620 You know, adequately, fully durably,
NOTE Confidence: 0.83525604

00:28:42.620 --> 00:28:44.936 change payment behavior in a very
NOTE Confidence: 0.83525604

00:28:44.936 --> 00:28:46.480 complicated dynamic between an
NOTE Confidence: 0.83525604

00:28:46.547 --> 00:28:48.357 anxious child and the parents.
NOTE Confidence: 0.83525604

00:28:48.360 --> 00:28:50.280 This is very, very challenging.
NOTE Confidence: 0.83525604

00:28:50.280 --> 00:28:52.190 It goes beyond the research.
NOTE Confidence: 0.83525604

00:28:52.190 --> 00:28:54.110 It goes beyond, you know,
NOTE Confidence: 0.83525604

00:28:54.110 --> 00:28:57.428 the challenges of the of the dynamics
NOTE Confidence: 0.83525604

00:28:57.428 --> 00:29:00.460 that have existing in these families.
NOTE Confidence: 0.83525604

00:29:00.460 --> 00:29:01.840 To make this more concrete,
NOTE Confidence: 0.83525604

00:29:01.840 --> 00:29:03.758 let me just stop for a moment,
NOTE Confidence: 0.83525604

00:29:03.760 --> 00:29:05.140 and for those of you,
NOTE Confidence: 0.83525604

00:29:05.140 --> 00:29:06.240 this is the dilemma.
NOTE Confidence: 0.83525604

00:29:06.240 --> 00:29:07.340 Is like 1/2 budget.
NOTE Confidence: 0.83525604

00:29:07.340 --> 00:29:08.822 It's like this when you want

NOTE Confidence: 0.83525604

00:29:08.822 --> 00:29:10.640 to make a hot fudge sundae.

NOTE Confidence: 0.83525604

00:29:10.640 --> 00:29:12.558 You know you need the ice cream,

NOTE Confidence: 0.83525604

00:29:12.560 --> 00:29:15.035 so if you want to do CBT plus parents,

NOTE Confidence: 0.83525604

00:29:15.040 --> 00:29:17.266 you know you need the CBT which

NOTE Confidence: 0.83525604

00:29:17.266 --> 00:29:18.750 is the ice cream.

NOTE Confidence: 0.83525604

00:29:18.750 --> 00:29:21.102 But the problem is with CBT plus pounds

NOTE Confidence: 0.83525604

00:29:21.102 --> 00:29:23.410 we don't know what the hot fudge is.

NOTE Confidence: 0.83525604

00:29:23.410 --> 00:29:25.114 You know, and some people have

NOTE Confidence: 0.83525604

00:29:25.114 --> 00:29:26.849 identified some of the hot fudge,

NOTE Confidence: 0.83525604

00:29:26.850 --> 00:29:28.656 but some people think it's the

NOTE Confidence: 0.83525604

00:29:28.656 --> 00:29:30.788 cherry in that Remy is actually a

NOTE Confidence: 0.83525604

00:29:30.788 --> 00:29:32.811 very small part of the variance to

NOTE Confidence: 0.83525604

00:29:32.871 --> 00:29:34.935 a hot fudge sundae and a whip cream

NOTE Confidence: 0.83525604

00:29:34.935 --> 00:29:36.648 is more important than the cherry,

NOTE Confidence: 0.83525604

00:29:36.648 --> 00:29:38.753 but it's still not as much of

NOTE Confidence: 0.83525604

00:29:38.753 --> 00:29:40.337 the variance is the hot fudge.
NOTE Confidence: 0.83525604

00:29:40.340 --> 00:29:42.349 And then you even have some possibilities,
NOTE Confidence: 0.83525604

00:29:42.350 --> 00:29:44.622 which I think is the case that you
NOTE Confidence: 0.83525604

00:29:44.622 --> 00:29:46.319 certainly don't want to put salami
NOTE Confidence: 0.83525604

00:29:46.319 --> 00:29:48.380 or Pickles in your hot fudge sundae.
NOTE Confidence: 0.83525604

00:29:48.380 --> 00:29:50.529 And some of those payment components in
NOTE Confidence: 0.83525604

00:29:50.529 --> 00:29:52.677 some ways could be an analog to this,
NOTE Confidence: 0.83525604

00:29:52.680 --> 00:29:54.120 so the dilemma were faces.
NOTE Confidence: 0.83525604

00:29:54.120 --> 00:29:55.528 What is going to?
NOTE Confidence: 0.83525604

00:29:55.528 --> 00:29:57.640 Account for some as much variance
NOTE Confidence: 0.83525604

00:29:57.709 --> 00:30:00.469 can contribute as much as we can to
NOTE Confidence: 0.83525604

00:30:00.469 --> 00:30:04.530 enhancing CBT. What is the hot fudge?
NOTE Confidence: 0.83525604

00:30:04.530 --> 00:30:06.250 Now I came in 2013,
NOTE Confidence: 0.83525604

00:30:06.250 --> 00:30:10.330 but my when I was interviewed for my.
NOTE Confidence: 0.83525604

00:30:10.330 --> 00:30:10.708 Well,
NOTE Confidence: 0.83525604

00:30:10.708 --> 00:30:13.354 this was slide was from my 2011

NOTE Confidence: 0.83525604

00:30:13.354 --> 00:30:14.110 Yelp presentation.

NOTE Confidence: 0.83525604

00:30:14.110 --> 00:30:16.372 Although I didn't say for my

NOTE Confidence: 0.83525604

00:30:16.372 --> 00:30:17.503 Yelp presentation 2011,

NOTE Confidence: 0.83525604

00:30:17.510 --> 00:30:19.778 but the rest of it was.

NOTE Confidence: 0.83525604

00:30:19.780 --> 00:30:22.426 This is what I said in 2011.

NOTE Confidence: 0.83525604

00:30:22.430 --> 00:30:25.370 No supportive evidence for enhanced effects.

NOTE Confidence: 0.83525604

00:30:25.370 --> 00:30:27.710 Is an the studies measure anxiety

NOTE Confidence: 0.83525604

00:30:27.710 --> 00:30:30.961 outcome only and it's rare to even even

NOTE Confidence: 0.83525604

00:30:30.961 --> 00:30:33.385 though people are interested in panels,

NOTE Confidence: 0.83525604

00:30:33.390 --> 00:30:35.796 people don't even include payment measures.

NOTE Confidence: 0.83525604

00:30:35.800 --> 00:30:38.188 That's for 2011.

NOTE Confidence: 0.83525604

00:30:38.190 --> 00:30:40.494 2021 that's a man made and Elton and

NOTE Confidence: 0.83525604

00:30:40.494 --> 00:30:43.160 study I gave you when I look when I

NOTE Confidence: 0.83525604

00:30:43.160 --> 00:30:45.359 came across this paper and this is

NOTE Confidence: 0.83525604

00:30:45.359 --> 00:30:47.551 either aging myself or show up well.

NOTE Confidence: 0.83525604

00:30:47.551 --> 00:30:49.056 I'm sure it's aging myself,
NOTE Confidence: 0.83525604

00:30:49.060 --> 00:30:51.174 but it's also when I saw it.
NOTE Confidence: 0.83525604

00:30:51.180 --> 00:30:53.224 I just said man 10 years after
NOTE Confidence: 0.83525604

00:30:53.224 --> 00:30:55.399 this is deja vu all over again.
NOTE Confidence: 0.83525604

00:30:55.400 --> 00:30:56.910 So I'm a rock person.
NOTE Confidence: 0.83525604

00:30:56.910 --> 00:30:58.650 So this is the album continues
NOTE Confidence: 0.83525604

00:30:58.650 --> 00:31:00.240 after and this is Cosby.
NOTE Confidence: 0.83525604

00:31:00.240 --> 00:31:02.345 Stills Nash and young deja
NOTE Confidence: 0.83525604

00:31:02.345 --> 00:31:04.029 Vu because in 2021.
NOTE Confidence: 0.83525604

00:31:04.030 --> 00:31:06.508 The words correspond with the figures.
NOTE Confidence: 0.83525604

00:31:06.510 --> 00:31:08.570 This is a direct quote.
NOTE Confidence: 0.83525604

00:31:08.570 --> 00:31:11.048 CBT and parents did not confer
NOTE Confidence: 0.83525604

00:31:11.048 --> 00:31:12.700 advantage over individual CBT.
NOTE Confidence: 0.83525604

00:31:12.700 --> 00:31:13.939 Only six of,
NOTE Confidence: 0.83525604

00:31:13.939 --> 00:31:16.830 so that's what the first figures are.
NOTE Confidence: 0.83525604

00:31:16.830 --> 00:31:18.900 The figures at the bottom,

NOTE Confidence: 0.83525604

00:31:18.900 --> 00:31:20.970 the standard elite defense means

NOTE Confidence: 0.83525604

00:31:20.970 --> 00:31:22.626 that's the second correspond

NOTE Confidence: 0.83525604

00:31:22.626 --> 00:31:24.269 to the second bullet.

NOTE Confidence: 0.83525604

00:31:24.270 --> 00:31:27.382 Only 6 of 11 trials even included a

NOTE Confidence: 0.83525604

00:31:27.382 --> 00:31:30.875 parent and family measure at pre and post,

NOTE Confidence: 0.83525604

00:31:30.880 --> 00:31:34.678 not even a follow up post and when measured.

NOTE Confidence: 0.83525604

00:31:34.680 --> 00:31:36.312 No significant differences found.

NOTE Confidence: 0.83525604

00:31:36.312 --> 00:31:38.760 So even when you try to

NOTE Confidence: 0.8697178333333333

00:31:38.833 --> 00:31:40.049 target something,

NOTE Confidence: 0.8697178333333333

00:31:40.050 --> 00:31:41.730 it didn't make a difference.

NOTE Confidence: 0.8697178333333333

00:31:41.730 --> 00:31:43.740 The parent measures didn't even change,

NOTE Confidence: 0.8697178333333333

00:31:43.740 --> 00:31:45.410 and nobody even looked at.

NOTE Confidence: 0.8697178333333333

00:31:45.410 --> 00:31:47.090 Whether not it is so.

NOTE Confidence: 0.8697178333333333

00:31:47.090 --> 00:31:49.094 It matters if they if they

NOTE Confidence: 0.8697178333333333

00:31:49.094 --> 00:31:50.096 change those outcomes.

NOTE Confidence: 0.8697178333333333

00:31:50.100 --> 00:31:52.431 But they even serve any type of
NOTE Confidence: 0.8697178333333333

00:31:52.431 --> 00:31:53.790 mechanism or mediational role.
NOTE Confidence: 0.8697178333333333

00:31:53.790 --> 00:31:56.390 And the only study of the six at
NOTE Confidence: 0.8697178333333333

00:31:56.390 --> 00:31:58.478 the bottom was hours in 2009.
NOTE Confidence: 0.86100125

00:32:06.630 --> 00:32:09.306 So if we could just do
NOTE Confidence: 0.86100125

00:32:09.306 --> 00:32:11.090 our science with cartoons.
NOTE Confidence: 0.86100125

00:32:11.090 --> 00:32:13.394 Things would be so easy because
NOTE Confidence: 0.86100125

00:32:13.394 --> 00:32:15.479 these two cartoons are basically
NOTE Confidence: 0.86100125

00:32:15.479 --> 00:32:17.359 going to summarize now.
NOTE Confidence: 0.86100125

00:32:17.360 --> 00:32:19.412 What three clinical trials?
NOTE Confidence: 0.86100125

00:32:19.412 --> 00:32:23.519 So over 15 years of clinical trials research
NOTE Confidence: 0.86100125

00:32:23.519 --> 00:32:27.255 has taught me and I hope the field.
NOTE Confidence: 0.86100125

00:32:27.260 --> 00:32:29.788 And the first one is they act like
NOTE Confidence: 0.86100125

00:32:29.788 --> 00:32:32.301 they own me and this is a depiction
NOTE Confidence: 0.86100125

00:32:32.301 --> 00:32:34.902 of what I will show is what I'm
NOTE Confidence: 0.86100125

00:32:34.902 --> 00:32:37.532 beginning to think is one of the most

NOTE Confidence: 0.86100125

00:32:37.532 --> 00:32:38.816 important payment mechanism which

NOTE Confidence: 0.86100125

00:32:38.816 --> 00:32:40.100 is payment psychological control.

NOTE Confidence: 0.86100125

00:32:40.100 --> 00:32:42.724 The one at the bottom is that negative

NOTE Confidence: 0.86100125

00:32:42.724 --> 00:32:44.587 reinforcement trap that I talked about.

NOTE Confidence: 0.86100125

00:32:44.590 --> 00:32:46.837 It's the protection trap. This is great.

NOTE Confidence: 0.86100125

00:32:46.840 --> 00:32:49.240 I'll have to wake up crying in the

NOTE Confidence: 0.86100125

00:32:49.240 --> 00:32:51.340 middle of the night more often.

NOTE Confidence: 0.86100125

00:32:51.340 --> 00:32:53.268 OK, so these are.

NOTE Confidence: 0.86100125

00:32:53.268 --> 00:32:54.714 That was almost.

NOTE Confidence: 0.8566963

00:32:56.730 --> 00:32:59.578 So I'm going to show you now quickly,

NOTE Confidence: 0.8566963

00:32:59.580 --> 00:33:01.360 quickly, but you know that

NOTE Confidence: 0.8566963

00:33:01.360 --> 00:33:02.428 is relatively quickly.

NOTE Confidence: 0.8566963

00:33:02.430 --> 00:33:04.978 I'm going to go through three trials

NOTE Confidence: 0.8566963

00:33:04.978 --> 00:33:08.115 that we did and one to the numbers in.

NOTE Confidence: 0.8566963

00:33:08.120 --> 00:33:09.900 The parentheses showed the trials

NOTE Confidence: 0.8566963

00:33:09.900 --> 00:33:11.680 and they showed the hypothesis.

NOTE Confidence: 0.8566963

00:33:11.680 --> 00:33:13.460 So there are three trials.

NOTE Confidence: 0.8566963

00:33:13.460 --> 00:33:15.596 So the uh, so for example,

NOTE Confidence: 0.8566963

00:33:15.600 --> 00:33:18.795 the first one is in the first two trials.

NOTE Confidence: 0.8566963

00:33:18.800 --> 00:33:21.292 If we try to target and improve

NOTE Confidence: 0.8566963

00:33:21.292 --> 00:33:22.360 parent child relationship,

NOTE Confidence: 0.8566963

00:33:22.360 --> 00:33:24.610 that will be associated with pediatric

NOTE Confidence: 0.8566963

00:33:24.610 --> 00:33:26.410 anxiety with suction and the.

NOTE Confidence: 0.8566963

00:33:26.410 --> 00:33:28.440 3rd, the second one is site control

NOTE Confidence: 0.8566963

00:33:28.440 --> 00:33:30.243 and we targeted that in three

NOTE Confidence: 0.8566963

00:33:30.243 --> 00:33:31.983 trials with the hypothesis that if

NOTE Confidence: 0.8566963

00:33:31.983 --> 00:33:33.660 we reduce psychological control

NOTE Confidence: 0.8566963

00:33:33.660 --> 00:33:35.865 it with the associated pediatric,

NOTE Confidence: 0.8566963

00:33:35.870 --> 00:33:37.886 and this was a full transfer

NOTE Confidence: 0.8566963

00:33:37.886 --> 00:33:39.930 of control model in our work,

NOTE Confidence: 0.8566963

00:33:39.930 --> 00:33:41.680 the therapist worked with the

NOTE Confidence: 0.8566963

00:33:41.680 --> 00:33:43.990 parents and the children we did CBT,

NOTE Confidence: 0.8566963

00:33:43.990 --> 00:33:46.310 but we also did some type of these

NOTE Confidence: 0.8566963

00:33:46.310 --> 00:33:48.719 types of approaches with the pants.

NOTE Confidence: 0.80593187

00:33:51.040 --> 00:33:52.640 Clinically step back clinically,

NOTE Confidence: 0.80593187

00:33:52.640 --> 00:33:55.898 because and I'm sorry I want to go back

NOTE Confidence: 0.80593187

00:33:55.898 --> 00:33:58.276 so you see the astrex by this site

NOTE Confidence: 0.80593187

00:33:58.276 --> 00:34:00.626 control in the negative reinforcement.

NOTE Confidence: 0.80593187

00:34:00.630 --> 00:34:02.480 So across these three trials,

NOTE Confidence: 0.80593187

00:34:02.480 --> 00:34:03.952 this is the cartoon.

NOTE Confidence: 0.80593187

00:34:03.952 --> 00:34:06.200 Again, these are the mechanisms

NOTE Confidence: 0.80593187

00:34:06.200 --> 00:34:08.550 and the mediators that I'm.

NOTE Confidence: 0.80593187

00:34:08.550 --> 00:34:11.868 You know, feeling more and more comfortable

NOTE Confidence: 0.80593187

00:34:11.868 --> 00:34:16.048 is where we need to put our resources into.

NOTE Confidence: 0.80593187

00:34:16.050 --> 00:34:19.116 So clinically. Of course, the free trials.

