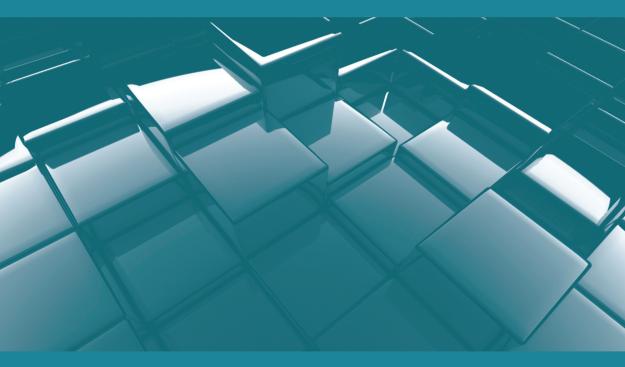
ISSN: 0813-4839

# BehaviourBehaviourChangeJournals.cambridge.org/becEditor: Ross G Menzies, University of Sydney





JOURNAL OF THE **Australian Association** for **Cognitive** And **Behaviour Therapy** 



Published online by Cambridge University Press

# Behaviour Change

Ross G. Menzies University of Sydney

#### **Associate Editors**

Editor

Lucius Arco Praxis Research

Paula Barrett Griffith University

Neville M. Blampied University of Canterbury

Rich Gilman Cincinnati Children's Hospital and University of Cincinnati

David Heyne Leiden University

Alan Hudson RMIT University

Lynne Harris University of Sydney

Richard Mattick

Marianna Szabó University of Sydney

#### **Book Review Editor**

Sarah Egan Curtin University of Technology

#### Indexing

Behaviour Change is indexed in the following information systems: Australian Education Index, Multicultural Education Abstracts, Special Educational Needs Abstracts, CABS, EMBASE/Excerpta Medica, Psychological Abstracts, PsycINFO, Sociological Abstracts, Sage Family Study Abstracts, Current Contents/Social and Behavioural Sciences, Social SciSearch, Research Alert, J-GATE and OTseeker.

#### **Conditions and copyright**

Responsibility for the contents of papers rests upon the authors, and not upon the association or the publisher.

It is a condition of publication that manuscripts submitted to this journal have not been published and will not be simultaneously submitted or published elsewhere. By submitting a manuscript, the authors agree that the copyright for their article is transferred to the publisher if and when the article is accepted for publication. However, assignment of copyright is not required from authors who work for organisations that do not permit such assignment. The copyright covers the exclusive rights to reproduce and distribute the article, including reprints, photographic reductions, microfilm or any other reproductions of similar nature and translations. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, electrostatic, magnetic tape, mechanical, photocopying, recording or otherwise, without permission in writing from the copyright holder.

#### **Editorial Board**

David H. Barlow Boston University

Jay S. Birnbrauer Murdoch University

Edward B. Blanchard State University of New York at Albany

Cynthia M. Bulik Virginia Commonwealth University

Mark R. Dadds University of New South Wales

Georg H. Eifert West Virginia University

Cyril M. Franks Rutgers University

W. Kim Halford Griffith University

David J. de L. Horne University of Birmingham

Jack E. James National University of Ireland

Alan E. Kazdin Yale University

Neville J. King Monash University

#### Peter Lovibond University of New South Wales

Paul R. Martin University of New England

lain Montgomery University of Tasmania

Thomas H. Ollendick Virginia Polytechnic and State University

Neville Owen Deakin University

Clare Rees Curtin University of Technology

Clare Roberts Curtin University of Technology

John F. Smith Auckland University of Technology

Susan H. Spence Macquarie University

G. Terence Wilson Rutgers University

Peter H. Wilson RMIT University

Kevin W. Wheldall Macquarie University

#### Subscription Rates 2013

This journal is published 4 times per year. The institutional rates (excluding VAT) are:

	Print and online	Electronic only
Australia	298 AUD	285 AUD
N America	326 USD	311 USD
UK and ROW	210 GBP	201 GBP

EU subscribers (outside the UK) who are not registered for VAT should add VAT at their country's rate. VAT registered subscribers should provide their VAT registration number. Prices include delivery by air when appropriate. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Orders and subscription enquiries should be addressed to: Cambridge University Press, The Edinburgh Building, Shaftesbury Road, Cambridge CB2 8RY, UK

Orders from N America should be addressed to:

