Please find below the results of your literature search request.

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Thank you

Literature search results

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<td>Marilyn Shaw</td>
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Search details

Controlled trials on Thought stopping, and its effectiveness.

Resources searched

NHS Evidence; Cochrane Library; PsychINFO; Psychology and Behavioural Sciences Collection

*Database search terms*: “thought stopping”

*Google search string* :

Summary

Only one item found to be exactly on Thought stopping. It would appear from the papers that this was a technique used in the 1970’s and which hasn’t had much publicity since. The technique is used in CBT for a variety of conditions and seems to be successful.

Guidelines

Evidence-based reviews

From Cochrane database:-
Record #1 of 12
AU: Hackmann A, McLean C
SO: Behaviour Research And Therapy
Record #2 of 12
AU: Salkovskis PM, Westbrook D, Davis J, Jeavons A Gledhill A
TI: Effects of neutralizing on intrusive thoughts: an experiment investigating the etiology of obsessive-compulsive disorder.
SO: Behaviour research and therapy
AB: A large sample of non-clinical subjects were screened and those who reported experiencing relatively frequent intrusive thoughts with associated neutralizing were selected. These subjects were randomly allocated to one of two conditions: both groups listened to repeated recorded presentations of one of their intrusive thoughts and were then required either to (a) neutralize it, or (b) distract themselves for a similar period. Ratings of discomfort were taken during this procedure (first phase), and during identical presentations of the same thought without neutralizing or distracting (second phase). Results showed that the group who neutralized during the first phase experienced significantly more discomfort during the second phase and significantly stronger urges to neutralize and distract. There was also evidence that engaging in neutralizing responses during the first phase made it difficult to stop neutralizing during the second phase. The results are considered in the context of the cognitive-behavioural hypothesis that obsessional disorders develop as a consequence of neutralizing normal intrusive thoughts.

Record #3 of 12
AU: Emmelkamp PM, Kwee KG
TI: Obsessional ruminations: A comparison between thought-stopping and prolonged exposure in imagination
SO: Behaviour Research and Therapy
YR: 1977, Vol 15, No 5, p441-4
AB: Assessed 2 treatment methods with 4 females and 1 male (ages 23-51 yrs) whose major problem was obsessional ruminations but who did not have compulsive rituals. Self-report data and pre- and posttreatment scores on the Leyton Obsessional Inventory and the Self-Rating Depression Scale show no clear differences between the effects of thought-stopping and prolonged exposure in imagination.

Record #4 of 12
AU: Stern RS, Lipsedge MS, Marks IM
TI: Obsessive ruminations: a controlled trial of thought-stopping technique.
SO: Behaviour research and therapy
Randomized Controlled Trial

Record #5 of 12
AU: Lovell K, Marks IM, Noshirvani H, O’Sullivan G
TI: Should treatment distinguish anxiogenic from anxiolytic obsessive-compulsive ruminations? Results of a pilot controlled study and of a clinical audit.
SO: Psychotherapy and psychosomatics
YR: 1994, Vol 61, No 3-4, p150-5
Randomized Controlled Trial
AB: In a small pilot controlled study over 8 weeks, 12 obsessive-compulsive ruminators listened for 2 h daily to their own audiotaped voice either (1) describing their anxiogenic thoughts (exposure) but omitting anxiolytic thoughts (mental/cognitive rituals), or (2) reading neutral prose or poetry. Taking all patients, both groups improved similarly. However, exposure patients who became anxious early in exposure slightly more improved. Consistent with this, in a clinical audit of 57 ruminators treated by trainee
clinicians over 12 years, outcome improved significantly once practice changed so that
exposure only involved anxiogenic thoughts, not anxiolytic thoughts, the latter being
stopped.

Record #6 of 12
AU: Yarick KH
TI: The effects of a traditional and non-traditional thought stopping technique upon test
anxiety
SO: Dissertation Abstracts International

Record #7 of 12
AU: Burciaga LE
TI: The effects of thought stopping and covert treatment on the physiological and subjective
reactions to phobic anxiety
SO: Dissertation Abstracts International
YR: 1977, Vol 37, No 12-B Pt 2, p6316-7

Record #8 of 12
AU: Little JM
TI: The relative contribution of thought stopping and covert assertion in the treatment of
speech anxiety
SO: Dissertation Abstracts International
YR: 1977, Vol 38, No 4-B, p1890

Record #9 of 12
AU: Arrick MC, Voss J, Rimm DC
TI: The relative efficacy of thought-stopping and covert assertion.
SO: Behaviour research and therapy
Randomized Controlled Trial

Record #10 of 12
AU: Rimm DC, Saunders WD, Westel W
TI: Thought stopping and covert assertion in the treatment of snake phobics.
SO: Journal of Consulting and Clinical Psychology
YR: 1975, Vol 43, No 1, p92-93