NOTE Confidence: 0.80593187

00:34:19.120 --> 00:34:20.310 How did we do that?

NOTE Confidence: 0.80593187

00:34:20.310 --> 00:34:21.913 Well, we work with the kids and
NOTE Confidence: 0.80593187

00:34:21.913 --> 00:34:23.385 the parents and we would have
NOTE Confidence: 0.80593187

00:34:23.385 --> 00:34:24.849 them make a list with together.
NOTE Confidence: 0.80593187

00:34:24.850 --> 00:34:27.244 How does how does the pan and get too
NOTE Confidence: 0.80593187

00:34:27.244 --> 00:34:29.177 much involved with my child and how
NOTE Confidence: 0.80593187

00:34:29.177 --> 00:34:31.896 do I let my child do it on their own?
NOTE Confidence: 0.80593187

00:34:31.900 --> 00:34:34.290 And you can see there.
NOTE Confidence: 0.80593187

00:34:34.290 --> 00:34:37.180 Some examples.
NOTE Confidence: 0.80593187

00:34:37.180 --> 00:34:38.804 Like the third one is a specific
NOTE Confidence: 0.80593187

00:34:38.804 --> 00:34:40.049 field example show my diploma,
NOTE Confidence: 0.80593187

00:34:40.050 --> 00:34:42.075 but you know a lot of the parents would
NOTE Confidence: 0.80593187

00:34:42.075 --> 00:34:44.349 say that the kids stop acting like a baby.
NOTE Confidence: 0.80593187

00:34:44.350 --> 00:34:46.262 Or why can't you be more like your
NOTE Confidence: 0.80593187

00:34:46.262 --> 00:34:46.740 little brother?
NOTE Confidence: 0.80593187

00:34:46.740 --> 00:34:47.940 So we would, you know,
NOTE Confidence: 0.80593187

00:34:47.940 --> 00:34:48.892 talk to them about.

NOTE Confidence: 0.80593187

00:34:48.892 --> 00:34:50.866 Well, I can tell my child I'm confident

NOTE Confidence: 0.80593187

00:34:50.866 --> 00:34:52.480 they can handle it in their own,

NOTE Confidence: 0.80593187

00:34:52.480 --> 00:34:54.848 so this would be ways we would target

NOTE Confidence: 0.80593187

00:34:54.848 --> 00:34:56.408 this reduction of site control.

NOTE Confidence: 0.80593187

00:34:56.410 --> 00:34:57.860 In terms of negative reinforcement,

NOTE Confidence: 0.80593187

00:34:57.860 --> 00:34:59.012 which we which remember,

NOTE Confidence: 0.80593187

00:34:59.012 --> 00:35:00.452 I did this in 1999,

NOTE Confidence: 0.80593187

00:35:00.460 --> 00:35:02.308 but we did it again in our third

NOTE Confidence: 0.80593187

00:35:02.308 --> 00:35:03.640 trial more systematically,

NOTE Confidence: 0.80593187

00:35:03.640 --> 00:35:05.944 and this is how we would do it.

NOTE Confidence: 0.80593187

00:35:05.950 --> 00:35:07.938 There we give you know how does

NOTE Confidence: 0.80593187

00:35:07.938 --> 00:35:09.699 my child try to stay away.

NOTE Confidence: 0.80593187

00:35:09.700 --> 00:35:11.150 Trial tries is the cartoon,

NOTE Confidence: 0.80593187

00:35:11.150 --> 00:35:12.824 my child twice about his parents

NOTE Confidence: 0.80593187

00:35:12.824 --> 00:35:14.910 room at night to sleep with them?

NOTE Confidence: 0.80593187

00:35:14.910 --> 00:35:16.638 But what can the mom do?
NOTE Confidence: 0.80593187

00:35:16.640 --> 00:35:18.642 Do not allow the child to sleep
NOTE Confidence: 0.80593187

00:35:18.642 --> 00:35:20.110 with the pounds at night?
NOTE Confidence: 0.8652439

00:35:22.480 --> 00:35:23.950 And you can look there first.
NOTE Confidence: 0.8652439

00:35:23.950 --> 00:35:24.688 Some other examples.
NOTE Confidence: 0.8019522

00:35:31.270 --> 00:35:34.286 So sweet dismantling files an in 5 minutes,
NOTE Confidence: 0.8019522

00:35:34.290 --> 00:35:36.492 but this is basically this is
NOTE Confidence: 0.8019522

00:35:36.492 --> 00:35:38.829 what they all had in common.
NOTE Confidence: 0.8019522

00:35:38.830 --> 00:35:42.580 They were clinic referred participants.
NOTE Confidence: 0.8019522

00:35:42.580 --> 00:35:43.948 Randomize the majority of
NOTE Confidence: 0.8019522

00:35:43.948 --> 00:35:45.316 the participants on mothers,
NOTE Confidence: 0.8019522

00:35:45.320 --> 00:35:48.758 as mothers are the ones who are more likely
NOTE Confidence: 0.8019522

00:35:48.758 --> 00:35:52.709 to bring their children in for the treatment.
NOTE Confidence: 0.8019522

00:35:52.710 --> 00:35:54.235 In the children and the
NOTE Confidence: 0.8019522

00:35:54.235 --> 00:35:55.455 parents were seen together.
NOTE Confidence: 0.8019522

00:35:55.460 --> 00:35:58.520 As I said, it was a full transfer of control.

NOTE Confidence: 0.8019522

00:35:58.520 --> 00:36:00.356 We did CBT with the children,

NOTE Confidence: 0.8019522

00:36:00.360 --> 00:36:02.628 but we also worked on these parenting

NOTE Confidence: 0.8019522

00:36:02.628 --> 00:36:04.030 components which you'll see in.

NOTE Confidence: 0.8019522

00:36:04.030 --> 00:36:06.478 I'll be clear in the next few slides.

NOTE Confidence: 0.8019522

00:36:06.480 --> 00:36:08.489 So in trial one we compared CBT

NOTE Confidence: 0.8019522

00:36:08.489 --> 00:36:10.372 and parents with CBT and because

NOTE Confidence: 0.8019522

00:36:10.372 --> 00:36:12.286 things weren't the way we hoped,

NOTE Confidence: 0.8019522

00:36:12.290 --> 00:36:14.442 we said you know in the second trial

NOTE Confidence: 0.8019522

00:36:14.442 --> 00:36:16.919 we said you know let's not have any

NOTE Confidence: 0.8019522

00:36:16.919 --> 00:36:19.029 parents involved in the second trial.

NOTE Confidence: 0.8019522

00:36:19.030 --> 00:36:21.165 Let's just do group content behavior therapy.

NOTE Confidence: 0.8019522

00:36:21.170 --> 00:36:22.700 I also really love coupons

NOTE Confidence: 0.8019522

00:36:22.700 --> 00:36:23.618 if behavior therapy,

NOTE Confidence: 0.8019522

00:36:23.620 --> 00:36:25.510 as it was one of my.

NOTE Confidence: 0.8019522

00:36:25.510 --> 00:36:26.978 Earlier trials an and

NOTE Confidence: 0.8019522

00:36:26.978 --> 00:36:29.180 let's just do that and and.

NOTE Confidence: 0.8019522

00:36:29.180 --> 00:36:31.623 It's also the first time CBT plus

NOTE Confidence: 0.8019522

00:36:31.623 --> 00:36:34.317 pounds has even been compared to GCBT,

NOTE Confidence: 0.8019522

00:36:34.320 --> 00:36:36.080 so let's compare that.

NOTE Confidence: 0.8019522

00:36:36.080 --> 00:36:38.280 And then the third trial

NOTE Confidence: 0.8019522

00:36:38.280 --> 00:36:40.478 is what I call a deer,

NOTE Confidence: 0.8019522

00:36:40.480 --> 00:36:42.490 dismantling trials where we compared

NOTE Confidence: 0.8019522

00:36:42.490 --> 00:36:45.194 to CBT's and parents versus CBT and

NOTE Confidence: 0.8019522

00:36:45.194 --> 00:36:47.078 what's important in all of these

NOTE Confidence: 0.8019522

00:36:47.078 --> 00:36:49.328 trials is we measured the hypothesize

NOTE Confidence: 0.8019522

00:36:49.328 --> 00:36:51.662 payment mechanism in all the arms.

NOTE Confidence: 0.8019522

00:36:51.670 --> 00:36:53.908 So even in CPT we measured

NOTE Confidence: 0.8019522

00:36:53.908 --> 00:36:55.400 the parent variables with.

NOTE Confidence: 0.8019522

00:36:55.400 --> 00:36:57.300 Remember that 2021 I said

NOTE Confidence: 0.8019522

00:36:57.300 --> 00:36:59.510 six trials only has done it.

NOTE Confidence: 0.8019522

00:36:59.510 --> 00:37:01.370 So we made a point.

NOTE Confidence: 0.8019522

00:37:01.370 --> 00:37:02.116 I mean,

NOTE Confidence: 0.8019522

00:37:02.116 --> 00:37:04.727 if you're going to study payment mechanisms,

NOTE Confidence: 0.8019522

00:37:04.730 --> 00:37:07.076 you need to measure payment valuables.

NOTE Confidence: 0.8019522

00:37:07.080 --> 00:37:08.700 And as part of your assessment.

NOTE Confidence: 0.8019522

00:37:08.700 --> 00:37:09.780 So we did that.

NOTE Confidence: 0.8019522

00:37:09.780 --> 00:37:11.400 And this was the assessment schedule.

NOTE Confidence: 0.8568322

00:37:13.540 --> 00:37:14.950 At least for today's presentation,

NOTE Confidence: 0.8568322

00:37:14.950 --> 00:37:17.075 we actually have more data

NOTE Confidence: 0.8568322

00:37:17.075 --> 00:37:18.775 than that we collected.

NOTE Confidence: 0.8568322

00:37:18.780 --> 00:37:20.620 Now these analysis and these

NOTE Confidence: 0.8568322

00:37:20.620 --> 00:37:22.092 models get really complicated,

NOTE Confidence: 0.8568322

00:37:22.100 --> 00:37:25.097 and so this is a depiction of one of

NOTE Confidence: 0.8568322

00:37:25.097 --> 00:37:28.009 the models in one of our articles.

NOTE Confidence: 0.8568322

00:37:28.010 --> 00:37:30.537 And clearly I'm not going to present

NOTE Confidence: 0.8568322

00:37:30.537 --> 00:37:33.168 the results today with these SCM models.

NOTE Confidence: 0.8568322

00:37:33.170 --> 00:37:35.015 So for today's presentations I'm

NOTE Confidence: 0.8568322

00:37:35.015 --> 00:37:36.860 going to present simple means,

NOTE Confidence: 0.8568322

00:37:36.860 --> 00:37:39.636 but I do want to just let a

NOTE Confidence: 0.8568322

00:37:39.636 --> 00:37:42.028 shout out to call it Mount.

NOTE Confidence: 0.8568322

00:37:42.030 --> 00:37:45.720 It was my who is here and yell with me.

NOTE Confidence: 0.8568322

00:37:45.720 --> 00:37:46.764 But was we?

NOTE Confidence: 0.8568322

00:37:46.764 --> 00:37:49.950 She trained with me at FIU and Jasmine.

NOTE Confidence: 0.8568322

00:37:49.950 --> 00:37:51.996 Also, at a trainee of mine

NOTE Confidence: 0.8568322

00:37:51.996 --> 00:37:54.010 at FIU who sold now it,

NOTE Confidence: 0.8568322

00:37:54.010 --> 00:37:56.296 if I you running the attention

NOTE Confidence: 0.8568322

00:37:56.296 --> 00:37:58.527 training study there with a colleague

NOTE Confidence: 0.8568322

00:37:58.527 --> 00:38:00.760 and Jim jacket is my friend and

NOTE Confidence: 0.8568322

00:38:00.760 --> 00:38:02.950 who I've known since my old many

NOTE Confidence: 0.8568322

00:38:02.950 --> 00:38:05.498 days and he was with me in Albany.

NOTE Confidence: 0.8568322

00:38:05.498 --> 00:38:06.509 And if I,

NOTE Confidence: 0.8568322

00:38:06.510 --> 00:38:09.156 you and now at NYU and I share this

NOTE Confidence: 0.8568322

00:38:09.156 --> 00:38:11.953 with you because like I I actually

NOTE Confidence: 0.8568322

00:38:11.953 --> 00:38:14.504 love SCM modeling because it makes us

NOTE Confidence: 0.8568322

00:38:14.504 --> 00:38:16.988 as a team said, think about the park,

NOTE Confidence: 0.8568322

00:38:16.988 --> 00:38:17.999 the proximal mechanism,

NOTE Confidence: 0.8568322

00:38:18.000 --> 00:38:19.690 the distal, the moderate Ersan.

NOTE Confidence: 0.8568322

00:38:19.690 --> 00:38:20.773 Really try to.

NOTE Confidence: 0.8568322

00:38:20.773 --> 00:38:23.650 Think about them in a very thoughtful way,

NOTE Confidence: 0.8568322

00:38:23.650 --> 00:38:25.708 and then the SCM modeling just

NOTE Confidence: 0.8568322

00:38:25.708 --> 00:38:27.496 becomes a template from the

NOTE Confidence: 0.8568322

00:38:27.496 --> 00:38:29.614 conceptual model that we worked on.

NOTE Confidence: 0.8568322

00:38:29.620 --> 00:38:31.727 So I really love this and the

NOTE Confidence: 0.8568322

00:38:31.727 --> 00:38:33.896 reason I also want to emphasize

NOTE Confidence: 0.8568322

00:38:33.896 --> 00:38:36.278 the last point is also important.

NOTE Confidence: 0.8568322

00:38:36.280 --> 00:38:37.246 Most treatment studies,

NOTE Confidence: 0.8568322

00:38:37.246 --> 00:38:40.150 if they even have a mediator or mechanism,

NOTE Confidence: 0.8568322

00:38:40.150 --> 00:38:41.418 they have one media,
NOTE Confidence: 0.8568322

00:38:41.418 --> 00:38:43.320 one mechanism you will see how
NOTE Confidence: 0.8568322

00:38:43.382 --> 00:38:45.058 we have multiple mediators,
NOTE Confidence: 0.8568322

00:38:45.060 --> 00:38:47.166 which makes things even more complicated,
NOTE Confidence: 0.8568322

00:38:47.170 --> 00:38:49.826 which I can't even go there about how
NOTE Confidence: 0.8568322

00:38:49.826 --> 00:38:52.409 the media does affect the mediators.
NOTE Confidence: 0.8568322

00:38:52.410 --> 00:38:56.397 But I think the point is that you know,
NOTE Confidence: 0.8568322

00:38:56.400 --> 00:38:58.888 we really try to have a a picture
NOTE Confidence: 0.8568322

00:38:58.888 --> 00:39:01.330 that fits clinically and that
NOTE Confidence: 0.8568322

00:39:01.330 --> 00:39:03.650 has practical implications for
NOTE Confidence: 0.8568322

00:39:03.650 --> 00:39:04.810 clinical translation.
NOTE Confidence: 0.8783049

00:39:07.690 --> 00:39:10.690 So the first two trials.
NOTE Confidence: 0.8783049

00:39:10.690 --> 00:39:12.909 I also I also say when we
NOTE Confidence: 0.8783049

00:39:12.909 --> 00:39:14.640 have those multiple mediators,
NOTE Confidence: 0.8783049

00:39:14.640 --> 00:39:16.734 our requires large sample sizes so
NOTE Confidence: 0.8783049

00:39:16.734 --> 00:39:19.254 you will see our across all three

NOTE Confidence: 0.8783049

00:39:19.254 --> 00:39:22.137 trials for a single site study out of

NOTE Confidence: 0.8783049

00:39:22.137 --> 00:39:24.678 sample sizes are quite nice and give

NOTE Confidence: 0.8783049

00:39:24.678 --> 00:39:27.200 us sufficient power to look at these

NOTE Confidence: 0.8783049

00:39:27.200 --> 00:39:28.632 mediation and moderating variables.

NOTE Confidence: 0.8783049

00:39:28.640 --> 00:39:31.240 So in the first trial we did when

NOTE Confidence: 0.8783049

00:39:31.240 --> 00:39:33.967 I told you CBT plus payments and

NOTE Confidence: 0.8783049

00:39:33.967 --> 00:39:36.480 then the second one was compared

NOTE Confidence: 0.8783049

00:39:36.480 --> 00:39:38.650 to the group the group.

NOTE Confidence: 0.8783049

00:39:38.650 --> 00:39:40.455 Don't pay attention, even though

NOTE Confidence: 0.8783049

00:39:40.455 --> 00:39:42.829 it's so interesting and I love it,

NOTE Confidence: 0.8783049

00:39:42.830 --> 00:39:46.007 but I don't have time to talk about the

NOTE Confidence: 0.8783049

00:39:46.007 --> 00:39:48.394 mechanisms of group CBT, but we are.

NOTE Confidence: 0.8783049

00:39:48.394 --> 00:39:49.786 I think it's fascinating,

NOTE Confidence: 0.8783049

00:39:49.790 --> 00:39:52.318 so that's for another time, another place.