Cambridge University Press, Journals Fulfilment Department, 100 Brook Hill Drive, West Nyack, NY 10994-2133, USA

Behaviour Change and all other Cambridge Journals can be found at http://journals.cambridge.org/

# Behaviour Change

VOLUME 30 NUMBER 4 2013

## Contents

CBT Guided Self-Help Compares Favourably to 227 Gold Standard Therapist-Administered CBT and Shows Unique Benefits Over Traditional Treatment Margaret Priemer, and France Talbot

A Preliminary Study of Anxiety, Negative Affect, 241 Experiential Avoidance, and Delaying of Aversive Events

Kristalyn Salters-Pedneault, and James W. Diller

Using a Behavioural Family Intervention to Produce 249 a Three-Generational Benefit on Family Outcomes: A Case Report James N. Kirby, and Matthew R. Sanders

Parent-Endorsed Reasons for Not Completing262Homework in Group-Based Behavioural ParentTraining for High-Risk Families of Youth WithADHD

Anil Chacko, Lindsay Anderson, Brian T. Wymbs, and Frances A. Wymbs

Interpersonal Difficulties as an Underlying273Mechanism in the Anxiety-Depression AssociationAndres G. Viana, and Erin N. Stevens

*Behaviour Change* is published four times annually and issued to all financial ordinary, institutional and student members of AACBT.

.....

---

Copyright in all articles rests with authors. A limited set of permanent copyright permission licences has been granted by authors to the publisher to allow publication in this journal. Rights in the reproduction and distribution of the published articles as visual facsimiles of this published edition by either mechanical or digital means is controlled by the publisher and any distributions by CAL for copying of an author's work therefore are due to the publisher and AACBT only. All other rights in the words contained in this edition are controlled by the authors. Authors are therefore free to adapt and/or republish the words making up their own articles either online or in print.

Published by Cambridge University Press on behalf of Australian Academic Press Pty Ltd. and AACBT. Cambridge University Press, University Printing House Shaftesbury Road Cambridge CB2 8BS United Kingdom journals.cambridge.org

### Australian Association for Cognitive and Behaviour Therapy

#### Visit our web site: http://www.aacbt.org

#### AIMS

The Australian Association for Cognitive and Behaviour Therapy (AACBT) is a multidisciplinary professional society.

The aims of the Association are:

- 1. to organise continuing education and training in the principles and practice of Cognitive and Behaviour Therapy
- to publish and disseminate information to members about developments in Cognitive and Behaviour Therapy in Australia and other countries
- 3. to educate the community in the principles and ethical practice of Cognitive and Behaviour Therapy
- 4. to liaise and consult with other persons or organisations in the teaching and practice of Cognitive and Behaviour Therapy
- 5. to promote the ethical practice of Cognitive and Behaviour Therapy by members
- 6. to organise or assist in the organisation of an annual National Conference on Cognitive and Behaviour Therapy.

#### **Past National Presidents**

1978–79	Keith Jonson	1995–96	Neville King
1979–80	David De L. Horne	1996–97	Tim Sharp
1980-83	Matthew R. Sanders	1997–98	Ross Young
1983-84	Peter Millier	1998–99	Barbara Pennington
1984–85	Paul Martin	1999–00	Andrew Page
1985-86	Alan Hudson	2000–01	Greg Murphy
1986–87	Peter Wilson	2001–02	Ross G. Menzies
1987–88	Mark Dadds	2002–03	Carla Schlesinger
1988–89	Don Tustin	2003–04	Lisa Chantler
1989–90	Nada Murphy	2004–05	Sarah Egan
1990-91	Mervyn Jackson	2005–06	Nicole Lee
1991-92	Peter Lovibond	2006–07	Ross G. Menzies
1992–93	Jan Lawton	2007–08	Heather Green
1993–94	Leone McCarron	2008–09	Amanda Burlock
1994–95	Jura Tender		

#### **National President**

#### Leanne Hides

E-mail:

leanne.hides@qut.edu.au

#### **Branch Presidents**

#### New South Wales

Natasha Davis

natashadavis@clinpsychcentre. com.au

#### Victoria

Natasha Dean

E-mail:

tashdean@hotmail.com

#### Queensland

Eliana Hirakis

E-mail:

eliana@hirakis.com.au

#### Western Australia

Michelle Jongenelis

E-mail:

aacbtwa@gmail.com

#### South Australia

Alicia Ellis

E-mail:

aacbtsa@hotmail.com.au