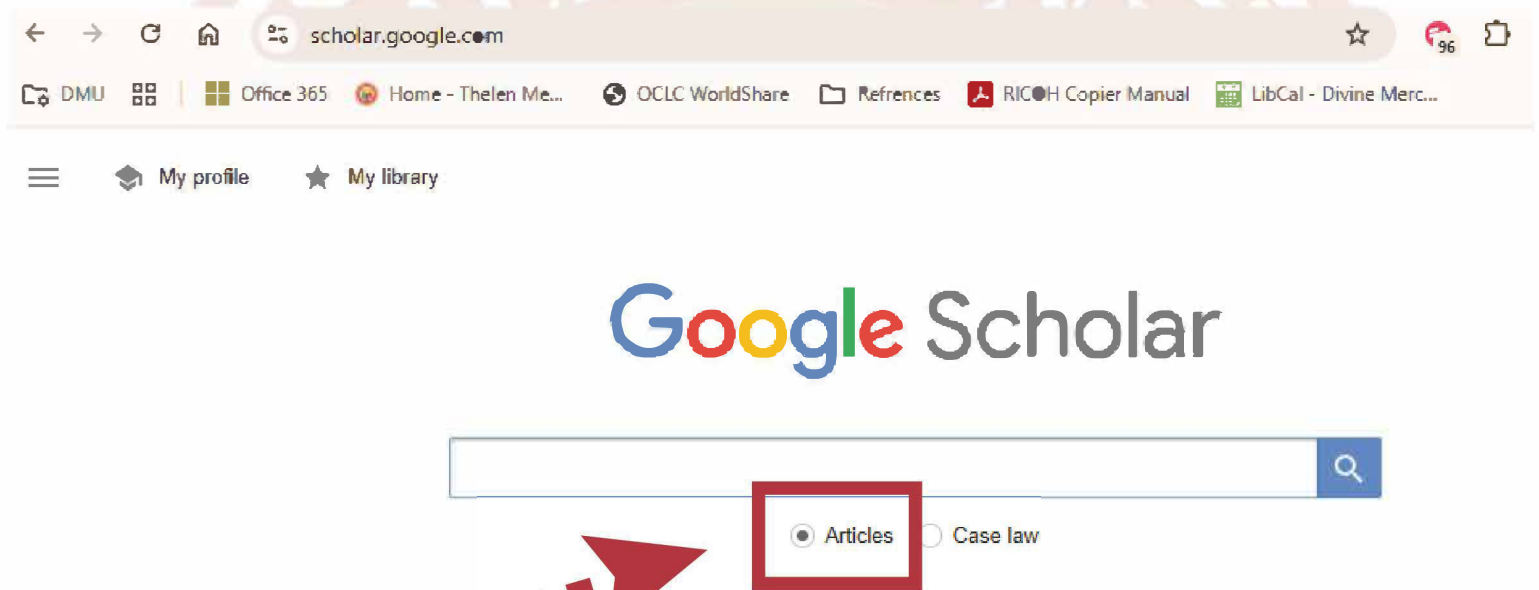


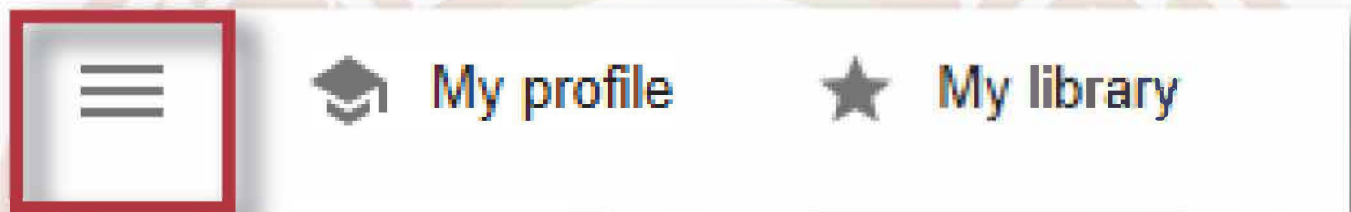
Finding DMU-Held Articles in Google Scholar