NOTE Confidence: 0.8783049

00:39:52.318 --> 00:39:54.682 Because today I'm focusing on the

NOTE Confidence: 0.8783049

00:39:54.682 --> 00:39:57.095 CBT plus parents and what I mainly
NOTE Confidence: 0.8783049

00:39:57.095 --> 00:39:59.695 want to show you is that in both
NOTE Confidence: 0.8783049

00:39:59.695 --> 00:40:01.970 of these trials we found that site
NOTE Confidence: 0.8783049

00:40:01.970 --> 00:40:04.070 control in both of these trials
NOTE Confidence: 0.8783049

00:40:04.070 --> 00:40:06.588 was associated with a change in the
NOTE Confidence: 0.8783049

00:40:06.588 --> 00:40:09.038 anxiety outcome and an and it actually.
NOTE Confidence: 0.8783049

00:40:09.040 --> 00:40:10.846 You know hasn't been shown before.
NOTE Confidence: 0.8783049

00:40:10.850 --> 00:40:13.250 Obviously you saw from my set up here,
NOTE Confidence: 0.8783049

00:40:13.250 --> 00:40:16.538 so this was nice to see this in
NOTE Confidence: 0.8783049

00:40:16.538 --> 00:40:18.100 two different trials.
NOTE Confidence: 0.8783049

00:40:18.100 --> 00:40:21.509 But what we also found an not
NOTE Confidence: 0.8783049

00:40:21.509 --> 00:40:24.948 surprising what I showed you before.
NOTE Confidence: 0.8783049

00:40:24.950 --> 00:40:25.952 Both interventions were
NOTE Confidence: 0.8783049

00:40:25.952 --> 00:40:26.620 similarly efficacious.
NOTE Confidence: 0.8783049

00:40:26.620 --> 00:40:28.280 There were no significant differences.
NOTE Confidence: 0.8783049

00:40:28.280 --> 00:40:30.278 It's great that you can improve,

NOTE Confidence: 0.8783049
00:40:30.280 --> 00:40:32.278 but we were hoping to enhance
NOTE Confidence: 0.8783049
00:40:32.278 --> 00:40:33.610 and we didn't enhance.
NOTE Confidence: 0.8783049
00:40:33.610 --> 00:40:35.422 And this is this came through
NOTE Confidence: 0.8783049
00:40:35.422 --> 00:40:37.599 not just with the rating scales,
NOTE Confidence: 0.8783049
00:40:37.600 --> 00:40:40.900 but with the other measures.
NOTE Confidence: 0.8783049
00:40:40.900 --> 00:40:42.895 So this was a pretty robust pattern,
NOTE Confidence: 0.8783049
00:40:42.900 --> 00:40:44.888 but it fits what I showed you.
NOTE Confidence: 0.80662775
00:40:46.950 --> 00:40:48.630 So what we learned except
NOTE Confidence: 0.80662775
00:40:48.630 --> 00:40:50.310 bullet one we didn't learn.
NOTE Confidence: 0.80662775
00:40:50.310 --> 00:40:52.350 We already knew this anxiety significantly
NOTE Confidence: 0.80662775
00:40:52.350 --> 00:40:54.678 reduce in CBT and CBT and parents.
NOTE Confidence: 0.80662775
00:40:54.680 --> 00:40:56.690 But there are no significant differences.
NOTE Confidence: 0.80662775
00:40:56.690 --> 00:40:58.034 Anxiety is suddenly reduced
NOTE Confidence: 0.80662775
00:40:58.034 --> 00:40:59.714 and this was a first.
NOTE Confidence: 0.80662775
00:40:59.720 --> 00:41:01.928 This was a first 'cause nobody
NOTE Confidence: 0.80662775

00:41:01.928 --> 00:41:03.400 would ever compared parents
NOTE Confidence: 0.80662775

00:41:03.463 --> 00:41:05.430 with CPT and pans in the group.
NOTE Confidence: 0.80662775

00:41:05.430 --> 00:41:08.598 It was nice to know that both are reducing
NOTE Confidence: 0.80662775

00:41:08.598 --> 00:41:11.139 anxiety and you could do both of them,
NOTE Confidence: 0.80662775

00:41:11.140 --> 00:41:13.390 they're interchangeable.
NOTE Confidence: 0.80662775

00:41:13.390 --> 00:41:15.883 And but we also found and this is the
NOTE Confidence: 0.80662775

00:41:15.883 --> 00:41:17.633 important thing here that changes
NOTE Confidence: 0.80662775

00:41:17.633 --> 00:41:19.398 in pain control were associated
NOTE Confidence: 0.80662775

00:41:19.398 --> 00:41:21.527 with changes in pediatric anxiety.
NOTE Confidence: 0.80662775

00:41:21.530 --> 00:41:23.896 It does suggest that maybe of all
NOTE Confidence: 0.80662775

00:41:23.896 --> 00:41:25.429 those mechanisms, Pam inside control.
NOTE Confidence: 0.80662775

00:41:25.429 --> 00:41:27.838 But this is this idea that if you
NOTE Confidence: 0.80662775

00:41:27.838 --> 00:41:30.022 are reducing site controlled of the
NOTE Confidence: 0.80662775

00:41:30.022 --> 00:41:31.700 parents enhancing child autonomy,
NOTE Confidence: 0.80662775

00:41:31.700 --> 00:41:33.758 it will encourage the trial to
NOTE Confidence: 0.80662775

00:41:33.758 --> 00:41:36.184 be more likely to do the things

NOTE Confidence: 0.80662775

00:41:36.184 --> 00:41:38.140 they need to do in anxiety.

NOTE Confidence: 0.80662775

00:41:38.140 --> 00:41:39.835 That's the clinical way to

NOTE Confidence: 0.80662775

00:41:39.835 --> 00:41:41.530 think about why side control.

NOTE Confidence: 0.80662775

00:41:41.530 --> 00:41:44.980 If you are a parent telling you kid you know.

NOTE Confidence: 0.80662775

00:41:44.980 --> 00:41:47.465 This, you know, don't be a baby.

NOTE Confidence: 0.80662775

00:41:47.470 --> 00:41:49.210 That's not going to give the

NOTE Confidence: 0.80662775

00:41:49.210 --> 00:41:51.337 child a feeling of autonomy or

NOTE Confidence: 0.80662775

00:41:51.337 --> 00:41:53.145 granting autonomy so clinically.

NOTE Confidence: 0.80662775

00:41:53.150 --> 00:41:55.262 It certainly makes a lot of

NOTE Confidence: 0.80662775

00:41:55.262 --> 00:41:57.050 sense and fits with you.

NOTE Confidence: 0.80662775

00:41:57.050 --> 00:41:57.396 Know,

NOTE Confidence: 0.80662775

00:41:57.396 --> 00:41:59.126 many theories of side control

NOTE Confidence: 0.80662775

00:41:59.126 --> 00:42:00.960 dating back to the 1970s,

NOTE Confidence: 0.80662775

00:42:00.960 --> 00:42:01.310 so.

NOTE Confidence: 0.76207312

00:42:06.780 --> 00:42:08.504 In the third trial.

NOTE Confidence: 0.76207312

00:42:08.504 --> 00:42:12.109 Though you know I wanted to go deeper,
NOTE Confidence: 0.76207312

00:42:12.110 --> 00:42:14.274 and so we dismantled.
NOTE Confidence: 0.76207312

00:42:14.274 --> 00:42:17.520 We dismantled CBT plus parents which
NOTE Confidence: 0.76207312

00:42:17.615 --> 00:42:21.119 had never been done because what do you
NOTE Confidence: 0.76207312

00:42:21.119 --> 00:42:24.768 need to do in CBT plus parents an I
NOTE Confidence: 0.76207312

00:42:24.768 --> 00:42:27.204 because of my 1999 trial reinforcement
NOTE Confidence: 0.76207312

00:42:27.204 --> 00:42:29.344 the important of the protection
NOTE Confidence: 0.76207312

00:42:29.344 --> 00:42:32.150 trap we dismantled CBT plus parents.
NOTE Confidence: 0.76207312

00:42:32.150 --> 00:42:35.294 But we also dismantled CBT plus Pam and
NOTE Confidence: 0.76207312

00:42:35.294 --> 00:42:37.655 Reinforcement where we trained parents
NOTE Confidence: 0.76207312

00:42:37.655 --> 00:42:40.155 to increase their positive reinforcement,
NOTE Confidence: 0.76207312

00:42:40.160 --> 00:42:41.968 decrease negative reinforcement the
NOTE Confidence: 0.76207312

00:42:41.968 --> 00:42:44.680 comparator the CBT and here we.
NOTE Confidence: 0.76207312

00:42:44.680 --> 00:42:46.878 I wasn't giving up on the relationship,
NOTE Confidence: 0.76207312

00:42:46.880 --> 00:42:49.296 but I told you I thought we were
NOTE Confidence: 0.76207312

00:42:49.296 --> 00:42:51.267 doing too much junk in that.

NOTE Confidence: 0.76207312

00:42:51.270 --> 00:42:53.160 I mean, I should say junk,

NOTE Confidence: 0.76207312

00:42:53.160 --> 00:42:55.358 but I thought why isn't this working?

NOTE Confidence: 0.76207312

00:42:55.360 --> 00:42:57.904 How could this not so this time we

NOTE Confidence: 0.76207312

00:42:57.904 --> 00:43:00.339 dismantled it more carefully and we made

NOTE Confidence: 0.76207312

00:43:00.339 --> 00:43:02.582 it more careful of really distilled

NOTE Confidence: 0.76207312

00:43:02.582 --> 00:43:05.718 site control an we improved acceptance like?

NOTE Confidence: 0.76207312

00:43:05.720 --> 00:43:08.915 I'm not going to have a slide on that,

NOTE Confidence: 0.76207312

00:43:08.920 --> 00:43:11.050 but since it hasn't been working,

NOTE Confidence: 0.76207312

00:43:11.050 --> 00:43:11.684 I'm not.

NOTE Confidence: 0.76207312

00:43:11.684 --> 00:43:14.220 I don't have the slide on that because

NOTE Confidence: 0.76207312

00:43:14.287 --> 00:43:16.927 what we found here as a meat as

NOTE Confidence: 0.76207312

00:43:16.927 --> 00:43:19.210 mechanism doesn't associated with change.

NOTE Confidence: 0.76207312

00:43:19.210 --> 00:43:21.180 The decrease in negative reinforcement

NOTE Confidence: 0.76207312

00:43:21.180 --> 00:43:23.595 was associated with anxiety in production

NOTE Confidence: 0.76207312

00:43:23.595 --> 00:43:25.923 and again side control decrease was

NOTE Confidence: 0.76207312

00:43:25.923 --> 00:43:28.290 associated with child anxiety improvement.

NOTE Confidence: 0.76207312

00:43:28.290 --> 00:43:31.755 And what if I was there in the room?

NOTE Confidence: 0.76207312

00:43:31.760 --> 00:43:34.046 You'd see me like jumping and

NOTE Confidence: 0.76207312

00:43:34.046 --> 00:43:36.010 being happy because I'm very,

NOTE Confidence: 0.76207312

00:43:36.010 --> 00:43:37.940 very happy about these findings.

NOTE Confidence: 0.76207312

00:43:37.940 --> 00:43:40.250 It's actually it will be published

NOTE Confidence: 0.76207312

00:43:40.250 --> 00:43:41.405 any day now.

NOTE Confidence: 0.76207312

00:43:41.410 --> 00:43:43.726 And kind of this also in

NOTE Confidence: 0.76207312

00:43:43.726 --> 00:43:44.884 clinical psychological science,

NOTE Confidence: 0.76207312

00:43:44.890 --> 00:43:47.032 the name of the articles is

NOTE Confidence: 0.76207312

00:43:47.032 --> 00:43:48.460 training parents and reinforcement

NOTE Confidence: 0.76207312

00:43:48.525 --> 00:43:49.908 skills or relationships.

NOTE Confidence: 0.76207312

00:43:49.910 --> 00:43:51.840 Trip skills enhance individual use.

NOTE Confidence: 0.76207312

00:43:51.840 --> 00:43:53.380 CBT for anxiety outcome

NOTE Confidence: 0.76207312

00:43:53.380 --> 00:43:54.535 specificity and mediation.

NOTE Confidence: 0.76207312

00:43:54.540 --> 00:43:55.689 And you don't.

NOTE Confidence: 0.76207312

00:43:55.689 --> 00:43:57.987 I don't know anybody who puts

NOTE Confidence: 0.76207312

00:43:57.987 --> 00:44:00.049 the title of an article.

NOTE Confidence: 0.76207312

00:44:00.050 --> 00:44:02.240 If the answer is no,

NOTE Confidence: 0.76207312

00:44:02.240 --> 00:44:04.952 so the an we were this we've showed

NOTE Confidence: 0.76207312

00:44:04.952 --> 00:44:07.549 here that both of these very

NOTE Confidence: 0.76207312

00:44:07.549 --> 00:44:09.849 distilled concrete CPT plus parents

NOTE Confidence: 0.76207312

00:44:09.849 --> 00:44:12.393 across the measures were showing

NOTE Confidence: 0.76207312

00:44:12.393 --> 00:44:14.903 to be significantly enhancing CBT.

NOTE Confidence: 0.76207312

00:44:14.910 --> 00:44:17.526 This is also true in our

NOTE Confidence: 0.76207312

00:44:17.526 --> 00:44:18.834 diagnostic recovery rates.

NOTE Confidence: 0.76207312

00:44:18.840 --> 00:44:20.584 So this is the,

NOTE Confidence: 0.76207312

00:44:20.584 --> 00:44:22.764 you know something very exciting.

NOTE Confidence: 0.76207312

00:44:22.770 --> 00:44:23.264 Frankly,

NOTE Confidence: 0.76207312

00:44:23.264 --> 00:44:27.216 at least for people who are trying to

NOTE Confidence: 0.76207312

00:44:27.216 --> 00:44:30.418 figure out what to do with parents.

NOTE Confidence: 0.76207312

00:44:30.420 --> 00:44:32.260 Even more exciting is this.
NOTE Confidence: 0.76207312

00:44:32.260 --> 00:44:35.036 The first time we showed that if you
NOTE Confidence: 0.76207312

00:44:35.036 --> 00:44:37.779 do this in a really concrete way,
NOTE Confidence: 0.76207312

00:44:37.780 --> 00:44:41.083 you can actually show that what you talk it,
NOTE Confidence: 0.76207312

00:44:41.090 --> 00:44:44.222 it changed an and that it so when we
NOTE Confidence: 0.76207312

00:44:44.222 --> 00:44:47.649 worked with reducing negative reinforcement.
NOTE Confidence: 0.76207312

00:44:47.650 --> 00:44:49.690 Our parents told us that yes,
NOTE Confidence: 0.76207312

00:44:49.690 --> 00:44:51.730 it was reduced in individual CPT.
NOTE Confidence: 0.76207312

00:44:51.730 --> 00:44:54.110 We didn't train it, but past studies.
NOTE Confidence: 0.76207312

00:44:54.110 --> 00:44:54.806 Usually anything.
NOTE Confidence: 0.76207312

00:44:54.806 --> 00:44:55.502 Nothing changes.
NOTE Confidence: 0.76207312

00:44:55.502 --> 00:44:57.955 So and this was true also in
NOTE Confidence: 0.76207312

00:44:57.955 --> 00:44:58.867 the control scale.
NOTE Confidence: 0.76207312

00:44:58.870 --> 00:45:01.250 So we were happy about this too.
NOTE Confidence: 0.8842127

00:45:04.200 --> 00:45:06.606 So right now what we've learned
NOTE Confidence: 0.8842127

00:45:06.606 --> 00:45:09.094 so far from these three trials

NOTE Confidence: 0.8842127

00:45:09.094 --> 00:45:11.900 is if we do two carefully, very.

NOTE Confidence: 0.8805098

00:45:40.860 --> 00:45:42.348 Very qualitative methods with

NOTE Confidence: 0.8805098

00:45:42.348 --> 00:45:43.836 families and fair therapists,

NOTE Confidence: 0.8805098

00:45:43.840 --> 00:45:46.346 and we're going to try to develop

NOTE Confidence: 0.8805098

00:45:46.346 --> 00:45:48.689 something so it's always with them.

NOTE Confidence: 0.8805098

00:45:48.690 --> 00:45:51.217 A way of getting parents to always

NOTE Confidence: 0.8805098

00:45:51.217 --> 00:45:53.169 use these kinds of methods.

NOTE Confidence: 0.8805098

00:45:53.170 --> 00:45:55.571 And what do you do when you're

NOTE Confidence: 0.8805098

00:45:55.571 --> 00:45:58.269 stuck with the idea of we can

NOTE Confidence: 0.8805098

00:45:58.269 --> 00:46:00.259 maybe get more stronger effects?

NOTE Confidence: 0.8805098

00:46:00.260 --> 00:46:02.498 More durable effects if we can

NOTE Confidence: 0.8805098

00:46:02.498 --> 00:46:04.734 really make this more, you know,

NOTE Confidence: 0.8805098

00:46:04.734 --> 00:46:06.594 part of people's everyday lives.