Record #11 of 12
AU: Lamontagne Y, Gagnon MA, Trudel G, Boisvert JM
TI: Thought-stopping as a treatment for reducing cigarette smoking
SO: International Journal of the Addictions
YR: 1978, Vol 13, p297-305

Record #12 of 12
AU: Lamontagne Y, Gagon MA, Gaudette G
TI: Thought-stopping, pocket timers, and their combination, in the modification of smoking
behaviour.
SO: The British journal of addiction to alcohol and other drugs
YR: 1978, Vol 73, No 2, p220-224
Randomized Controlled Trial
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<td><strong>1. A review and critique of thought stopping research.</strong></td>
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| **2. Thought stopping and covert assertion: A systematic investigation of their effectiveness in the treatment of problematic daydreaming.** |
| **Citation:** | Dissertation Abstracts International, 11 1979, vol./is. 40/5-B(2381), 0419-4217 (Nov 1979) |
| **Author(s):** | Pimentel-Capooth, Rose A |
| **Language:** | English |
| **Publication type:** | Dissertation Abstract |

| **3. In defence of thought stopping.** |
| **Author(s):** | Bakker, Gary Maria |
| **Citation:** | Clinical Psychologist, July 2009, vol./is. 13/2(59-68), 1328-4207;1742-9552 (Jul 2009) |
| **Abstract:** | Thought stopping (TS) has a long and established history as an effective mental control technique among the cognitive behavioural therapies (CBT). Recent claims have arisen, particularly from acceptance and mindfulness-based authors, that thought suppression--and therefore TS--is counterproductive. These claims take the syllogistic form: TS is a form of thought suppression. All thought suppression is counterproductive. Therefore TS is counterproductive. This paper examines the evidence for and against each of these propositions, covering the literature related to anxiety, depression, exposure therapy, and the special case of obsessive-compulsive disorder. It is concluded that TS is a very particular form of thought suppression. Undifferentiated thought suppression has mixed and mild effects on psychopathological mental states, but TS can be highly effective if it is applied judiciously within a CBT model. It can enhance a person's coping repertoire. And this effect appears to be stronger than any possible concurrent dilution of habituation effects in exposure therapy. (PsycINFO Database Record (c) 2011 APA, all rights reserved) (journal abstract) |
4. The thought stopping procedure or thinking to stop the procedure?

Author(s): Dantin, L

Citation: Journal de Therapie Comportementale et Cognitive, September 2005, vol./is. 15/3(114-118), 1155-1704 (Sep 2005)

Abstract: Thought stopping seems to have been deserted in the behavioral-cognitive therapy of obsessive compulsive disorder due to the lack of scientific validation and the expansion of cognitive techniques. In this article we discuss the limits of this procedure and how to use it in a clinical practice. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

Source: PsycINFO

5. A Community-Based Depression Prevention Intervention With Low-Income Single Mothers.

Author(s): Peden, Ann R, Rayens, Mary Kay, Hall, Lynne A

Citation: Journal of the American Psychiatric Nurses Association, February 2005, vol./is. 11/1(18-25), 1078-3903 (Feb 2005)

Abstract: BACKGROUND: There is growing support that cognitive-behavioral interventions may prevent the onset of clinical depression in at-risk individuals. OBJECTIVES: This article describes the long-term effects of a cognitive-behavioral group intervention in reducing depressive symptoms, negative thinking, and chronic stressors in low-income single mothers at risk for clinical depression. STUDY DESIGN: One hundred thirty-six women were randomly assigned to either an experimental or no-treatment control group. The experimental group participated in a 6-hour cognitive-behavioral group intervention targeting identification and reduction of negative thinking. Data were collected on depressive symptoms, negative thinking, and chronic stressors at 1, 6, and 12 months postintervention. RESULTS: The women in the intervention group experienced a greater reduction in depressive symptoms, negative thinking, and the perception of chronic stressors. These positive effects continued over a 12-month period. CONCLUSIONS: Negative thinking can be reduced using thought stopping and affirmations. These interventions are also cost-effective and easy to administer. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

Source: PsycINFO

This is the only article that came up when I searched Treatment Outcome(Randomised Clinical Trial together with Thought stopping.

6. Testing an Intervention to Reduce Negative Thinking, Depressive
Symptoms, and Chronic Stressors in Low-Income Single Mothers.