1. Go to **scholar.google.com**

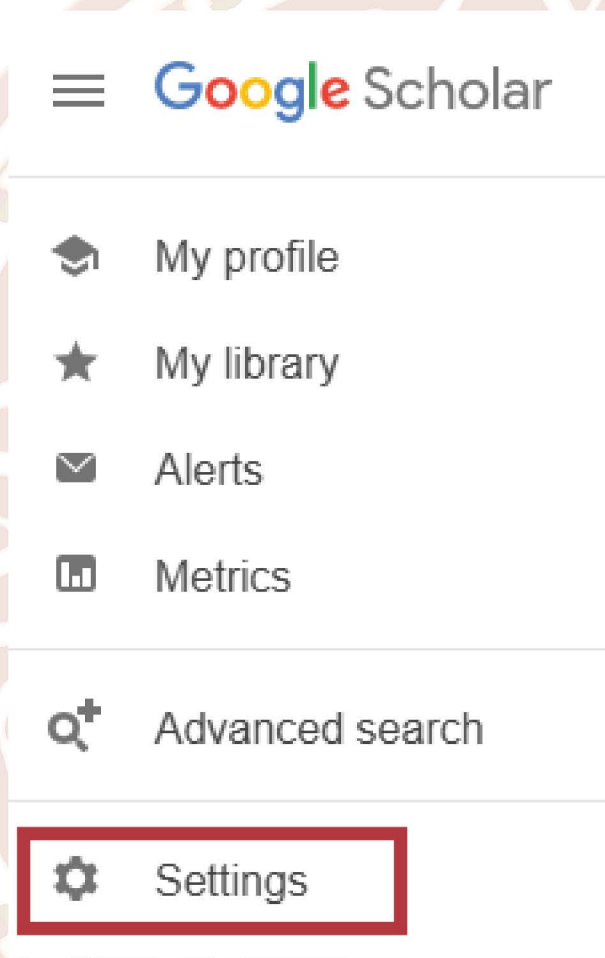


Please Note: Google Scholar searches **articles only**, not books, videos, etc.. Beginning your search via the online library catalog or via a specific database allows users to discover all available library resources.