NOTE Confidence: 0.8805098

00:46:06.600 --> 00:46:08.460 And so with you know,

NOTE Confidence: 0.8805098

00:46:08.460 --> 00:46:10.698 these are the steps that involved

NOTE Confidence: 0.8805098

00:46:10.698 --> 00:46:11.817 the participatory methods.
NOTE Confidence: 0.8805098

00:46:11.820 --> 00:46:13.208 The proof of concept.
NOTE Confidence: 0.8805098

00:46:13.208 --> 00:46:15.290 Then get some plima Neri effects,
NOTE Confidence: 0.8805098

00:46:15.290 --> 00:46:17.370 and then of course the next step is
NOTE Confidence: 0.8805098

00:46:17.370 --> 00:46:19.712 a step which is the big challenges
NOTE Confidence: 0.8805098

00:46:19.712 --> 00:46:21.860 to augmented and dismantle it and
NOTE Confidence: 0.8805098

00:46:21.860 --> 00:46:23.768 see you know it really improves.
NOTE Confidence: 0.85029167

00:46:26.390 --> 00:46:29.126 Really quickly, because some of you
NOTE Confidence: 0.85029167

00:46:29.126 --> 00:46:32.100 may be familiar with Eli Lebowitz,
NOTE Confidence: 0.85029167

00:46:32.100 --> 00:46:35.075 my my collaborator and at the Anxiety
NOTE Confidence: 0.85029167

00:46:35.075 --> 00:46:38.528 program and he has developed a very
NOTE Confidence: 0.85029167

00:46:38.528 --> 00:46:41.143 innovative intervention and it's a
NOTE Confidence: 0.85029167

00:46:41.143 --> 00:46:44.290 transfer of control therapist dependent.
NOTE Confidence: 0.85029167

00:46:44.290 --> 00:46:46.824 No child, no children at all involved,
NOTE Confidence: 0.85029167

00:46:46.830 --> 00:46:49.296 and I'm just taking this little
NOTE Confidence: 0.85029167

00:46:49.296 --> 00:46:51.969 detour to mention it because I'm.

NOTE Confidence: 0.85029167

00:46:51.970 --> 00:46:55.066 You know he we showed that it has.

NOTE Confidence: 0.85029167

00:46:55.070 --> 00:46:57.140 We compare this to CBT.

NOTE Confidence: 0.85029167

00:46:57.140 --> 00:47:00.290 His program is called Space Supportive

NOTE Confidence: 0.85029167

00:47:00.290 --> 00:47:02.855 Parenting for anxious childhood emotions

NOTE Confidence: 0.85029167

00:47:02.855 --> 00:47:05.543 and what we found was that both.

NOTE Confidence: 0.85029167

00:47:05.550 --> 00:47:07.908 Interventions using a non inferiority trial,

NOTE Confidence: 0.85029167

00:47:07.910 --> 00:47:09.880 both produced in equivalent affect,

NOTE Confidence: 0.85029167

00:47:09.880 --> 00:47:13.040 so this was very this is Eli scale.

NOTE Confidence: 0.85029167

00:47:13.040 --> 00:47:16.160 What I I should mention when I came

NOTE Confidence: 0.85029167

00:47:16.160 --> 00:47:19.496 I know he put together this K award

NOTE Confidence: 0.85029167

00:47:19.496 --> 00:47:23.045 now and this is we now have a nice

NOTE Confidence: 0.85029167

00:47:23.045 --> 00:47:25.804 61 or 33 and Hillary is Hillary.

NOTE Confidence: 0.85029167

00:47:25.804 --> 00:47:28.164 Bloomberg is a call investigator

NOTE Confidence: 0.85029167

00:47:28.164 --> 00:47:31.460 on this along with me and Ellen G

NOTE Confidence: 0.85029167

00:47:31.460 --> 00:47:34.006 at over in psychology is the copii

NOTE Confidence: 0.85029167

00:47:34.006 --> 00:47:36.678 with Eli on this and we are now
NOTE Confidence: 0.85029167

00:47:36.680 --> 00:47:38.008 studying CPT versus parenting.
NOTE Confidence: 0.85029167

00:47:38.008 --> 00:47:40.000 We're looking at if these findings
NOTE Confidence: 0.85029167

00:47:40.056 --> 00:47:41.741 replicate and we're also looking
NOTE Confidence: 0.85029167

00:47:41.741 --> 00:47:43.426 at the brain mechanism underlying
NOTE Confidence: 0.85029167

00:47:43.484 --> 00:47:44.940 these two interventions because
NOTE Confidence: 0.85029167

00:47:44.940 --> 00:47:46.396 it's kind of interesting.
NOTE Confidence: 0.85029167

00:47:46.400 --> 00:47:48.556 This one is just with child when
NOTE Confidence: 0.85029167

00:47:48.556 --> 00:47:50.653 it's just the parents and looking
NOTE Confidence: 0.85029167

00:47:50.653 --> 00:47:53.229 at how the change the child's brain
NOTE Confidence: 0.85029167

00:47:53.301 --> 00:47:55.499 may be impacted by this and then
NOTE Confidence: 0.85029167

00:47:55.499 --> 00:47:57.455 the next thing after we hopefully
NOTE Confidence: 0.85029167

00:47:57.455 --> 00:47:58.460 replicate these findings,
NOTE Confidence: 0.85029167

00:47:58.460 --> 00:48:00.805 that space is as efficacious as CBT.
NOTE Confidence: 0.85029167

00:48:00.810 --> 00:48:02.480 The next thing, of course,
NOTE Confidence: 0.85029167

00:48:02.480 --> 00:48:04.832 will be to try to think about

NOTE Confidence: 0.85029167
00:48:04.832 --> 00:48:06.170 augmenting space with CBT,
NOTE Confidence: 0.85029167
00:48:06.170 --> 00:48:08.180 or or maybe even dismantling it,
NOTE Confidence: 0.85029167
00:48:08.180 --> 00:48:08.433 but.
NOTE Confidence: 0.85029167
00:48:08.433 --> 00:48:10.204 This is the first stage an I
NOTE Confidence: 0.85029167
00:48:10.204 --> 00:48:11.895 think it's really exciting work
NOTE Confidence: 0.85029167
00:48:11.895 --> 00:48:13.765 because it's only with parents.
NOTE Confidence: 0.85029167
00:48:13.770 --> 00:48:15.270 No child work at all.
NOTE Confidence: 0.83725524
00:48:19.200 --> 00:48:22.098 OK, so that's the work I do.
NOTE Confidence: 0.83725524
00:48:22.100 --> 00:48:24.844 Want to spend a little time also
NOTE Confidence: 0.83725524
00:48:24.844 --> 00:48:26.961 talking about the other area
NOTE Confidence: 0.83725524
00:48:26.961 --> 00:48:29.547 that we're trying to augment CBT,
NOTE Confidence: 0.83725524
00:48:29.550 --> 00:48:31.206 and that's with attention.
NOTE Confidence: 0.83725524
00:48:31.206 --> 00:48:33.690 Retraining if you're prone to anxiety.
NOTE Confidence: 0.83725524
00:48:33.690 --> 00:48:37.416 If you look at that stimulus on your screen,
NOTE Confidence: 0.83725524
00:48:37.420 --> 00:48:39.072 your attention will go
NOTE Confidence: 0.83725524

00:48:39.072 --> 00:48:40.724 talk that threatening face.

NOTE Confidence: 0.83725524

00:48:40.730 --> 00:48:43.628 This is what that first bullet says.

NOTE Confidence: 0.83725524

00:48:43.630 --> 00:48:44.974 Anxious children, adolescents,

NOTE Confidence: 0.83725524

00:48:44.974 --> 00:48:47.214 and adults so significantly greater

NOTE Confidence: 0.83725524

00:48:47.214 --> 00:48:49.398 attention capture to threatening stimuli.

NOTE Confidence: 0.83725524

00:48:49.400 --> 00:48:51.776 And this has been associated with

NOTE Confidence: 0.83725524

00:48:51.776 --> 00:48:53.360 friends to amygdala dysfunction.

NOTE Confidence: 0.83725524

00:48:53.360 --> 00:48:55.340 The translation clinically is trained.

NOTE Confidence: 0.83725524

00:48:55.340 --> 00:48:56.792 The brain, you know,

NOTE Confidence: 0.83725524

00:48:56.792 --> 00:48:58.607 use it implicit learning procedures

NOTE Confidence: 0.83725524

00:48:58.607 --> 00:49:00.877 to modify that attention capture.

NOTE Confidence: 0.83725524

00:49:00.880 --> 00:49:04.396 That's why it's been called attention

NOTE Confidence: 0.83725524

00:49:04.396 --> 00:49:06.154 bias modification training.

NOTE Confidence: 0.83725524

00:49:06.160 --> 00:49:08.806 And there's evidence for that an I

NOTE Confidence: 0.83725524

00:49:08.806 --> 00:49:10.805 encourage Lazzaro for Yair behind

NOTE Confidence: 0.83725524

00:49:10.805 --> 00:49:13.193 did excellent with you in the

NOTE Confidence: 0.83725524

00:49:13.193 --> 00:49:15.005 recent biological psychiatry that

NOTE Confidence: 0.83725524

00:49:15.005 --> 00:49:17.365 was devoted to pediatric anxiety.

NOTE Confidence: 0.83725524

00:49:17.370 --> 00:49:19.440 All the articles were fabulous,

NOTE Confidence: 0.83725524

00:49:19.440 --> 00:49:20.276 I thought,

NOTE Confidence: 0.83725524

00:49:20.276 --> 00:49:22.784 and your ears meta analysis showed

NOTE Confidence: 0.83725524

00:49:22.784 --> 00:49:25.247 medium effect sizes in child trials,

NOTE Confidence: 0.83725524

00:49:25.250 --> 00:49:28.918 and he also talks about the biological

NOTE Confidence: 0.83725524

00:49:28.918 --> 00:49:31.290 underpinnings for attention training.

NOTE Confidence: 0.83725524

00:49:31.290 --> 00:49:32.403 So more specifically,

NOTE Confidence: 0.83725524

00:49:32.403 --> 00:49:34.258 and here are my colleagues.

NOTE Confidence: 0.83725524

00:49:34.260 --> 00:49:34.624 Actually,

NOTE Confidence: 0.83725524

00:49:34.624 --> 00:49:36.808 your ear is a collaborator and

NOTE Confidence: 0.83725524

00:49:36.808 --> 00:49:39.447 Annie Pine at NIH is a collaborator,

NOTE Confidence: 0.83725524

00:49:39.450 --> 00:49:42.047 and Jeremy Pettit at FIU is another

NOTE Confidence: 0.83725524

00:49:42.047 --> 00:49:42.418 collaborator.

NOTE Confidence: 0.83725524

00:49:42.420 --> 00:49:44.765 And basically here's this child
NOTE Confidence: 0.83725524

00:49:44.765 --> 00:49:48.020 sits in front of the computer.
NOTE Confidence: 0.83725524

00:49:48.020 --> 00:49:50.442 And she's shown this Lee stimuli and
NOTE Confidence: 0.83725524

00:49:50.442 --> 00:49:52.717 basically the plus sign is always
NOTE Confidence: 0.83725524

00:49:52.717 --> 00:49:54.667 placed in the experimental condition
NOTE Confidence: 0.83725524

00:49:54.667 --> 00:49:57.634 the what's called the attention bias
NOTE Confidence: 0.83725524

00:49:57.634 --> 00:49:59.224 condition modification condition.
NOTE Confidence: 0.83725524

00:49:59.230 --> 00:50:01.714 It's always plus by the neutral
NOTE Confidence: 0.83725524

00:50:01.714 --> 00:50:04.620 100% of the trial and it there
NOTE Confidence: 0.83725524

00:50:04.620 --> 00:50:05.865 really quick milliseconds.
NOTE Confidence: 0.83725524

00:50:05.870 --> 00:50:06.690 So basically.
NOTE Confidence: 0.83725524

00:50:06.690 --> 00:50:09.560 And she's told whenever you see that
NOTE Confidence: 0.83725524

00:50:09.560 --> 00:50:12.216 plus sign plus press your mouse
NOTE Confidence: 0.83725524

00:50:12.216 --> 00:50:14.381 so that implicitly training the
NOTE Confidence: 0.83725524

00:50:14.457 --> 00:50:17.068 brain to look at that neutral face,
NOTE Confidence: 0.83725524

00:50:17.070 --> 00:50:18.114 the control condition.

NOTE Confidence: 0.83725524
00:50:18.114 --> 00:50:20.550 Is it appears randomly it's not anywhere,
NOTE Confidence: 0.83725524
00:50:20.550 --> 00:50:22.699 but there's still attention and it's funny.
NOTE Confidence: 0.83725524
00:50:22.700 --> 00:50:24.385 It's called an attention control
NOTE Confidence: 0.83725524
00:50:24.385 --> 00:50:26.070 condition because it's as you
NOTE Confidence: 0.83725524
00:50:26.124 --> 00:50:27.319 will hear in a moment.
NOTE Confidence: 0.83725524
00:50:27.320 --> 00:50:29.784 But I'm just going to say it now.
NOTE Confidence: 0.83725524
00:50:29.790 --> 00:50:32.075 Attention control condition is actually
NOTE Confidence: 0.83725524
00:50:32.075 --> 00:50:34.360 probably in attention control condition.
NOTE Confidence: 0.83725524
00:50:34.360 --> 00:50:36.538 Because you are controlling your attention,
NOTE Confidence: 0.83725524
00:50:36.540 --> 00:50:38.718 so you'll see in a moment
NOTE Confidence: 0.83725524
00:50:38.718 --> 00:50:39.807 why that's important.
NOTE Confidence: 0.83725524
00:50:39.810 --> 00:50:41.976 And the nice thing about this,
NOTE Confidence: 0.83725524
00:50:41.980 --> 00:50:43.800 it's really short and sweet.
NOTE Confidence: 0.83725524
00:50:43.800 --> 00:50:45.610 8 sessions over 4 weeks,
NOTE Confidence: 0.83725524
00:50:45.610 --> 00:50:48.144 20 minutes and 160 trials each session.
NOTE Confidence: 0.83725524

00:50:48.150 --> 00:50:51.050 I mean super fast.
NOTE Confidence: 0.83725524

00:50:51.050 --> 00:50:53.619 So if requires little effort and motivation,
NOTE Confidence: 0.83725524

00:50:53.620 --> 00:50:56.556 little need for a therapist to be involved.
NOTE Confidence: 0.83725524

00:50:56.560 --> 00:50:58.690 It's computer base and kids you
NOTE Confidence: 0.83725524

00:50:58.690 --> 00:51:00.928 know into computers and it's more
NOTE Confidence: 0.83725524

00:51:00.928 --> 00:51:03.160 accessible in CBT and on medication.
NOTE Confidence: 0.844019

00:51:05.230 --> 00:51:07.168 So given what I just said,
NOTE Confidence: 0.844019

00:51:07.170 --> 00:51:09.825 we actually did an open trial on this just
NOTE Confidence: 0.844019

00:51:09.825 --> 00:51:12.936 to see if how it would work in a stepped care
NOTE Confidence: 0.844019

00:51:13.005 --> 00:51:15.889 approach and and a cost effectiveness trial.
NOTE Confidence: 0.844019

00:51:15.890 --> 00:51:18.466 So here we gave all kids coming to
NOTE Confidence: 0.844019

00:51:18.466 --> 00:51:20.410 the clinic and this is this.
NOTE Confidence: 0.844019

00:51:20.410 --> 00:51:22.874 Is the clinic actually in Miami and 124
NOTE Confidence: 0.844019

00:51:22.874 --> 00:51:25.578 kids came through and they got four weeks.
NOTE Confidence: 0.844019

00:51:25.580 --> 00:51:27.834 Just what I told you of attention,
NOTE Confidence: 0.844019

00:51:27.840 --> 00:51:29.730 retraining and after the full weeks

NOTE Confidence: 0.844019

00:51:29.730 --> 00:51:32.039 we said to them into open trial.

NOTE Confidence: 0.844019

00:51:32.040 --> 00:51:33.804 We said do you want to

NOTE Confidence: 0.844019

00:51:33.804 --> 00:51:35.680 continue and not to continue?

NOTE Confidence: 0.844019

00:51:35.680 --> 00:51:36.812 60% said I'm good,

NOTE Confidence: 0.844019

00:51:36.812 --> 00:51:39.320 I don't need anymore and we assess them,

NOTE Confidence: 0.844019

00:51:39.320 --> 00:51:40.730 assess them thoroughly with the

NOTE Confidence: 0.844019

00:51:40.730 --> 00:51:42.949 methods I gave you in the beginning.

NOTE Confidence: 0.844019

00:51:42.950 --> 00:51:45.806 79% were improved and they were done.

NOTE Confidence: 0.844019

00:51:45.810 --> 00:51:47.334 Both, but 45 kids.

NOTE Confidence: 0.844019

00:51:47.334 --> 00:51:50.369 Of these 120 of the initial said no.