Author(s): Peden, Ann R, Rayens, Mary Kay, Hall, Lynne A, Grant, Elizabeth

Citation: Journal of Nursing Scholarship, 2005, vol./is. 37/3(268-274), 1527-6546;1547-5069 (2005)

Abstract: Purpose: To test the effectiveness of a cognitive-behavioral group intervention in reducing depressive symptoms, negative thinking, and chronic stressors in low-income, single mothers at risk for depression. Design and Methods: A randomized, controlled prevention trial was conducted with 136 low-income, single mothers with children between the ages of 2 and 6 years. Each participant was screened before enrollment and was determined to be at risk for depression. Participants were randomly assigned to either the control or experimental group. The experimental group was invited to participate in a 4- to 6-week cognitive-behavioral group intervention. Data on depressive symptoms, negative thinking, and chronic stressors were collected via self-report questionnaires from control and experimental groups at baseline, 1 month, and 6 months after the intervention to assess the effects of the intervention. Findings: Compared with those in the control group, women who received the intervention had a greater decrease in depressive symptoms, negative thinking, and chronic stressors; these beneficial effects were maintained over a 6-month period. Conclusions: The findings indicate the effectiveness of this cognitive-behavioral group intervention and show the beneficial effects of reducing negative thinking via the use of affirmations and thought-stopping techniques. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

Source: PsycINFO, Available in fulltext at EBSCO Host

7. Reducing obsessions and compulsions through behavior therapy.

Author(s): Lam, Judy N, Steketee, Gail S

Citation: Psychoanalytic Inquiry, 2001, vol./is. 21/2(157-182), 0735-1690 (2001)

Abstract: Presents a review of the empirical literature on obsessive-compulsive disorder (OCD), focusing on treatments developed on the basis of behavioral learning theories. Various behavioral approaches are discussed with a particular emphasis on their documented efficacy. Exposure treatments allow clients to face anxiety-provoking material, either directly or in imagination. Blocking treatments stop clients’ rituals through thought stopping, aversion therapy, distraction, and ritual prevention. OCD symptoms have responded well to these established behavioral treatments and even more dramatically to treatment strategies using a combination of direct exposure and ritual prevention. The combination treatment has shown considerable effectiveness and efficiency for a broad range of clients, yielding consistently positive results with a 65% to 85% improvement in mood and general functioning in addition to OCD symptoms. Also, this paper briefly compares behavioral therapy to treatment methods based on
This paper provides treatment guidelines to aid clinicians in planning and carrying out the treatment of combining exposure and ritual prevention with their clients. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

8. Preventing depression in high-risk college women: A report of an 18-month follow-up.

Author(s): Peden, Ann R, Rayens, Mary Kay, Hall, Lynne A, Beebe, Lora H

Citation: Journal of American College Health, May 2001, vol./is. 49/6(299-306), 0744-8481;1940-3208 (May 2001)

Abstract: Tested the long-term effectiveness of a cognitive-behavioral group intervention in reducing depressive symptoms, decreasing negative thinking, and enhancing self-esteem in 92 college women (aged 18-24 yrs) who were at risk for clinical depression. The women were randomly assigned to either an experimental or a no-treatment control group. The experimental group participated in a 6-wk cognitive-behavioral intervention that targeted identification and reduction of negative thinking, using such techniques as thought stopping and affirmations. Data on depressive symptoms, self-esteem, and negative thinking were collected before the intervention and at intervals of 1, 6, and 18 mo postintervention. The women in the intervention group experienced a greater decrease in depressive symptoms and negative thinking and a greater increase in self-esteem than those in the control group. The beneficial effects continued over an 18-mo follow-up period. These findings support the importance of thought stopping and affirmations as prevention interventions with at-risk college women. (PsycINFO Database Record (c) 2010 APA, all rights reserved)


Author(s): Rodriguez Sacristan, Jaime, Parraga Perez, Jeronimo, Leon Rubio, Jose M

Citation: Revista de Psicologia General y Aplicada, 1984, vol./is. 39/2(353-375), 0373-2002 (1984)

Abstract: Presents a review of the literature, which includes 25 clinical studies and 14 therapeutic research studies published between 1974 and 1981. The purpose is to specify which therapeutic method was applied with more frequency and effectiveness in the treatment of obsessive-compulsive disorders and to review methodological problems encountered in therapeutic research. It is concluded that therapeutic methods of wide spectrum, thought-stopping, and exposure with response prevention have been used most often. Methods that include direct exposure in vivo have produced the best results. It is suggested that in order to avoid future methodological problems in research, more rigorous methods should be followed. (English abstract) (PsycINFO Database Record (c) 2010 APA, all rights reserved)
10. A review and critique of thought stopping research.

Author(s): Tryon, Georgiana S

Citation: Journal of Behavior Therapy and Experimental Psychiatry, September 1979, vol./is. 10/3(189-192), 0005-7916 (Sep 1979)

Abstract: Examines different thought stopping procedures (e.g., shock boxes, shouting "stop") and reviews the literature. Although thought stopping enjoys widespread clinical use, its effectiveness has yet to be conclusively demonstrated. (30 ref) (PsycINFO Database Record (c) 2010 APA, all rights reserved)