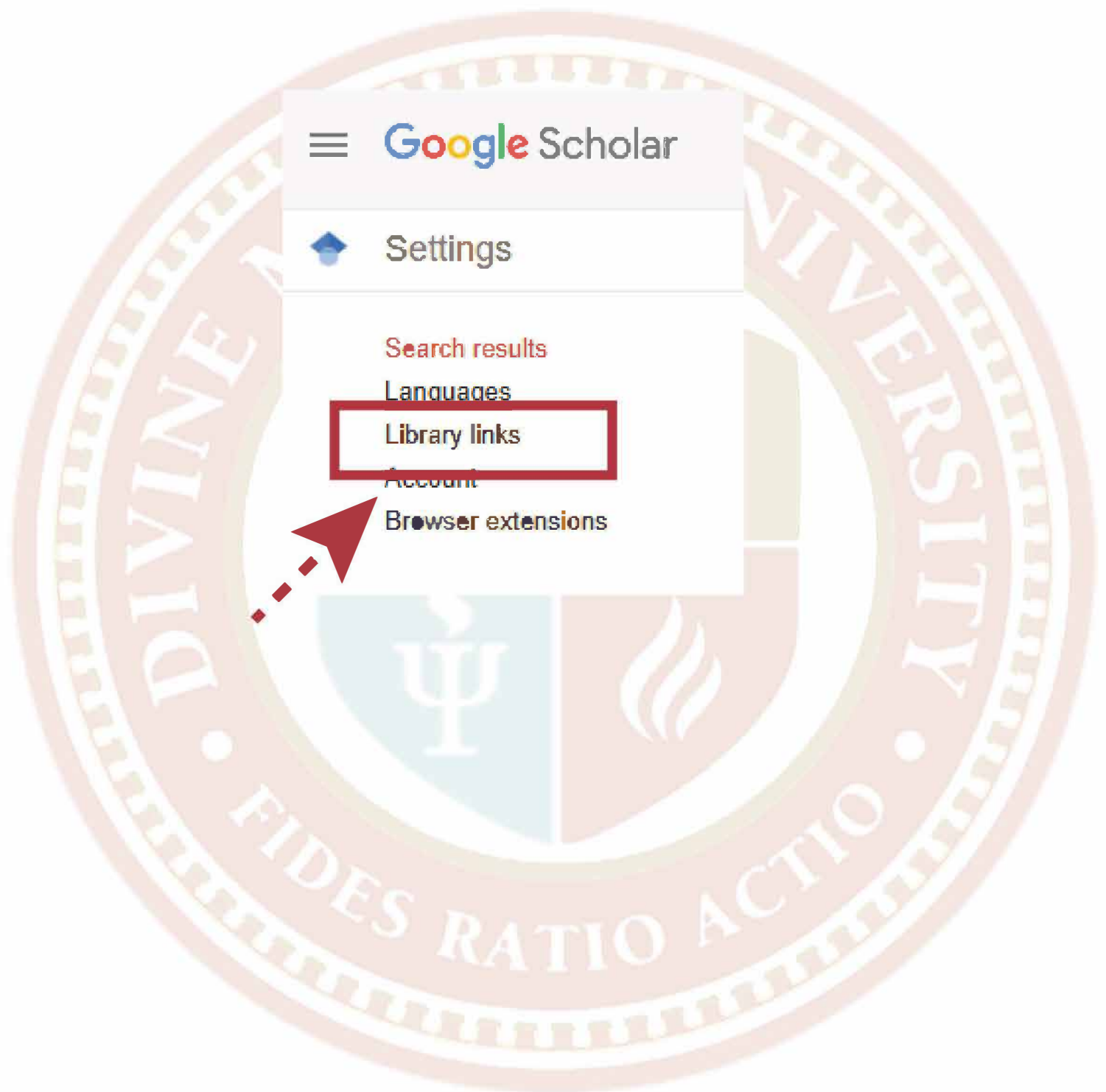
2. Click the “Hamburger” Menu



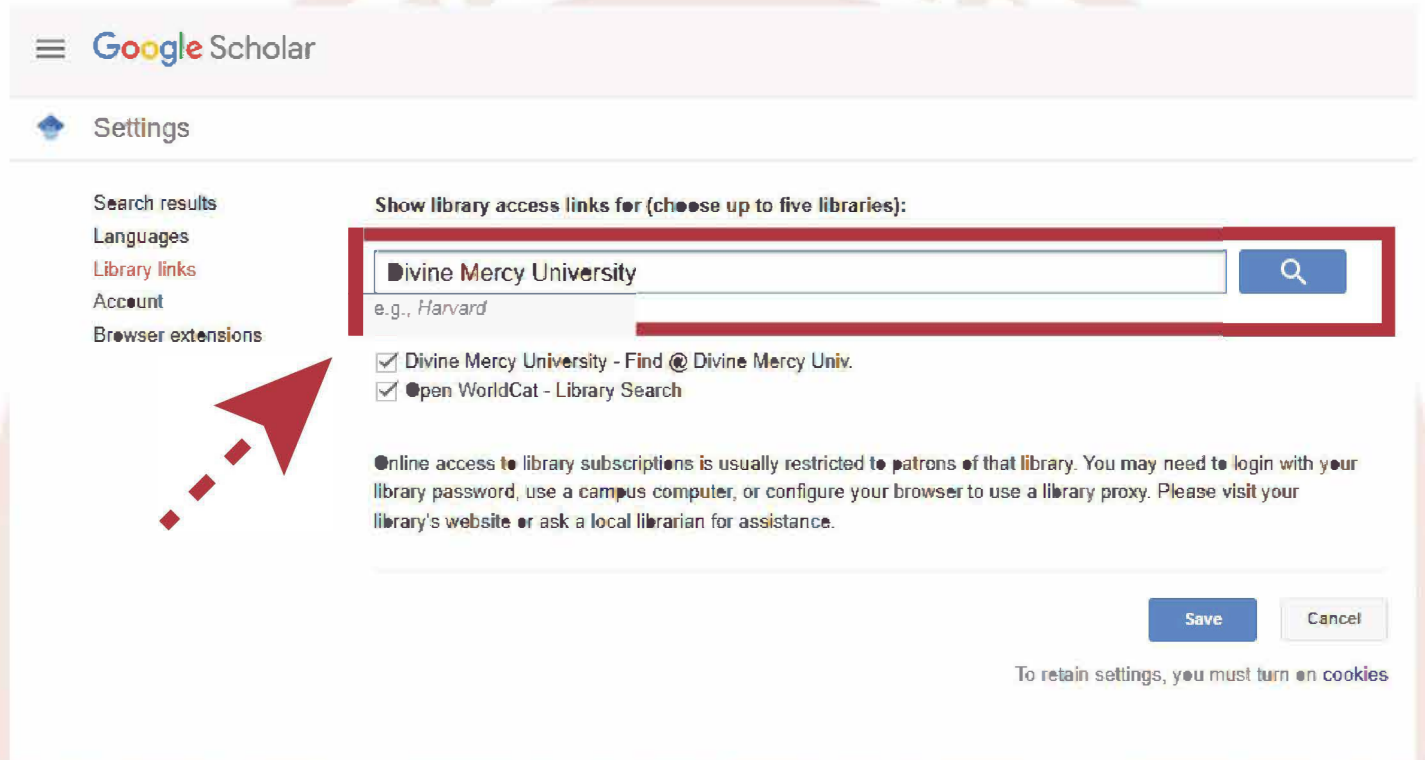
3. Then under the “Hamburger”, click “Settings”