NOTE Confidence: 0.844019

00:51:50.370 --> 00:51:53.030 Actually I want CBT so they found

NOTE Confidence: 0.844019

00:51:53.030 --> 00:51:55.758 to be 91% much improved or very

NOTE Confidence: 0.844019

00:51:55.758 --> 00:51:58.140 much improved after Step 2 where

NOTE Confidence: 0.844019

00:51:58.215 --> 00:52:00.597 we also had a health economist

NOTE Confidence: 0.844019

00:52:00.597 --> 00:52:03.253 working on these papers with us and

NOTE Confidence: 0.844019

00:52:03.253 --> 00:52:05.570 you could see there that if these
NOTE Confidence: 0.844019

00:52:05.570 --> 00:52:07.850 kids had just gotten full CBT,
NOTE Confidence: 0.844019

00:52:07.850 --> 00:52:10.130 they didn't get the step care.
NOTE Confidence: 0.844019

00:52:10.130 --> 00:52:13.420 They took out full CBT.
NOTE Confidence: 0.844019

00:52:13.420 --> 00:52:16.642 It would have been 13 hours when they did
NOTE Confidence: 0.844019

00:52:16.642 --> 00:52:19.860 it in the way we did it in the study,
NOTE Confidence: 0.844019

00:52:19.860 --> 00:52:21.212 it took 6.7 hours,
NOTE Confidence: 0.844019

00:52:21.212 --> 00:52:23.644 so it's almost a 50% reduction in
NOTE Confidence: 0.844019

00:52:23.644 --> 00:52:25.846 time and then also computed was
NOTE Confidence: 0.844019

00:52:25.846 --> 00:52:28.597 if they got the full CPT it would
NOTE Confidence: 0.844019

00:52:28.597 --> 00:52:30.592 have been almost 800 bucks here
NOTE Confidence: 0.844019

00:52:30.592 --> 00:52:33.072 with the step care it cost 433 so
NOTE Confidence: 0.844019

00:52:33.080 --> 00:52:35.460 it was a 50% overall cost savings.
NOTE Confidence: 0.844019

00:52:35.460 --> 00:52:38.498 This is important information because I do.
NOTE Confidence: 0.844019

00:52:38.500 --> 00:52:40.572 In another thing I hope to do is
NOTE Confidence: 0.844019

00:52:40.572 --> 00:52:42.544 after we do the next trial with

NOTE Confidence: 0.844019

00:52:42.544 --> 00:52:44.680 their crony doing I I really do

NOTE Confidence: 0.844019

00:52:44.680 --> 00:52:46.726 want to do an effectiveness trial

NOTE Confidence: 0.844019

00:52:46.726 --> 00:52:48.605 similar to what we did in Denmark

NOTE Confidence: 0.844019

00:52:48.605 --> 00:52:50.599 using the same type of approach in

NOTE Confidence: 0.844019

00:52:50.599 --> 00:52:52.459 identifying and stratifying the kids.

NOTE Confidence: 0.844019

00:52:52.460 --> 00:52:54.070 So this is really important

NOTE Confidence: 0.844019

00:52:54.070 --> 00:52:55.680 information whenever you want to

NOTE Confidence: 0.844019

00:52:55.741 --> 00:52:57.415 do an effectiveness trial to show

NOTE Confidence: 0.844019

00:52:57.415 --> 00:52:59.290 that you got these kind of data.

NOTE Confidence: 0.7902041

00:53:03.190 --> 00:53:06.310 The other thing that we did that was

NOTE Confidence: 0.7902041

00:53:06.310 --> 00:53:08.638 very interesting is I told you that

NOTE Confidence: 0.7902041

00:53:08.638 --> 00:53:11.360 about 60% of kids will improve with CBT,

NOTE Confidence: 0.7902041

00:53:11.360 --> 00:53:14.496 but you got about, you know 40% that might.

NOTE Confidence: 0.7902041

00:53:14.496 --> 00:53:17.604 So you saw the large ends that we had

NOTE Confidence: 0.7902041

00:53:17.604 --> 00:53:20.278 those launch ends, and so we actually

NOTE Confidence: 0.7902041

00:53:20.278 --> 00:53:23.429 wrote a grant and all 34 and an an.
NOTE Confidence: 0.7902041

00:53:23.430 --> 00:53:26.758 We said, you know we're going to have
NOTE Confidence: 0.7902041

00:53:26.758 --> 00:53:29.088 we're running these launch trials
NOTE Confidence: 0.7902041

00:53:29.088 --> 00:53:31.914 with looking at CBT and parents.
NOTE Confidence: 0.7902041

00:53:31.920 --> 00:53:34.244 We're going to have a bunch of
NOTE Confidence: 0.7902041

00:53:34.244 --> 00:53:36.789 kids who are going to need help.
NOTE Confidence: 0.7902041

00:53:36.790 --> 00:53:38.904 How quit letting us see if we
NOTE Confidence: 0.7902041

00:53:38.904 --> 00:53:40.620 can do this attention,
NOTE Confidence: 0.7902041

00:53:40.620 --> 00:53:42.708 retraining and see if this works.
NOTE Confidence: 0.7902041

00:53:42.710 --> 00:53:45.833 And sure enough, we did it and we found.
NOTE Confidence: 0.7902041

00:53:45.840 --> 00:53:48.283 So these are kids at post and
NOTE Confidence: 0.7902041

00:53:48.283 --> 00:53:51.038 follow up who still met diagnosis.
NOTE Confidence: 0.7902041

00:53:51.040 --> 00:53:53.740 After they got a full course of CBT an
NOTE Confidence: 0.7902041

00:53:53.740 --> 00:53:56.608 we then did the attention retraining,
NOTE Confidence: 0.7902041

00:53:56.610 --> 00:53:59.186 you know those four weeks and we
NOTE Confidence: 0.7902041

00:53:59.186 --> 00:54:02.169 found that all these kids and it's 64.

NOTE Confidence: 0.7902041

00:54:02.170 --> 00:54:04.655 But keep in mind these we don't

NOTE Confidence: 0.7902041

00:54:04.655 --> 00:54:06.937 want a million kids 'cause these

NOTE Confidence: 0.7902041

00:54:06.937 --> 00:54:09.583 are kids who were in our trial,

NOTE Confidence: 0.7902041

00:54:09.590 --> 00:54:11.949 so we don't want to have too

NOTE Confidence: 0.7902041

00:54:11.949 --> 00:54:14.252 many failed kids but these failed

NOTE Confidence: 0.7902041

00:54:14.252 --> 00:54:16.267 CBT kids or CBT resistant,

NOTE Confidence: 0.7902041

00:54:16.270 --> 00:54:18.496 50% recovered at the post and

NOTE Confidence: 0.7902041

00:54:18.496 --> 00:54:21.870 58% of follow up and there were

NOTE Confidence: 0.7902041

00:54:21.870 --> 00:54:22.870 significant differences.

NOTE Confidence: 0.7902041

00:54:22.870 --> 00:54:23.550 In

NOTE Confidence: 0.7775065

00:54:25.710 --> 00:54:30.690 anxiety. But there were no significant

NOTE Confidence: 0.7775065

00:54:30.690 --> 00:54:32.900 difference. But this is the rub.

NOTE Confidence: 0.7775065

00:54:32.900 --> 00:54:35.780 The rub is whether they were in the attention

NOTE Confidence: 0.7775065

00:54:35.780 --> 00:54:38.418 bias condition or the attention control.

NOTE Confidence: 0.7775065

00:54:38.420 --> 00:54:39.888 The control control kids

NOTE Confidence: 0.7775065

00:54:39.888 --> 00:54:41.356 improved across the board.
NOTE Confidence: 0.7775065

00:54:41.360 --> 00:54:42.756 We didn't expect this,
NOTE Confidence: 0.7775065

00:54:42.756 --> 00:54:45.684 but this is becoming more of a finding
NOTE Confidence: 0.7775065

00:54:45.684 --> 00:54:48.344 now and I don't have time unfortunately.
NOTE Confidence: 0.7775065

00:54:48.350 --> 00:54:50.558 But down below you see another
NOTE Confidence: 0.7775065

00:54:50.558 --> 00:54:52.769 little eyes and say a little,
NOTE Confidence: 0.7775065

00:54:52.770 --> 00:54:54.610 but we did another trial.
NOTE Confidence: 0.7775065

00:54:54.610 --> 00:54:56.506 This is actually Marielen
NOTE Confidence: 0.7775065

00:54:56.506 --> 00:54:58.876 net ski over Tel Aviv.
NOTE Confidence: 0.7775065

00:54:58.880 --> 00:55:00.600 Supervised by your ear,
NOTE Confidence: 0.7775065

00:55:00.600 --> 00:55:02.750 and this was also publishing
NOTE Confidence: 0.7775065

00:55:02.750 --> 00:55:04.884 clinical psych science webdrive
NOTE Confidence: 0.7775065

00:55:04.884 --> 00:55:07.060 symptom reduction in attention,
NOTE Confidence: 0.7775065

00:55:07.060 --> 00:55:08.500 bias, modification, treatment,
NOTE Confidence: 0.7775065

00:55:08.500 --> 00:55:09.940 vandalized, controlled experiment.
NOTE Confidence: 0.7775065

00:55:09.940 --> 00:55:13.524 And this study is supporting the suggestion

NOTE Confidence: 0.7775065

00:55:13.524 --> 00:55:17.309 that both the kids are getting better.

NOTE Confidence: 0.7775065

00:55:17.310 --> 00:55:19.550 In both of these arms,

NOTE Confidence: 0.7775065

00:55:19.550 --> 00:55:22.280 and some suggestion that it may

NOTE Confidence: 0.7775065

00:55:22.280 --> 00:55:24.909 not be the training an bias,

NOTE Confidence: 0.7775065

00:55:24.910 --> 00:55:26.248 the modification bias,

NOTE Confidence: 0.7775065

00:55:26.248 --> 00:55:28.924 but the training and attention control,

NOTE Confidence: 0.7775065

00:55:28.930 --> 00:55:30.718 helping kids to better

NOTE Confidence: 0.7775065

00:55:30.718 --> 00:55:32.059 modulate their attention,

NOTE Confidence: 0.7775065

00:55:32.060 --> 00:55:35.189 we now have with FIU and ongoing.

NOTE Confidence: 0.7775065

00:55:35.190 --> 00:55:38.376 Now I don't even I don't even call it

NOTE Confidence: 0.7775065

00:55:38.376 --> 00:55:41.450 attention bias modification training anymore.

NOTE Confidence: 0.7775065

00:55:41.450 --> 00:55:45.018 Now we'll just call it attention be training.

NOTE Confidence: 0.7775065

00:55:45.020 --> 00:55:47.530 It's an efficacy confirmatory trial.

NOTE Confidence: 0.7775065

00:55:47.530 --> 00:55:49.730 We have an alternative competitor

NOTE Confidence: 0.7775065

00:55:49.730 --> 00:55:52.460 we have because it's with Miami.

NOTE Confidence: 0.7775065

00:55:52.460 --> 00:55:54.248 We've launched diverse samples

NOTE Confidence: 0.7775065

00:55:54.248 --> 00:55:56.483 and we're in this study.

NOTE Confidence: 0.7775065

00:55:56.490 --> 00:55:58.725 We are collecting the stressful

NOTE Confidence: 0.7775065

00:55:58.725 --> 00:56:00.513 speech task we're collecting,

NOTE Confidence: 0.7775065

00:56:00.520 --> 00:56:02.690 e.g an we're collecting eye

NOTE Confidence: 0.7775065

00:56:02.690 --> 00:56:05.450 tracking an we Viper for color.

NOTE Confidence: 0.7775065

00:56:05.450 --> 00:56:08.369 Would we got a supplement to obtain

NOTE Confidence: 0.7775065

00:56:08.369 --> 00:56:11.578 data on healthy controls who will not

NOTE Confidence: 0.7775065

00:56:11.578 --> 00:56:14.380 receive the treatment but they will

NOTE Confidence: 0.7775065

00:56:14.462 --> 00:56:17.327 participate in all the assessments.

NOTE Confidence: 0.7775065

00:56:17.330 --> 00:56:19.866 Just so we could see what is the

NOTE Confidence: 0.7775065

00:56:19.866 --> 00:56:21.838 natural cost of these measures?

NOTE Confidence: 0.7775065

00:56:21.840 --> 00:56:22.953 Without any treatment,

NOTE Confidence: 0.7775065

00:56:22.953 --> 00:56:26.430 so we also have that type of competitor,

NOTE Confidence: 0.7775065

00:56:26.430 --> 00:56:29.349 so this is ongoing and we're really

NOTE Confidence: 0.7775065

00:56:29.349 --> 00:56:30.600 actively recruiting participants.

NOTE Confidence: 0.7775065

00:56:30.600 --> 00:56:33.928 And remember, I told you at the beginning,

NOTE Confidence: 0.7775065

00:56:33.930 --> 00:56:34.348 adolescence,

NOTE Confidence: 0.7775065

00:56:34.348 --> 00:56:37.484 social anxiety they spawned poorest, the CPT.

NOTE Confidence: 0.7775065

00:56:37.484 --> 00:56:40.616 That's why we're focusing on adolescents.

NOTE Confidence: 0.7775065

00:56:40.620 --> 00:56:42.044 Young adolescents with social

NOTE Confidence: 0.7775065

00:56:42.044 --> 00:56:42.756 anxiety disorder.

NOTE Confidence: 0.7775065

00:56:42.760 --> 00:56:44.700 We are actively recruiting for

NOTE Confidence: 0.7775065

00:56:44.700 --> 00:56:46.640 this trial and actually also

NOTE Confidence: 0.7775065

00:56:46.706 --> 00:56:48.806 for the space and CBT trial fee,

NOTE Confidence: 0.7775065

00:56:48.810 --> 00:56:51.602 so please you know please now that you

NOTE Confidence: 0.7775065

00:56:51.602 --> 00:56:54.860 know what where we are and what we're doing.

NOTE Confidence: 0.7775065

00:56:54.860 --> 00:56:57.488 If you have possible referrals we

NOTE Confidence: 0.7775065

00:56:57.488 --> 00:57:00.199 would appreciate it a great deal.

NOTE Confidence: 0.7775065

00:57:00.200 --> 00:57:02.282 So attention retraining is efficient and

NOTE Confidence: 0.7775065

00:57:02.282 --> 00:57:04.828 cost effective in a step care approach.

NOTE Confidence: 0.7775065

00:57:04.830 --> 00:57:06.290 That's important dissemination data.
NOTE Confidence: 0.7775065

00:57:06.290 --> 00:57:08.115 Attentionally training is a viable
NOTE Confidence: 0.7775065

00:57:08.115 --> 00:57:09.807 argument for CBT resistant pediatric,
NOTE Confidence: 0.7775065

00:57:09.810 --> 00:57:12.267 and what awaits discovery is what's the
NOTE Confidence: 0.7775065

00:57:12.267 --> 00:57:14.079 mechanism underlying attention with training.
NOTE Confidence: 0.7775065

00:57:14.080 --> 00:57:15.504 Because it's I mean,
NOTE Confidence: 0.7775065

00:57:15.504 --> 00:57:17.284 I think most of us.
NOTE Confidence: 0.7775065

00:57:17.290 --> 00:57:20.138 I mean, it's kind of hard to believe,
NOTE Confidence: 0.7775065

00:57:20.140 --> 00:57:22.534 but I mean people go through it
NOTE Confidence: 0.7775065

00:57:22.534 --> 00:57:24.758 and the people say hey thanks,
NOTE Confidence: 0.7775065

00:57:24.760 --> 00:57:26.064 this was really helpful.
NOTE Confidence: 0.7775065

00:57:26.064 --> 00:57:28.520 So it's not just the data that's
NOTE Confidence: 0.7775065

00:57:28.520 --> 00:57:30.458 showing this, but the clinical.
NOTE Confidence: 0.7775065

00:57:30.458 --> 00:57:31.170 Thank you,
NOTE Confidence: 0.7775065

00:57:31.170 --> 00:57:33.564 so I'm really intrigued by this and
NOTE Confidence: 0.7775065

00:57:33.564 --> 00:57:36.743 I really am so excited to figure out

NOTE Confidence: 0.7775065

00:57:36.743 --> 00:57:39.260 what is the mechanism underlying this.

NOTE Confidence: 0.7775065

00:57:39.260 --> 00:57:41.796 So the takeaways for today as I wrap

NOTE Confidence: 0.7775065

00:57:41.796 --> 00:57:44.477 up now is anxiety assessment methods

NOTE Confidence: 0.7775065

00:57:44.477 --> 00:57:46.937 are good to excellent samples.

NOTE Confidence: 0.7775065

00:57:46.940 --> 00:57:49.055 Inadequately diverse CPT is efficacy

NOTE Confidence: 0.7775065

00:57:49.055 --> 00:57:51.581 and it can be disseminated in

NOTE Confidence: 0.7775065

00:57:51.581 --> 00:57:52.589 an effective way.

