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# BREAK FREE FROM Maternal Anxiety

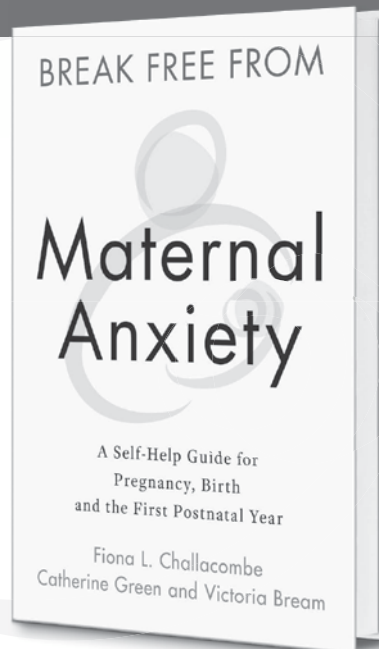
A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year

Fiona L. Challacombe, Catherine Green and Victoria Bream

Provides a practical manual to help navigate mothers & family members out of perinatal anxiety.

As many as one in five mothers will develop a mental health problem during pregnancy or within the first year after birth.

Severe anxiety affects a huge number of women in pregnancy and the postnatal period, making a challenging time even more difficult. You may be suffering from uncontrollable worries about pregnancy and birth, distressing intrusive thoughts of accidental or deliberate harm to the baby, or fears connected to traumatic experiences. This practical self-help guide provides an active route out of feeling anxious. Step-by-step, the book teaches you to apply cognitive behaviour therapy (CBT) techniques in the particular context of pregnancy and becoming a new parent in order to overcome maternal anxiety in all its forms. Working through the book you will gain understanding of your anxiety and how factors from the past and present may be playing a role in how you feel. Together with practical exercises and worksheets to move through at your own pace, you will gain the tools you need to help you move forward and enjoy parenthood.



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# Behavioural and Cognitive Psychotherapy

## Contents

### EMPIRICALLY GROUNDED CLINICAL INTERVENTIONS

**Cognitive behavioural group therapy for insomnia (CBGT-I) in patients undergoing haemodialysis: a randomized clinical trial** 559  
Hossein Shareh, Morteza Hasheminik & Mehdi Jamalnik

### MAIN ARTICLES

**Group intervention for sexual minority adults with common mental health problems: preliminary evaluation** 575  
David G. Hambrook, Damian Aries, Lewis Benjamin & Katharine A. Rimes

**School-based victimization in children and adolescents presenting for cognitive behavioural treatment of anxiety disorders** 590  
Caroline Hunt, Kay Bussey, Lorna Peters, Jonathan Gaston, Alice Lo & Ronald M. Rapee

**A self-report assessment of appearance-related safety behaviours: Development and psychometric properties** 604  
Tapan A. Patel, Rochelle A. Stewart, Berta J. Summers, Natalie L. Wilver & Jesse R. Cougle

**The Generic BFRB Scale-8 (GBS-8): a transdiagnostic scale to measure the severity of body-focused repetitive behaviours** 620  
Steffen Moritz, Christina Gallinat, Sarah Weidinger, Alina Bruhns, Despina Lion, Ivar Snorrason, Nancy Keuthen, Stella Schmotz & Danielle Penney

**Enhancing member engagement in a Tier 3 personality disorder service during COVID-19: evaluation of a virtual group programme** 629  
Emma Smith, Cat Papastavrou Brooks, Emma Clifford, Emily Giles, Jessica Dring & Helen Startup

### BRIEF CLINICAL REPORTS

**Evaluation of the impact and acceptability of Cognitive Behavioural Analysis System of Psychotherapy (CBASP) for chronic depression** 644  
Jonathan Linstead & Michael Doyle

**Internet-delivered cognitive behaviour therapy for post-traumatic stress disorder: a randomised controlled trial and outcomes in routine care** 649  
Adrian R. Allen, Jessica Smith, Megan J. Hobbs, Siobhan A. Loughnan, Maria Sharrock, Jill M. Newby, Gavin Andrews & Alison E. J. Mahoney

**A brief report informing the adaptation of a behavioural activation intervention for delivery by non-mental health specialists for the treatment of perinatal depression** 656  
Semra Pinar, Steven Ersser, Dean McMillan & Helen Bedford

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