4. Click “Library Links”



5. Type "Divine Mercy University" in the search box



The screenshot shows the Google Scholar settings page. On the left, a sidebar contains links for 'Search results', 'Languages', 'Library links', 'Account', and 'Browser extensions'. The 'Library links' link is highlighted with a red dashed arrow. The main content area is titled 'Show library access links for (choose up to five libraries):'. It features a search box containing 'Divine Mercy University' with a magnifying glass icon to its right. Below the search box, there is a list of library links with checkboxes: 'Divine Mercy University - Find @ Divine Mercy Univ.' and 'Open WorldCat - Library Search', both of which are checked. A paragraph of text explains that online access to library subscriptions is usually restricted to patrons of that library. At the bottom right, there are 'Save' and 'Cancel' buttons. A red dashed arrow points from the 'Library links' sidebar link to the search box. Below the 'Save' button, there is a note: 'To retain settings, you must turn on cookies'.

Google Scholar

Settings

Search results
Languages
Library links
Account
Browser extensions

Show library access links for (choose up to five libraries):

Divine Mercy University

e.g., Harvard

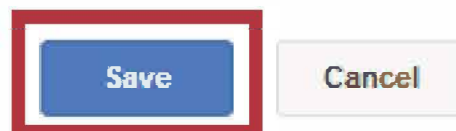
☒ Divine Mercy University - Find @ Divine Mercy Univ.
☒ Open WorldCat - Library Search

Online access to library subscriptions is usually restricted to patrons of that library. You may need to login with your library password, use a campus computer, or configure your browser to use a library proxy. Please visit your library's website or ask a local librarian for assistance.

Save Cancel

To retain settings, you must turn on cookies

6. Click "Save"



A close-up of the 'Save' and 'Cancel' buttons. The 'Save' button is highlighted with a red rectangular box. A red dashed arrow points from the 'To retain settings, you must turn on cookies' text below to the 'Save' button.

Save Cancel

To retain settings, you must turn on cookies

7. Run a search: you should now see "Find @ Divine Mercy University" to the right of many results!

Google Scholar

Cognitive Behavioral Therapy

cognitive behavioral therapy for depression
cognitive behavioral therapy techniques
cognitive behavioral therapy for anxiety
cognitive behavioral therapy effectiveness
cognitive behavioral therapy cbt
cognitive behavioral therapy for insomnia
cognitive behavioral therapy for children
cognitive behavioral therapy for ptsd
cognitive behavioral therapy treatment
cognitive behavioral therapy interventions

Google Scholar

Cognitive Behavioral Therapy

Articles

About 3,730,000 results (0.08 sec)

Any time

Since 2025

Since 2024

Since 2021

Custom range...

Sort by relevance

Sort by date

Any type

Review articles

☐ include patents

☒ include citations

☒ Create alert

Basic strategies of cognitive behavioral therapy

A Wenzel - Psychiatric Clinics, 2017 - psych.theclinics.com

... Most cognitive behavioral therapists begin by focusing cognitive ... cognitive restructuring later in the course of treatment. To identify automatic thoughts, cognitive behavioral therapists ...

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[PDF] sci-hub.gg

Cognitive-behavioral therapy.

B Rothbaum, EA Meadows, P Resick, DW Foy - 2000 - psycnet.apa.org

Reviews the treatment guidelines of eight different cognitive-behavioral treatments (CBT) for PTSD%: exposure therapy (EX), systematic desensitization, stress inoculation training, ...

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The efficacy of cognitive behavioral therapy: A review of meta-analyses

SG Hofmann, A Asnaani, IJJ Vonk, AT Sawyer... - Cognitive therapy and ..., 2012 - Springer

Cognitive behavioral therapy (CBT) refers to a popular therapeutic approach that has been applied to a variety of problems. The goal of this review was to provide a comprehensive ...