NOTE Confidence: 0.7775065

00:57:52.590 --> 00:57:54.760 But we need improvement in

NOTE Confidence: 0.7775065

00:57:54.760 --> 00:57:56.930 terms of how we can

NOTE Confidence: 0.82669795

00:57:57.025 --> 00:57:59.770 enhance. After these trials that I

NOTE Confidence: 0.82669795

00:57:59.770 --> 00:58:02.385 showed you, I'm feeling more and more

NOTE Confidence: 0.82669795

00:58:02.385 --> 00:58:04.714 comfortable and I think the theory

NOTE Confidence: 0.82669795

00:58:04.714 --> 00:58:07.354 that research is supporting this idea,

NOTE Confidence: 0.82669795

00:58:07.360 --> 00:58:09.976 that of all those ways that people work

NOTE Confidence: 0.82669795

00:58:09.976 --> 00:58:12.618 with parents with duensing parents side

NOTE Confidence: 0.82669795

00:58:12.618 --> 00:58:14.538 control and negative reinforcement,
NOTE Confidence: 0.82669795

00:58:14.540 --> 00:58:17.326 might be a way to enhance it.
NOTE Confidence: 0.82669795

00:58:17.330 --> 00:58:20.162 And if we can do it using the
NOTE Confidence: 0.82669795

00:58:20.162 --> 00:58:23.503 type of more potent method like
NOTE Confidence: 0.82669795

00:58:23.503 --> 00:58:26.039 to sell digital intervention.
NOTE Confidence: 0.82669795

00:58:26.040 --> 00:58:27.084 Trying I'm hopeful.
NOTE Confidence: 0.82669795

00:58:27.084 --> 00:58:29.172 Also we can maybe enhance CBT
NOTE Confidence: 0.82669795

00:58:29.172 --> 00:58:31.198 with via attention retraining,
NOTE Confidence: 0.82669795

00:58:31.200 --> 00:58:33.190 either with step Care, CPT,
NOTE Confidence: 0.82669795

00:58:33.190 --> 00:58:35.170 business sense and that efficacy.
NOTE Confidence: 0.82669795

00:58:35.170 --> 00:58:37.155 Trial that I talked about
NOTE Confidence: 0.82669795

00:58:37.155 --> 00:58:39.140 is getting at the mechanism.
NOTE Confidence: 0.8090937

00:58:41.690 --> 00:58:43.390 Now I didn't, not Stephanie,
NOTE Confidence: 0.8090937

00:58:43.390 --> 00:58:45.430 10 years from now, maybe not,
NOTE Confidence: 0.8090937

00:58:45.430 --> 00:58:48.150 I'm joking, but you know not next year.
NOTE Confidence: 0.8090937

00:58:48.150 --> 00:58:50.870 But I do have when putting this together.

NOTE Confidence: 0.8090937

00:58:50.870 --> 00:58:52.230 This presentation I had,

NOTE Confidence: 0.8090937

00:58:52.230 --> 00:58:53.590 these other dad there,

NOTE Confidence: 0.8090937

00:58:53.590 --> 00:58:56.068 but I just didn't have time because

NOTE Confidence: 0.8090937

00:58:56.068 --> 00:58:57.551 moderators are really important

NOTE Confidence: 0.8090937

00:58:57.551 --> 00:58:59.675 part of the story which treatments

NOTE Confidence: 0.8090937

00:58:59.675 --> 00:59:01.997 for home and so and we're working

NOTE Confidence: 0.8090937

00:59:01.997 --> 00:59:04.130 on and trying to delve into that.

NOTE Confidence: 0.8090937

00:59:04.130 --> 00:59:05.150 And that's important.

NOTE Confidence: 0.8090937

00:59:05.150 --> 00:59:06.170 We also have.

NOTE Confidence: 0.8090937

00:59:06.170 --> 00:59:08.487 I also have shared my data with

NOTE Confidence: 0.8090937

00:59:08.487 --> 00:59:10.739 other people which which has allowed.

NOTE Confidence: 0.8090937

00:59:10.740 --> 00:59:13.092 Large studies of looking at the rates of

NOTE Confidence: 0.8090937

00:59:13.092 --> 00:59:15.229 change because some of these interventions.

NOTE Confidence: 0.8090937

00:59:15.230 --> 00:59:16.795 It's not just enough what

NOTE Confidence: 0.8090937

00:59:16.795 --> 00:59:18.770 works and how does it work,

NOTE Confidence: 0.8090937

00:59:18.770 --> 00:59:20.696 but also like what's the speed
NOTE Confidence: 0.8090937

00:59:20.696 --> 00:59:21.980 in which they were?
NOTE Confidence: 0.8090937

00:59:21.980 --> 00:59:23.900 Can we have some interesting find?
NOTE Confidence: 0.8090937

00:59:23.900 --> 00:59:26.147 You know, some interesting stuff on that?
NOTE Confidence: 0.8090937

00:59:26.150 --> 00:59:28.760 I told you about group CBT which I love
NOTE Confidence: 0.8090937

00:59:28.760 --> 00:59:31.280 and I didn't get into shelling them.
NOTE Confidence: 0.8090937

00:59:31.280 --> 00:59:33.170 But I also think that's a really
NOTE Confidence: 0.8090937

00:59:33.170 --> 00:59:34.810 important way of improving and
NOTE Confidence: 0.8090937

00:59:34.810 --> 00:59:36.740 working with children with anxiety.
NOTE Confidence: 0.8090937

00:59:36.740 --> 00:59:38.792 We also have a paper under
NOTE Confidence: 0.8090937

00:59:38.792 --> 00:59:41.039 review now 'cause we also had a.
NOTE Confidence: 0.8090937

00:59:41.040 --> 00:59:43.665 Project where we did attentionally
NOTE Confidence: 0.8090937

00:59:43.665 --> 00:59:45.765 training with subclinical subthreshold
NOTE Confidence: 0.8090937

00:59:45.765 --> 00:59:47.914 anxiety and we actually the bottom
NOTE Confidence: 0.8090937

00:59:47.914 --> 00:59:50.316 line is we found that it's helpful
NOTE Confidence: 0.8090937

00:59:50.316 --> 00:59:52.650 for this population too and then

NOTE Confidence: 0.8090937

00:59:52.650 --> 00:59:54.870 the behavioral and biological neural

NOTE Confidence: 0.8090937

00:59:54.870 --> 00:59:57.750 targets and then the work that's

NOTE Confidence: 0.8090937

00:59:57.750 --> 01:00:00.487 ongoing is the two side study the

NOTE Confidence: 0.8090937

01:00:00.487 --> 01:00:03.163 space trial with with Allie and Dylan

NOTE Confidence: 0.8090937

01:00:03.163 --> 01:00:05.816 and Hillary an elion with a grant

NOTE Confidence: 0.8090937

01:00:05.820 --> 01:00:08.711 with a postdoc with doing failure to

NOTE Confidence: 0.8090937

01:00:08.711 --> 01:00:11.378 launch where we're doing parent work.

NOTE Confidence: 0.8090937

01:00:11.380 --> 01:00:12.316 With young adults,

NOTE Confidence: 0.8090937

01:00:12.316 --> 01:00:14.500 so getting parents not to do what

NOTE Confidence: 0.8090937

01:00:14.560 --> 01:00:16.420 they do with their little kids,

NOTE Confidence: 0.8090937

01:00:16.420 --> 01:00:19.204 which is to do a lot of negative

NOTE Confidence: 0.8090937

01:00:19.204 --> 01:00:21.596 reinforcement or when Eli refers to

NOTE Confidence: 0.8090937

01:00:21.596 --> 01:00:24.026 his accommodation with doing that with

NOTE Confidence: 0.8090937

01:00:24.102 --> 01:00:27.158 young adults and then the proof of concept.

NOTE Confidence: 0.8090937

01:00:27.160 --> 01:00:31.246 So I have too many people here on this

NOTE Confidence: 0.8090937

01:00:31.246 --> 01:00:35.010 slide to thank Elianne Colorado most
NOTE Confidence: 0.8090937

01:00:35.010 --> 01:00:39.250 important people of the anxiety team and.
NOTE Confidence: 0.8090937

01:00:39.250 --> 01:00:42.226 Marissa help has a astrex next to her
NOTE Confidence: 0.8090937

01:00:42.226 --> 01:00:45.140 name because she helped me with my slide.
NOTE Confidence: 0.8090937

01:00:45.140 --> 01:00:46.900 So and she's a postgraduate
NOTE Confidence: 0.8090937

01:00:46.900 --> 01:00:49.550 associate and I have too many people.
NOTE Confidence: 0.8090937

01:00:49.550 --> 01:00:52.422 But I have to give here at the
NOTE Confidence: 0.8090937

01:00:52.422 --> 01:00:55.070 psychiatry a big shout out to both.
NOTE Confidence: 0.8090937

01:00:55.070 --> 01:00:56.015 Hillary answer Vegeta,
NOTE Confidence: 0.8090937

01:00:56.015 --> 01:00:58.710 you know I love the work I'm doing
NOTE Confidence: 0.8090937

01:00:58.710 --> 01:01:00.805 with Vegeta on mindfulness with
NOTE Confidence: 0.8090937

01:01:00.805 --> 01:01:02.062 a different population,
NOTE Confidence: 0.8090937

01:01:02.070 --> 01:01:04.062 but I'm actually really hopeful that
NOTE Confidence: 0.8090937

01:01:04.062 --> 01:01:07.217 Vegeta and I can think about doing attention,
NOTE Confidence: 0.8090937

01:01:07.220 --> 01:01:08.804 retraining and mindfulness and
NOTE Confidence: 0.8090937

01:01:08.804 --> 01:01:10.388 how those two attentional.

NOTE Confidence: 0.8090937

01:01:10.390 --> 01:01:11.180 Interventions work,

NOTE Confidence: 0.8090937

01:01:11.180 --> 01:01:13.945 and with Hillary I learn all the

NOTE Confidence: 0.8090937

01:01:13.945 --> 01:01:16.275 time so much about the brain and

NOTE Confidence: 0.8090937

01:01:16.275 --> 01:01:18.220 the brain and the behavior.

NOTE Confidence: 0.8090937

01:01:18.220 --> 01:01:21.244 And it's just a really super super

NOTE Confidence: 0.8090937

01:01:21.244 --> 01:01:23.169 exciting collaboration an you know

NOTE Confidence: 0.8090937

01:01:23.169 --> 01:01:25.458 and I have to say. Full disclosure.

NOTE Confidence: 0.8090937

01:01:25.458 --> 01:01:25.907 Hello,

NOTE Confidence: 0.8090937

01:01:25.907 --> 01:01:29.050 Ian and Vegeta are both really have

NOTE Confidence: 0.8090937

01:01:29.128 --> 01:01:31.636 become really super close friends and

NOTE Confidence: 0.8090937

01:01:31.636 --> 01:01:34.987 I just really I'm so thankful for that.

NOTE Confidence: 0.8090937

01:01:34.990 --> 01:01:36.214 Speaking of friends,

NOTE Confidence: 0.8090937

01:01:36.214 --> 01:01:38.254 I know this is very,

NOTE Confidence: 0.8090937

01:01:38.260 --> 01:01:41.524 very unusual to do this in ground rounds,

NOTE Confidence: 0.8090937

01:01:41.530 --> 01:01:43.590 but it's also really unusual

NOTE Confidence: 0.8090937

01:01:43.590 --> 01:01:46.524 to do ground rounds on zoom and
NOTE Confidence: 0.8090937

01:01:46.524 --> 01:01:48.489 so during this past year,
NOTE Confidence: 0.8090937

01:01:48.490 --> 01:01:50.938 two among my collaborators passed away.
NOTE Confidence: 0.8450556

01:01:50.940 --> 01:01:53.220 The first is the young woman
NOTE Confidence: 0.8450556

01:01:53.220 --> 01:01:55.440 who was a young mother,
NOTE Confidence: 0.8450556

01:01:55.440 --> 01:01:57.490 and they have their names.
NOTE Confidence: 0.8450556

01:01:57.490 --> 01:01:59.530 Bethany Sutherland, who passed away
NOTE Confidence: 0.8450556

01:01:59.530 --> 01:02:02.854 after not covid related, but I you know,
NOTE Confidence: 0.8450556

01:02:02.854 --> 01:02:06.129 I do want to memorialize this to her.
NOTE Confidence: 0.8450556

01:02:06.130 --> 01:02:07.984 She was a Co investigator doing
NOTE Confidence: 0.8450556

01:02:07.984 --> 01:02:10.850 the EG work in the in the attention
NOTE Confidence: 0.8450556

01:02:10.850 --> 01:02:13.190 Training study and then Bill Katinas,
NOTE Confidence: 0.8450556

01:02:13.190 --> 01:02:15.862 who you heard me mention was my best
NOTE Confidence: 0.8450556

01:02:15.862 --> 01:02:18.561 friend and collaborated FIU and he did
NOTE Confidence: 0.8450556

01:02:18.561 --> 01:02:21.660 pass away covid related and so I don't cry.
NOTE Confidence: 0.8450556

01:02:21.660 --> 01:02:23.808 I'll just leave this line from

NOTE Confidence: 0.8450556

01:02:23.808 --> 01:02:25.899 Wicked Witches because I knew you.

NOTE Confidence: 0.8450556

01:02:25.900 --> 01:02:28.217 I've been changed for good but I

NOTE Confidence: 0.8450556

01:02:28.217 --> 01:02:30.839 also know that they wouldn't want me.

NOTE Confidence: 0.8450556

01:02:30.840 --> 01:02:32.958 Bill wouldn't want me to end,

NOTE Confidence: 0.8450556

01:02:32.960 --> 01:02:36.560 he would want me to keep doing my work.

NOTE Confidence: 0.8450556

01:02:36.560 --> 01:02:38.653 And he'd be very happy that the

NOTE Confidence: 0.8450556

01:02:38.653 --> 01:02:40.664 Flowers are out an my second

NOTE Confidence: 0.8450556

01:02:40.664 --> 01:02:42.746 grandson was born during Covid Levi,

NOTE Confidence: 0.8450556

01:02:42.750 --> 01:02:44.706 and I know he'd be happy.

NOTE Confidence: 0.8450556

01:02:44.710 --> 01:02:45.360 And Ann,

NOTE Confidence: 0.8450556

01:02:45.360 --> 01:02:47.635 I know people have also adopted dogs,

NOTE Confidence: 0.8450556

01:02:47.640 --> 01:02:49.596 so I just want to say,

NOTE Confidence: 0.8450556

01:02:49.600 --> 01:02:52.538 for those of you like me, have lost people.

NOTE Confidence: 0.8450556

01:02:52.538 --> 01:02:53.840 You know, I know.

NOTE Confidence: 0.8450556

01:02:53.840 --> 01:02:55.140 I share my condolences,

NOTE Confidence: 0.8450556

01:02:55.140 --> 01:02:58.983 but our life and our work goes on and I just

NOTE Confidence: 0.8450556

01:02:58.983 --> 01:03:02.399 want to thank you very much for today's.

NOTE Confidence: 0.8450556

01:03:02.400 --> 01:03:04.297 Opportunity to present my work to you.

NOTE Confidence: 0.8450556

01:03:04.300 --> 01:03:04.840 Thank you.

NOTE Confidence: 0.81932884

01:03:10.500 --> 01:03:11.550 They thank you

NOTE Confidence: 0.8588894

01:03:11.550 --> 01:03:13.815 so much. What a spectacular

NOTE Confidence: 0.8588894

01:03:13.815 --> 01:03:16.080 presentation of your life's work,

NOTE Confidence: 0.8588894

01:03:16.080 --> 01:03:18.390 and I think it embodies

NOTE Confidence: 0.8588894

01:03:18.390 --> 01:03:20.700 sort of a very systematic.

NOTE Confidence: 0.8588894

01:03:20.700 --> 01:03:22.180 And thoughtful and clinically

NOTE Confidence: 0.8588894

01:03:22.180 --> 01:03:24.030 astute way to investigate the

NOTE Confidence: 0.8588894

01:03:24.030 --> 01:03:26.087 most effective ways to intervene,

NOTE Confidence: 0.8588894

01:03:26.090 --> 01:03:27.986 an important clinical population.

NOTE Confidence: 0.8588894

01:03:27.986 --> 01:03:31.251 I think we could all learn from

NOTE Confidence: 0.8588894

01:03:31.251 --> 01:03:33.987 this in the areas that we work in.

NOTE Confidence: 0.8588894

01:03:33.990 --> 01:03:36.636 So thank you so much for sharing all

NOTE Confidence: 0.8572502

01:03:36.640 --> 01:03:38.620 of this with us. My pleasure.

NOTE Confidence: 0.8572502

01:03:38.620 --> 01:03:40.606 I hope it was helpful and

NOTE Confidence: 0.8572502

01:03:40.606 --> 01:03:41.600 interesting. Thank you.

NOTE Confidence: 0.869065

01:03:44.030 --> 01:03:45.668 We doing questions.

NOTE Confidence: 0.869065

01:03:45.668 --> 01:03:47.678 Yes, Wendy, that was fabulous.

NOTE Confidence: 0.869065

01:03:47.678 --> 01:03:49.518 It was great. Thank you vegeta.

NOTE Confidence: 0.869065

01:03:49.520 --> 01:03:50.740 Will you my friend,

NOTE Confidence: 0.869065

01:03:50.740 --> 01:03:52.884 it was great, but you know I

NOTE Confidence: 0.869065

01:03:52.884 --> 01:03:54.720 have not heard you talk about.