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[PDF] Cognitive-behavioral therapy

JS Beck - Clinical textbook of addictive disorders, 2011 - projectacademy.org

... skills, whereby they can learn to change their own thinking, problematic emotions, and behavior. CBT therapists emphasize what is relevant to the person's current life, rather than what

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[PDF] projectacademy.org

8. Click "Find @ Divine Mercy University" It will bring you to the DMU Library page listing



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The efficacy of cognitive behavioral therapy: A review of meta-analyses

Article, Chapter

Authors: SG Hofmann

Publication: Cognitive Therapy and Research, Volume:36, Issue:5, Page(s):427

Published: Springer Nature, 2012

ISSN: 0147-5916

DOI: 10.1007/s10608-012-9476-1



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SG Hofmann

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UNIVERSITY

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11. To download your article, click the arrow at the top

The screenshot displays the EBSCO interface for the article "The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses". The article's title, authors (Stefan G. Hofmann, Ann Asnaani, Imke J. J. Vonk, Alice T. Sawyer, Angela Fang), and publication details (Cogn Ther Res 2012; 36:402-440; DOI: 10.1007/s20688-012-9476-1) are visible. The abstract and introduction sections are partially shown. On the right, a "Publication contents" sidebar lists related articles. At the bottom, a navigation bar contains several icons. A red box highlights the download icon (a blue circle with a white downward arrow), and a red arrow points to it from the bottom left. A "Download" button is also visible in the bottom right area of the navigation bar.

EBSCO

The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses

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Cogn Ther Res (2012) 36:402-440
DOI 10.1007/s20688-012-9476-1

ORIGINAL ARTICLE

The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses

Stefan G. Hofmann · Ann Asnaani · Imke J. J. Vonk · Alice T. Sawyer · Angela Fang

Published online: 31 July 2012
© Springer Science+Business Media, LLC 2012

Abstract Cognitive behavioral therapy (CBT) refers to a popular therapeutic approach that has been applied to a variety of problems. The goal of this review was to provide a comprehensive survey of meta-analyses examining the efficacy of CBT. We identified 269 meta-analytic studies and reviewed of those a representative sample of 106 meta-analyses examining CBT for the following problems: substance use disorder, schizophrenia and other psychotic disorders, depression and dysthymia, bipolar disorder, anxiety disorders, somatoform disorders, eating disorders, insomnia, personality disorders, anger and aggression, criminal behaviors, general stress, distress due to general medical conditions, chronic pain and fatigue, distress related to pregnancy complications and female hormonal conditions. Additional meta-analytic reviews examined the efficacy of CBT for various problems in children and elderly adults. The strongest support exists for CBT of

been reported on specific subgroups, such as ethnic minorities and low income samples.

Keywords CBT · Efficacy · Meta-analyses · Comprehensive review

Introduction

Cognitive-behavioral therapy (CBT) refers to a class of interventions that share the basic premise that mental disorders and psychological distress are maintained by cognitive factors. The core premise of this treatment approach, as pioneered by Beck (1970) and Ellis (1962), holds that maladaptive cognitions contribute to the maintenance of emotional distress and behavioral problems. According to Beck's model, these maladaptive cognitions include general beliefs,