NOTE Confidence: 0.869065

01:03:54.720 --> 01:03:57.475 You know all of your work in this way.

NOTE Confidence: 0.869065

01:03:57.475 --> 01:03:59.000 And so it was just.

NOTE Confidence: 0.869065

01:03:59.000 --> 01:04:00.533 It was fantastic to really

NOTE Confidence: 0.869065

01:04:00.533 --> 01:04:02.058 see what an important body

NOTE Confidence: 0.869065

01:04:02.058 --> 01:04:03.898 of work in your thinking and

NOTE Confidence: 0.869065

01:04:03.900 --> 01:04:05.120 an and growth through.

NOTE Confidence: 0.869065

01:04:05.120 --> 01:04:05.730 It was
NOTE Confidence: 0.8572264

01:04:05.730 --> 01:04:06.954 just fantastic. Thank you.
NOTE Confidence: 0.8572264

01:04:06.954 --> 01:04:08.790 It means a lot for me
NOTE Confidence: 0.8572264

01:04:08.790 --> 01:04:10.939 to hear that from you with you.
NOTE Confidence: 0.8572264

01:04:10.940 --> 01:04:12.470 Thank you, of course. I'm
NOTE Confidence: 0.8572264

01:04:12.470 --> 01:04:14.300 totally mean it at one thing
NOTE Confidence: 0.8572264

01:04:14.300 --> 01:04:16.444 that kept coming up in my mind.
NOTE Confidence: 0.8572264

01:04:16.444 --> 01:04:17.975 And I'm sure you've thought
NOTE Confidence: 0.8572264

01:04:17.975 --> 01:04:19.312 about this and that.
NOTE Confidence: 0.8572264

01:04:19.312 --> 01:04:21.844 Maybe you have data and didn't.
NOTE Confidence: 0.8651103

01:04:21.850 --> 01:04:24.826 Then is are the effects and so
NOTE Confidence: 0.8651103

01:04:24.826 --> 01:04:26.949 our work together on parenting.
NOTE Confidence: 0.8651103

01:04:26.950 --> 01:04:29.926 It was really helpful to see your
NOTE Confidence: 0.8651103

01:04:29.926 --> 01:04:33.768 development on on including parents.
NOTE Confidence: 0.8651103

01:04:33.770 --> 01:04:36.616 And So what kept coming up in
NOTE Confidence: 0.8651103

01:04:36.616 --> 01:04:38.648 my mind was parents often,

NOTE Confidence: 0.8651103
01:04:38.650 --> 01:04:41.098 and I'm sure you've seen this,
NOTE Confidence: 0.8651103
01:04:41.100 --> 01:04:42.720 and we've talked about
NOTE Confidence: 0.87644607
01:04:42.720 --> 01:04:45.166 it. Parents of children with anxiety
NOTE Confidence: 0.87644607
01:04:45.166 --> 01:04:47.198 have anxiety themselves. A lot
NOTE Confidence: 0.87644607
01:04:47.200 --> 01:04:49.642 of times, and the question I
NOTE Confidence: 0.87644607
01:04:49.642 --> 01:04:52.082 had was even just being parents
NOTE Confidence: 0.87644607
01:04:52.082 --> 01:04:54.116 in your child anxiety studies.
NOTE Confidence: 0.87644607
01:04:54.116 --> 01:04:55.750 Did you assess parents,
NOTE Confidence: 0.87644607
01:04:55.750 --> 01:04:57.378 anxiety changes and whether
NOTE Confidence: 0.87644607
01:04:57.378 --> 01:05:00.226 the the there was some of this
NOTE Confidence: 0.87644607
01:05:00.226 --> 01:05:02.258 transfer in reduction in anxiety
NOTE Confidence: 0.873423288
01:05:02.260 --> 01:05:04.480 for parents? That was occurring,
NOTE Confidence: 0.873423288
01:05:04.480 --> 01:05:06.006 'cause I would actually be
NOTE Confidence: 0.873423288
01:05:06.006 --> 01:05:07.230 really cool because even
NOTE Confidence: 0.873423288
01:05:07.230 --> 01:05:09.066 though the target was a child,
NOTE Confidence: 0.873423288

01:05:09.066 --> 01:05:10.904 the parent is learning new ways.

NOTE Confidence: 0.873423288

01:05:10.904 --> 01:05:12.430 You know, giving up control.

NOTE Confidence: 0.873423288

01:05:12.430 --> 01:05:14.266 For example when you had that

NOTE Confidence: 0.873423288

01:05:14.270 --> 01:05:16.102 piece in there and a piece

NOTE Confidence: 0.873423288

01:05:16.102 --> 01:05:17.020 about negative reinforcement.

NOTE Confidence: 0.873423288

01:05:17.020 --> 01:05:18.856 And so anyway wanted to do.

NOTE Confidence: 0.8714081

01:05:18.860 --> 01:05:22.640 Do you see my slides again? Yes.

NOTE Confidence: 0.8714081

01:05:22.640 --> 01:05:24.816 Maybe you said it and I'm not well,

NOTE Confidence: 0.8714081

01:05:24.820 --> 01:05:26.190 no, because it's you know,

NOTE Confidence: 0.8714081

01:05:26.190 --> 01:05:27.828 I thought a lot at you.

NOTE Confidence: 0.8714081

01:05:27.830 --> 01:05:30.006 I mean how I can't even keep track?

NOTE Confidence: 0.8714081

01:05:30.010 --> 01:05:31.380 How could you keep track?

NOTE Confidence: 0.8714081

01:05:31.380 --> 01:05:32.740 Look at this first trial.

NOTE Confidence: 0.8714081

01:05:32.740 --> 01:05:34.240 We targeted payment anxiety.

NOTE Confidence: 0.8714081

01:05:34.240 --> 01:05:36.490 Vegeta yeah OK we targeted payment

NOTE Confidence: 0.8714081

01:05:36.554 --> 01:05:38.270 anxiety an we've been and so

NOTE Confidence: 0.8714081

01:05:38.270 --> 01:05:40.130 let me stop sharing the screen.

NOTE Confidence: 0.8714081

01:05:40.130 --> 01:05:42.570 And so, and this is where this is.

NOTE Confidence: 0.8714081

01:05:42.570 --> 01:05:44.544 Before I knew as much as I

NOTE Confidence: 0.8714081

01:05:44.544 --> 01:05:46.840 knew now I mean to be honest,

NOTE Confidence: 0.8714081

01:05:46.840 --> 01:05:49.432 and this is part of this is that we

NOTE Confidence: 0.8714081

01:05:49.432 --> 01:05:52.212 were trying to do too much and this is

NOTE Confidence: 0.8714081

01:05:52.212 --> 01:05:54.768 too much to do with the parents OK?

NOTE Confidence: 0.8714081

01:05:54.770 --> 01:05:55.685 Plus the CBT,

NOTE Confidence: 0.8714081

01:05:55.685 --> 01:05:57.820 that's one thing I need to say.

NOTE Confidence: 0.8714081

01:05:57.820 --> 01:06:00.260 However, now I'm going to start my share.

NOTE Confidence: 0.8714081

01:06:00.260 --> 01:06:01.835 However, this is really interesting

NOTE Confidence: 0.8714081

01:06:01.835 --> 01:06:03.620 because we actually this is in.

NOTE Confidence: 0.8714081

01:06:03.620 --> 01:06:05.450 This is close to being published.

NOTE Confidence: 0.8714081

01:06:05.450 --> 01:06:08.410 We actually have looked at Pam and anxiety

NOTE Confidence: 0.8714081

01:06:08.410 --> 01:06:11.395 and what we're finding is first of all.

NOTE Confidence: 0.8714081

01:06:11.400 --> 01:06:12.136 It's really.
NOTE Confidence: 0.8714081

01:06:12.136 --> 01:06:13.976 It's also hard to change.
NOTE Confidence: 0.8714081

01:06:13.980 --> 01:06:16.176 That's number one, but even then,
NOTE Confidence: 0.8714081

01:06:16.180 --> 01:06:18.388 even in all the studies that
NOTE Confidence: 0.8714081

01:06:18.388 --> 01:06:19.860 we've been measuring it,
NOTE Confidence: 0.8714081

01:06:19.860 --> 01:06:23.540 we only tried to change it in that one study.
NOTE Confidence: 0.8714081

01:06:23.540 --> 01:06:24.620 It didn't change,
NOTE Confidence: 0.8714081

01:06:24.620 --> 01:06:27.534 but in all the other studies we've been
NOTE Confidence: 0.8714081

01:06:27.534 --> 01:06:30.086 measuring it what we have found is it
NOTE Confidence: 0.8714081

01:06:30.086 --> 01:06:33.109 has not been a direct associated mediator.
NOTE Confidence: 0.8714081

01:06:33.110 --> 01:06:34.582 The Child Anxiety reduction,
NOTE Confidence: 0.8714081

01:06:34.582 --> 01:06:36.418 however, what we have found
NOTE Confidence: 0.8714081

01:06:36.418 --> 01:06:38.253 is that the anxious parents,
NOTE Confidence: 0.8714081

01:06:38.260 --> 01:06:40.100 if you reduce their site,
NOTE Confidence: 0.8714081

01:06:40.100 --> 01:06:42.566 the site control is really related.
NOTE Confidence: 0.8714081

01:06:42.570 --> 01:06:45.118 And by reducing the site control and

NOTE Confidence: 0.8714081

01:06:45.118 --> 01:06:47.917 easing up on the parents I control,

NOTE Confidence: 0.8714081

01:06:47.920 --> 01:06:50.464 it's actually need leading to a

NOTE Confidence: 0.8714081

01:06:50.464 --> 01:06:53.448 change in the anxiety of the parents.

NOTE Confidence: 0.8714081

01:06:53.450 --> 01:06:54.596 And I mean,

NOTE Confidence: 0.8714081

01:06:54.596 --> 01:06:56.888 of course you know it's more

NOTE Confidence: 0.8714081

01:06:56.888 --> 01:06:58.079 complicated than that.

NOTE Confidence: 0.8714081

01:06:58.080 --> 01:07:01.344 But my point is that I think the

NOTE Confidence: 0.8714081

01:07:01.344 --> 01:07:03.119 mediational changes more from

NOTE Confidence: 0.8714081

01:07:03.119 --> 01:07:05.304 side control to anxiety then.

NOTE Confidence: 0.8714081

01:07:05.310 --> 01:07:07.300 But it's an empirical question,

NOTE Confidence: 0.8714081

01:07:07.300 --> 01:07:08.425 but you know,

NOTE Confidence: 0.8714081

01:07:08.425 --> 01:07:10.675 but I actually think that because

NOTE Confidence: 0.8714081

01:07:10.675 --> 01:07:12.849 we have never found parent

NOTE Confidence: 0.8714081

01:07:12.850 --> 01:07:15.304 anxiety to be the direct link,

NOTE Confidence: 0.8714081

01:07:15.304 --> 01:07:17.464 but only fruit control and

NOTE Confidence: 0.8714081

01:07:17.464 --> 01:07:19.540 then answer your question.
NOTE Confidence: 0.8714081

01:07:19.540 --> 01:07:20.082 Yes, absolutely.
NOTE Confidence: 0.8714081

01:07:20.082 --> 01:07:22.230 And it's so interesting, but you know what?
NOTE Confidence: 0.8714081

01:07:22.230 --> 01:07:23.820 It sort of makes sense when
NOTE Confidence: 0.8714081

01:07:23.883 --> 01:07:24.979 you think about it.
NOTE Confidence: 0.8714081

01:07:24.980 --> 01:07:26.340 The task because you know,
NOTE Confidence: 0.8714081

01:07:26.340 --> 01:07:27.700 as the parents are letting
NOTE Confidence: 0.8714081

01:07:27.700 --> 01:07:29.060 up and control the child,
NOTE Confidence: 0.8714081

01:07:29.060 --> 01:07:30.859 has more otonomy the parent and they're
NOTE Confidence: 0.8714081

01:07:30.859 --> 01:07:32.809 seeing the kid doing more than maybe
NOTE Confidence: 0.8714081

01:07:32.809 --> 01:07:34.495 the parents are getting less anxious.
NOTE Confidence: 0.8714081

01:07:34.500 --> 01:07:35.076 You know?
NOTE Confidence: 0.8714081

01:07:35.076 --> 01:07:36.516 I mean, because you know
NOTE Confidence: 0.8714081

01:07:36.516 --> 01:07:38.038 another whole part of my work,
NOTE Confidence: 0.8714081

01:07:38.040 --> 01:07:39.400 which you know about is,
NOTE Confidence: 0.8714081

01:07:39.400 --> 01:07:40.212 you know,

NOTE Confidence: 0.8714081

01:07:40.212 --> 01:07:42.648 one of those articles was called

NOTE Confidence: 0.8714081

01:07:42.648 --> 01:07:44.010 directionality of change.

NOTE Confidence: 0.8714081

01:07:44.010 --> 01:07:46.334 So you know the whole directionality issue

NOTE Confidence: 0.8714081

01:07:46.334 --> 01:07:49.156 is part of what I'm speaking about now,

NOTE Confidence: 0.8714081

01:07:49.160 --> 01:07:49.590 yeah?

NOTE Confidence: 0.8714081

01:07:49.590 --> 01:07:51.740 Very interesting because so it

NOTE Confidence: 0.8714081

01:07:51.740 --> 01:07:53.400 sounds like it's complicated

NOTE Confidence: 0.8714081

01:07:53.400 --> 01:07:54.880 and some components change,

NOTE Confidence: 0.8714081

01:07:54.880 --> 01:07:56.720 but really perhaps the parent

NOTE Confidence: 0.8714081

01:07:56.720 --> 01:07:59.668 has to be the target to have the

NOTE Confidence: 0.8646191

01:07:59.670 --> 01:08:01.890 more maximum. I mean, that's empirical,

NOTE Confidence: 0.8646191

01:08:01.890 --> 01:08:04.470 but you know exactly you have the

NOTE Confidence: 0.8646191

01:08:04.470 --> 01:08:06.673 maximum amount of of of change,

NOTE Confidence: 0.8646191

01:08:06.673 --> 01:08:09.144 and so that's an interesting and maybe

NOTE Confidence: 0.8646191

01:08:09.144 --> 01:08:11.478 through space exactly. Well, that's the

NOTE Confidence: 0.8646191

01:08:11.480 --> 01:08:13.790 exactly. That's probably why you know

NOTE Confidence: 0.8646191

01:08:13.790 --> 01:08:16.231 we have that new intervention with

NOTE Confidence: 0.8646191

01:08:16.231 --> 01:08:19.115 space and we'll see how that goes.

NOTE Confidence: 0.8646191

01:08:19.120 --> 01:08:20.486 Thank you, it's very interesting,

NOTE Confidence: 0.8646191

01:08:20.486 --> 01:08:22.120 but it's a really interesting question.

NOTE Confidence: 0.8646191

01:08:22.120 --> 01:08:23.220 Thank you for that.

NOTE Confidence: 0.80790365

01:08:32.940 --> 01:08:34.356 Wendy, this is Chris Pittenger.

NOTE Confidence: 0.80790365

01:08:34.356 --> 01:08:36.635 Thank you for a wonderful talk and such.

NOTE Confidence: 0.80790365

01:08:36.635 --> 01:08:40.680 It was great to see it all put together.

NOTE Confidence: 0.80790365

01:08:40.680 --> 01:08:42.416 Message I'm sorry I can't put

NOTE Confidence: 0.80790365

01:08:42.416 --> 01:08:44.150 your name up as a collaborator.

NOTE Confidence: 0.80790365

01:08:44.150 --> 01:08:45.590 It almost happened these days.

NOTE Confidence: 0.80790365

01:08:45.590 --> 01:08:48.190 Will work on that.

NOTE Confidence: 0.80790365

01:08:48.190 --> 01:08:49.410 It was sort of implicit.

NOTE Confidence: 0.80790365

01:08:49.410 --> 01:08:51.850 It's at least it seemed implicit to me in the

NOTE Confidence: 0.80347896

01:08:51.850 --> 01:08:53.314 way you were presenting that you're

NOTE Confidence: 0.80347896

01:08:53.314 --> 01:08:54.290 thinking of anxiety appropriately.

NOTE Confidence: 0.80347896

01:08:54.290 --> 01:08:55.262 So trans diagnostic construct.

NOTE Confidence: 0.80347896

01:08:55.262 --> 01:08:56.485 You know you're looking at

NOTE Confidence: 0.80347896

01:08:56.485 --> 01:08:57.220 these different populations,

NOTE Confidence: 0.80347896

01:08:57.220 --> 01:08:58.682 but the concepts and the structures

NOTE Confidence: 0.80347896

01:08:58.682 --> 01:09:00.150 that you're targeting are the same.

NOTE Confidence: 0.80347896

01:09:00.150 --> 01:09:01.608 Whether it's social anxiety or phobia,

NOTE Confidence: 0.80347896

01:09:01.610 --> 01:09:03.818 whatever. At least that was my.