Publication contents

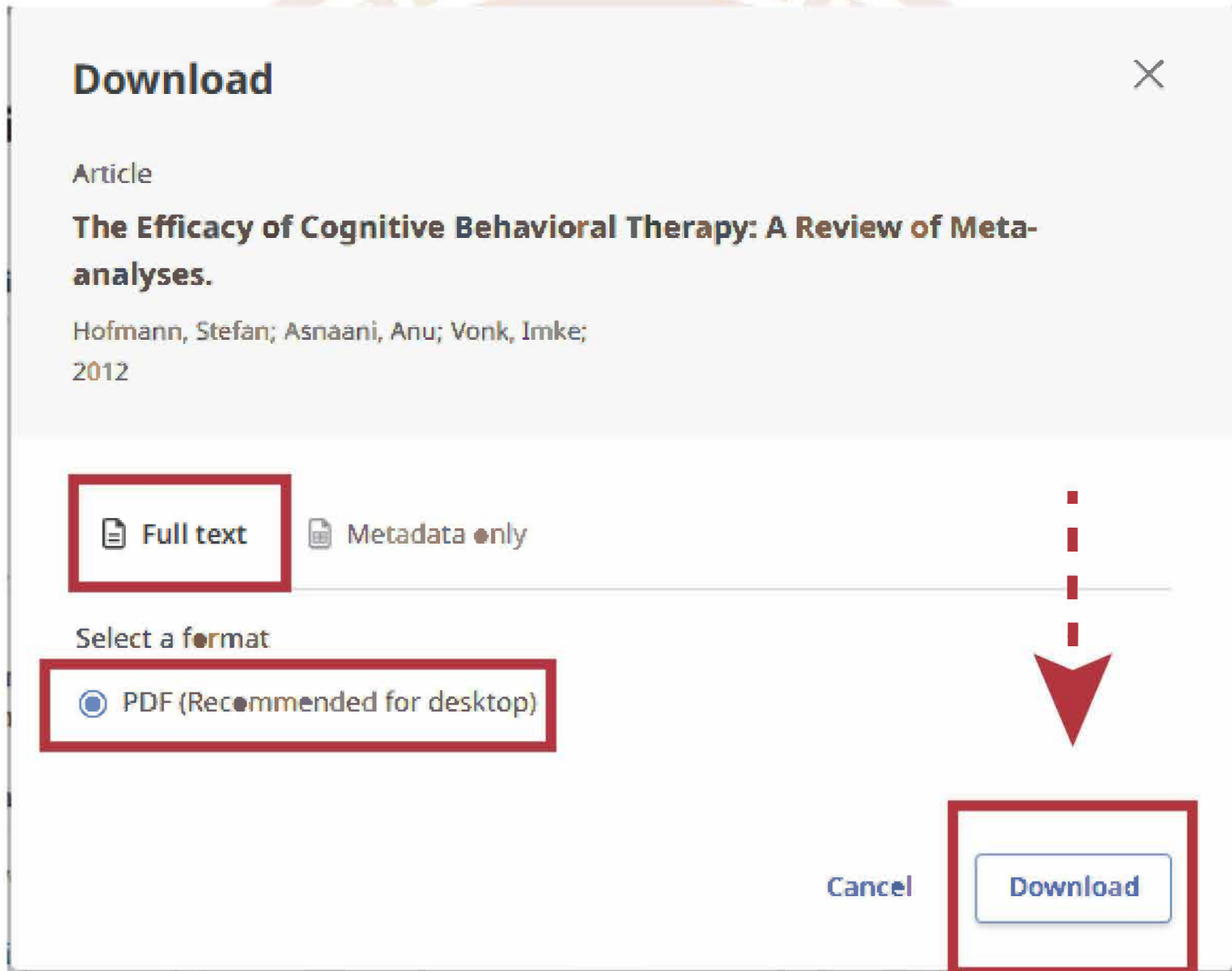
- Mindfulness is Inversely Associated with Alcohol Attentional Bias Among Recovering Alcohol-Dependent Adults
- Impulsivity, Emotion Regulation, and Mindful Attentional Focus in Compulsive Hoarding
- A Latent Profile Analysis of Implicit and Explicit Cognitions Associated with Depression
- Integrating Affective and Cognitive Vulnerabilities to Depression: Examining Individual Differences in Cognitive Responses to Induced Stress
- Depressive Primes Stimulate Initial Avoidance of Angry Faces: An Eye-Tracking Study of Paranoid Ideation
- Too Much of a Good Thing: Testing the Efficacy of a Cognitive Bias Modification Task for Cognitively Vulnerable Individuals
- Negative Interpretation Bias in Individuals with Depressive Symptoms
- The Causal Role of Attentional Bias for Threat Cues in Social Anxiety: A Test on a Cyber-Stracram Task
- Internet-Based Attention Training for Social Anxiety: A Randomized Controlled Trial
- Image Generation in Individuals with Generalized Social Phobia

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12. Click "Download"

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The screenshot shows a 'Download' dialog box with a close button (X) in the top right corner. The title 'Download' is in the top left. Below the title, the text 'Article' is followed by the title 'The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses.' and the authors 'Hofmann, Stefan; Asnaani, Anu; Vonk, Imke; 2012'. There are two radio button options: 'Full text' (selected) and 'Metadata only'. Below these is the text 'Select a format' followed by a radio button option 'PDF (Recommended for desktop)' which is selected. A large red dashed arrow points from the 'Full text' option down to the 'Download' button. The 'Download' button is in the bottom right corner, next to a 'Cancel' button. Red boxes highlight the 'Full text' option, the 'PDF (Recommended for desktop)' option, and the 'Download' button.

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