NOTE Confidence: 0.80347896

01:09:03.820 --> 01:09:05.576 My impression is to the extent

NOTE Confidence: 0.80347896

01:09:05.576 --> 01:09:07.648 that that's true, I wonder.

NOTE Confidence: 0.80347896

01:09:07.648 --> 01:09:09.926 What you think about how these

NOTE Confidence: 0.80347896

01:09:09.926 --> 01:09:11.556 structures and targets of treatment

NOTE Confidence: 0.80347896

01:09:11.556 --> 01:09:13.211 generalize to other disorders that

NOTE Confidence: 0.80347896

01:09:13.211 --> 01:09:14.423 are characterized by prominent

NOTE Confidence: 0.80347896

01:09:14.423 --> 01:09:15.938 anxiety but also other things?

NOTE Confidence: 0.80347896

01:09:15.940 --> 01:09:18.180 And the two obvious ones that are
NOTE Confidence: 0.80347896

01:09:18.180 --> 01:09:20.690 occurring to me or anxious OC D and
NOTE Confidence: 0.80347896

01:09:20.690 --> 01:09:22.274 trauma associated anxiety where you
NOTE Confidence: 0.80347896

01:09:22.274 --> 01:09:24.496 have anxiety is a prominent source of
NOTE Confidence: 0.80347896

01:09:24.496 --> 01:09:26.397 clinical distress in a targeted treatment.
NOTE Confidence: 0.80347896

01:09:26.397 --> 01:09:28.523 But you also have something else.
NOTE Confidence: 0.80347896

01:09:28.523 --> 01:09:30.966 That that's going on, and so so.
NOTE Confidence: 0.80347896

01:09:30.966 --> 01:09:32.435 So what do you think?
NOTE Confidence: 0.80347896

01:09:32.435 --> 01:09:35.078 I mean, starting with this sort of the pure,
NOTE Confidence: 0.80347896

01:09:35.080 --> 01:09:37.440 the anxiety make makes a lot of sense,
NOTE Confidence: 0.80347896

01:09:37.440 --> 01:09:39.492 but I wonder about generalization of this
NOTE Confidence: 0.80347896

01:09:39.492 --> 01:09:40.959 structures to those adjacent conditions.
NOTE Confidence: 0.9125561

01:09:42.130 --> 01:09:44.370 Yeah, I mean it's a really great
NOTE Confidence: 0.9125561

01:09:44.370 --> 01:09:46.964 question and I and it hasn't been
NOTE Confidence: 0.9125561

01:09:46.964 --> 01:09:49.298 studied and it certainly is important.
NOTE Confidence: 0.9125561

01:09:49.300 --> 01:09:52.370 Thing to study I I guess my own so I don't.

NOTE Confidence: 0.9125561

01:09:52.370 --> 01:09:54.316 I think it's a really great question.

NOTE Confidence: 0.9125561

01:09:54.320 --> 01:09:56.488 I I will just throw out one thought

NOTE Confidence: 0.9125561

01:09:56.488 --> 01:09:58.855 though that I have and what I've learned

NOTE Confidence: 0.9125561

01:09:58.855 --> 01:10:01.128 frankly and actually I was in the first

NOTE Confidence: 0.9125561

01:10:01.128 --> 01:10:03.184 to say this Alan Kasten back in 99.

NOTE Confidence: 0.9125561

01:10:03.184 --> 01:10:05.160 You know mode about this but when I

NOTE Confidence: 0.9125561

01:10:05.225 --> 01:10:07.394 go back then I go well you know he

NOTE Confidence: 0.9125561

01:10:07.394 --> 01:10:09.380 always had such foresight because he

NOTE Confidence: 0.9125561

01:10:09.380 --> 01:10:11.338 actually said this and I've learned

NOTE Confidence: 0.9125561

01:10:11.338 --> 01:10:13.284 this in the work that I presented.

NOTE Confidence: 0.9125561

01:10:13.290 --> 01:10:15.162 You know that the mechanisms of an onset

NOTE Confidence: 0.9125561

01:10:15.162 --> 01:10:17.281 of a disorder is not necessarily the

NOTE Confidence: 0.9125561

01:10:17.281 --> 01:10:19.450 same mechanism in a treatment reduction.

NOTE Confidence: 0.9125561

01:10:19.450 --> 01:10:19.798 Approach.

NOTE Confidence: 0.9125561

01:10:19.798 --> 01:10:22.582 You know, and I see that now because

NOTE Confidence: 0.9125561

01:10:22.582 --> 01:10:25.642 you know Pam and anxiety clearly is
NOTE Confidence: 0.9125561

01:10:25.642 --> 01:10:28.030 involved in maintaining anxiety clearly,
NOTE Confidence: 0.9125561

01:10:28.030 --> 01:10:30.982 but whether or not that's the
NOTE Confidence: 0.9125561

01:10:30.982 --> 01:10:32.458 most proxamol mechanism.
NOTE Confidence: 0.9125561

01:10:32.460 --> 01:10:33.648 That's an empirical well.
NOTE Confidence: 0.9125561

01:10:33.648 --> 01:10:34.836 I've already shown empirically,
NOTE Confidence: 0.9125561

01:10:34.840 --> 01:10:36.616 it's it doesn't seem to be.
NOTE Confidence: 0.9125561

01:10:36.620 --> 01:10:38.100 It doesn't mean it's not
NOTE Confidence: 0.9125561

01:10:38.100 --> 01:10:38.988 important for maintenance,
NOTE Confidence: 0.9125561

01:10:38.990 --> 01:10:41.290 but whether or not you want to make that the
NOTE Confidence: 0.9125561

01:10:41.351 --> 01:10:43.446 proximal mechanism in your intervention.
NOTE Confidence: 0.9125561

01:10:43.450 --> 01:10:45.610 So I guess the back to you like
NOTE Confidence: 0.9125561

01:10:45.610 --> 01:10:47.607 I think it could make sense,
NOTE Confidence: 0.9125561

01:10:47.610 --> 01:10:49.418 but I I guess I'm just saying that
NOTE Confidence: 0.9125561

01:10:49.418 --> 01:10:51.376 even if those mechanisms are involved
NOTE Confidence: 0.9125561

01:10:51.376 --> 01:10:53.542 in the maintenance of those problems,

NOTE Confidence: 0.9125561

01:10:53.550 --> 01:10:54.734 it's an empirical question.

NOTE Confidence: 0.9125561

01:10:54.734 --> 01:10:55.918 Just like an anxiety.

NOTE Confidence: 0.9125561

01:10:55.920 --> 01:10:57.702 If they were maintained in the

NOTE Confidence: 0.9125561

01:10:57.702 --> 01:10:59.190 reduction in a treatment intervention.

NOTE Confidence: 0.83801454

01:11:01.330 --> 01:11:02.670 Thanks, thank you for the question.

NOTE Confidence: 0.83801454

01:11:02.670 --> 01:11:03.960 Yeah it makes me think we

NOTE Confidence: 0.83801454

01:11:04.009 --> 01:11:05.197 should be measuring under.

NOTE Confidence: 0.83801454

01:11:05.200 --> 01:11:07.000 We do measure depression and we do have

NOTE Confidence: 0.83801454

01:11:07.000 --> 01:11:08.827 the aidas and all the other treatments.

NOTE Confidence: 0.83801454

01:11:08.830 --> 01:11:10.114 So you know we certainly can

NOTE Confidence: 0.83801454

01:11:10.114 --> 01:11:11.490 look at that more carefully.

NOTE Confidence: 0.83801454

01:11:11.490 --> 01:11:14.850 But and also like yeah anyway, thank you.

NOTE Confidence: 0.83801454

01:11:14.850 --> 01:11:16.818 Thank you, thank you very much.

NOTE Confidence: 0.83801454

01:11:16.820 --> 01:11:18.460 Yeah thanks. Hi Randy, Andy

NOTE Confidence: 0.80035686

01:11:18.460 --> 01:11:21.403 Morgans. I thought I have a question for you.

NOTE Confidence: 0.80035686

01:11:21.410 --> 01:11:23.651 I really enjoyed the presentation. Thank you.
NOTE Confidence: 0.80035686

01:11:23.651 --> 01:11:26.090 I I wanted to ask you a little more
NOTE Confidence: 0.80035686

01:11:26.165 --> 01:11:28.944 about the thread attention bias you know,
NOTE Confidence: 0.80035686

01:11:28.950 --> 01:11:30.948 does it change from people who've
NOTE Confidence: 0.80035686

01:11:30.948 --> 01:11:33.164 gone through CBT because they know it
NOTE Confidence: 0.80035686

01:11:33.164 --> 01:11:35.089 is so quick that's the threshold of
NOTE Confidence: 0.80035686

01:11:35.153 --> 01:11:37.391 consciousness responding and I was just
NOTE Confidence: 0.80035686

01:11:37.391 --> 01:11:39.777 wondering if if you know anything about
NOTE Confidence: 0.80035686

01:11:39.777 --> 01:11:42.066 does it shift after people have done
NOTE Confidence: 0.80035686

01:11:42.070 --> 01:11:44.366 a course of Skippy? There's the attention.
NOTE Confidence: 0.83769256

01:11:45.180 --> 01:11:46.956 His attention by us, so the
NOTE Confidence: 0.83769256

01:11:46.960 --> 01:11:48.814 measuring of attention by so you
NOTE Confidence: 0.83769256

01:11:48.814 --> 01:11:50.951 know the reason why we got this R
NOTE Confidence: 0.83769256

01:11:50.951 --> 01:11:52.978 01 this to side R1 is because the
NOTE Confidence: 0.83769256

01:11:52.978 --> 01:11:55.120 measure of attention bias has been
NOTE Confidence: 0.83769256

01:11:55.120 --> 01:11:56.900 really crappy with this that probe

NOTE Confidence: 0.83769256

01:11:56.900 --> 01:11:59.090 and so you know it's not reliable.

NOTE Confidence: 0.83769256

01:11:59.090 --> 01:12:00.190 It's really not good,

NOTE Confidence: 0.83769256

01:12:00.190 --> 01:12:02.529 and so and so now we're doing the

NOTE Confidence: 0.83769256

01:12:02.529 --> 01:12:04.713 EG and we're doing the eye tracking.

NOTE Confidence: 0.83769256

01:12:04.720 --> 01:12:06.496 So I I honestly don't know

NOTE Confidence: 0.83769256

01:12:06.496 --> 01:12:07.680 the answer with children.

NOTE Confidence: 0.83769256

01:12:07.680 --> 01:12:09.745 I don't know if it's been done,

NOTE Confidence: 0.83769256

01:12:09.750 --> 01:12:12.444 it might be done with adults, but you know,

NOTE Confidence: 0.83769256

01:12:12.444 --> 01:12:15.190 I I'm sorry I don't know the answer.

NOTE Confidence: 0.83769256

01:12:15.190 --> 01:12:17.031 Do like a saver pal and I'll

NOTE Confidence: 0.83769256

01:12:17.031 --> 01:12:18.606 get back to you on that.

NOTE Confidence: 0.83769256

01:12:18.606 --> 01:12:19.662 You know, no sure.

NOTE Confidence: 0.83769256

01:12:19.662 --> 01:12:20.190 Yeah, I.

NOTE Confidence: 0.83769256

01:12:20.190 --> 01:12:22.197 I mean I I don't know off the top

NOTE Confidence: 0.83769256

01:12:22.197 --> 01:12:24.467 of my head if if attempt but I only

NOTE Confidence: 0.83769256

01:12:24.467 --> 01:12:26.760 can say that the measurement is bad.
NOTE Confidence: 0.83769256

01:12:26.760 --> 01:12:28.864 You know, you know that that pro indexes,
NOTE Confidence: 0.83769256

01:12:28.870 --> 01:12:29.130 yeah?
NOTE Confidence: 0.7893529

01:12:30.680 --> 01:12:31.608 Years programming yeah yeah,
NOTE Confidence: 0.7893529

01:12:31.610 --> 01:12:33.473 we use your ears and you know and yeah
NOTE Confidence: 0.7893529

01:12:33.473 --> 01:12:35.545 he is also like doing what we're doing.
NOTE Confidence: 0.7893529

01:12:35.550 --> 01:12:37.810 You know he does AEG and he does eye tracking
NOTE Confidence: 0.7893529

01:12:37.867 --> 01:12:39.723 and with Danny of course you know he.
NOTE Confidence: 0.7893529

01:12:39.730 --> 01:12:41.562 I mean we're involved with Danny and with
NOTE Confidence: 0.7893529

01:12:41.562 --> 01:12:43.439 Danny with doing it also with the imaging.
NOTE Confidence: 0.8891731

01:12:44.270 --> 01:12:46.254 Wonderful, I'll follow up with you that
NOTE Confidence: 0.8891731

01:12:46.254 --> 01:12:48.530 I will follow up with you. OK, thank
NOTE Confidence: 0.8891731

01:12:48.530 --> 01:12:49.950 you. Thank you, thank you.
NOTE Confidence: 0.85924065

01:12:58.980 --> 01:13:01.716 So I am sorry I had
NOTE Confidence: 0.859112125

01:13:01.720 --> 01:13:05.650 a question. Last question, do I have time?
NOTE Confidence: 0.859112125

01:13:05.650 --> 01:13:08.205 Yeah, this would be the last question,

NOTE Confidence: 0.79540217

01:13:08.210 --> 01:13:12.179 so thanks. So Doctor Silverman is there.

NOTE Confidence: 0.79540217

01:13:12.180 --> 01:13:14.052 Do you see this working is

NOTE Confidence: 0.79540217

01:13:14.052 --> 01:13:15.630 in a prevention model too.

NOTE Confidence: 0.9338889

01:13:17.640 --> 01:13:20.300 Yes. The absolutely,

NOTE Confidence: 0.9338889

01:13:20.300 --> 01:13:20.940 absolutely, absolutely.

NOTE Confidence: 0.9338889

01:13:20.940 --> 01:13:22.220 Especially since I told

NOTE Confidence: 0.9338889

01:13:22.220 --> 01:13:23.729 you we did the attention.

NOTE Confidence: 0.9338889

01:13:23.730 --> 01:13:25.114 Retraining was sub clinical

NOTE Confidence: 0.9338889

01:13:25.114 --> 01:13:27.480 subclinical I mean I said like I

NOTE Confidence: 0.9338889

01:13:27.480 --> 01:13:29.469 know my I you know I do really want

NOTE Confidence: 0.9338889

01:13:29.531 --> 01:13:31.679 to do an effectiveness trial with

NOTE Confidence: 0.9338889

01:13:31.679 --> 01:13:33.403 attention retraining and I wanted

NOTE Confidence: 0.9338889

01:13:33.403 --> 01:13:35.384 to set care and now I'm going

NOTE Confidence: 0.9338889

01:13:35.384 --> 01:13:37.761 to bring the jitter in to do the

NOTE Confidence: 0.9338889

01:13:37.761 --> 01:13:39.723 mindfulness part of it and Hillary

NOTE Confidence: 0.9338889

01:13:39.723 --> 01:13:41.568 to do the brain measurements.

NOTE Confidence: 0.9338889

01:13:41.570 --> 01:13:42.488 But that's I,

NOTE Confidence: 0.9338889

01:13:42.488 --> 01:13:45.010 I definitely think it's a step care step.

NOTE Confidence: 0.9338889

01:13:45.010 --> 01:13:47.278 CPK is sort of like a prevention

NOTE Confidence: 0.9338889

01:13:47.278 --> 01:13:48.790 approach to some extent.

NOTE Confidence: 0.9338889

01:13:48.790 --> 01:13:51.376 It can be conceptualized that way.

NOTE Confidence: 0.9338889

01:13:51.380 --> 01:13:56.410 Thank you. Application area.

NOTE Confidence: 0.9338889

01:13:56.410 --> 01:13:58.867 Great, well thank you so much and

NOTE Confidence: 0.8365128

01:13:58.870 --> 01:14:00.970 thanks to everyone for attending and

NOTE Confidence: 0.8365128

01:14:00.970 --> 01:14:03.076 traffic tarcan Wendy. I'm going to

NOTE Confidence: 0.8365128

01:14:03.080 --> 01:14:05.537 send you dates for four years from

NOTE Confidence: 0.8365128

01:14:05.540 --> 01:14:07.990 now so we should schedule it now.

NOTE Confidence: 0.8365128

01:14:07.990 --> 01:14:13.102 No no, no give me more than four years.

NOTE Confidence: 0.8365128

01:14:13.110 --> 01:14:17.370 What give me more employees?

NOTE Confidence: 0.8365128

01:14:17.370 --> 01:14:19.110 I I know I was flossing.

NOTE Confidence: 0.8365128

01:14:19.110 --> 01:14:20.850 Sure could call it that title,

NOTE Confidence: 0.8365128

01:14:20.850 --> 01:14:22.590 but I said what the heck,

NOTE Confidence: 0.8365128

01:14:22.590 --> 01:14:23.460 terrific well anyway.

NOTE Confidence: 0.8365128

01:14:23.460 --> 01:14:24.620 Thank you so much.

NOTE Confidence: 0.8365128

01:14:24.620 --> 01:14:25.536 Appreciate OK, thank.