



## Cognitive Behaviour Therapy (CBT) Strategies to Improve Mental Health during the COVID-19 Pandemic

Cognitive Behaviour Therapy (CBT) is an umbrella term for a wide range of evidence-based cognitive and behavioural psychotherapies that involve techniques and strategies to help address unhelpful thinking and behaviour across many psychological issues, including anxiety and depression. Thousands of scientific trials have supported CBT as an effective treatment for a range of psychological problems. The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global alliance of CBT organizations, dedicated in part to the dissemination of this treatment approach.

In these unprecedented times of global concern over the pandemic, we provide the following advice and resources from the field of CBT. There are various internet-based CBT programs, websites, and self-help books available as e-books to help you recognize and address different types of unhelpful thought patterns and behaviours. The suggestions and resources provided are not complete and do not imply an endorsement, but are provided as examples of some of the many suggestions and resources you might find helpful.

### Challenge unhelpful thoughts and take a balanced perspective:

Stressful times often lead people to engage in unhelpful thinking, including negative predictions about the current or future situation, focusing on the negative, predicting the worst-case scenario, or pessimistic thinking. Taking a flexible, balanced and optimistic view of the situation can help ease stress. It is natural to have negative thoughts and fears and at the same time, taking a balanced perspective, not assuming the worst, and taking a long term, optimistic view can help reduce your anxiety. We have survived world crises before and this too shall eventually pass.

There are various thinking styles which can be unhelpful and contribute to feeling anxious and depressed. Some examples include (see [cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression](https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression) for further examples):

**Catastrophising** – This is worst case scenario thinking, e.g. *“I will never find a job”*.

**All or nothing thinking** – This is also known as ‘dichotomous thinking’ when someone thinks about things in an all or nothing way, e.g. *‘If I cannot finish the **entire** task, I may as well not even start it’*.

**Noticing the negative and discounting the positive** – This happens when someone focuses on negatives and discounts the positives, such as focusing on how you feel lonely and disconnected from friends after lockdown rather than how you might reconnect with friends.

**Shoulds** – These are common thoughts when we put unreasonable pressure on ourselves, which leads to self-criticism e.g., *‘I should never waste time’*.

**Overgeneralising** – This is where someone takes one behaviour to conclude something negative overall about themselves e.g., *“I didn’t get the job I applied for, I am a failure”*.

Unhelpful thinking can be challenged in a range of ways including using thought records and behavioural experiments.

### **Challenging unhelpful thinking with thought records**

Thought records are a way to challenge unhelpful thinking. Try these steps using the example worksheet

#### **A: Activating event**

Record what was happening at the time you were having strong feelings, it may be a situation, an image or memory.

#### **B: Beliefs**

Ask yourself, 'What was going through my mind?' Rate how strong the belief is (0 = not at all, 100 = completely believe it). Identify unhelpful thinking styles.

#### **C: Consequences**

Ask yourself, 'What was I feeling?' for example, angry, sad, anxious and rate how strong it was (0 = not at all, 100 = strongest feeling possible).

#### **D: Disputation**

Ask yourself questions to help view the thought in a more objective way for example, 'What would a friend say about this thought?', 'How else could I view this?'

<b>A Activating Event</b>	<b>B Beliefs</b>	<b>C Consequences</b>	<b>D Disputation</b>	<b>E Evaluate outcome</b>
What was going on at the time? (situation thought, image, memory)	What went through my mind? Rate 0-100% Which unhelpful thinking styles am I using?	What was I feeling? Rate 0 -100%	Is there another way of viewing it? What advice would I give to a friend?	How do I feel now? Rate 0-100%
(e.g., thinking about feeling isolated and lonely)	(e.g., I feel lonely I will never have a good group of friends - overgeneralising)	(e.g., Sad – 90%)	(e.g., I do have a few friends but lost contact during lockdown)	(e.g., Sad – 30% - I can reconnect with friends)

### **Challenging unhelpful thoughts with behavioural experiments**

One of the most useful ways to challenge unhelpful thoughts is through behavioural experiments. Behavioural experiments involve testing out your negative predictions to find out what happens when you behave in a different way.

#### **Steps to complete a behavioural experiment:**

1. Identify an unhelpful thought to test.
2. Set up an experiment to test the thought.
3. Specify what you think will happen in the experiment (your prediction) and rate how strongly you believe it.
4. Describe your feelings and rate how strong they are (0-100).
5. Record the results of the experiment.
6. Develop a revised belief based on the evidence you have found.

# Behavioural Experiment Worksheet

**Unhelpful thought:**

*(e.g., I will never find a job)*

**Experiment:**

*(e.g., apply for five jobs)*

**Prediction:**

*(e.g., because I did not get the last job from the interview, I will not get this one)*

**Results:**

*(e.g., applied for jobs, have been short listed for interview from one application)*

**Revised belief:**

*(e.g., It is not true that I will never find a job, times are tough but I will find a job)*

## Normalise worry and engage in helpful behaviours:

**It is normal to feel worry and anxiety:** It is an understandable and normal response to feel concern, anxiety, and worry about the pandemic. Anxiety and worry are natural and adaptive reactions when we face danger. Worry is intended to help mobilise us to take appropriate action to face danger. Unhelpful worry remains in our minds and can drain us of energy. Take action to protect yourself and engage in helpful behaviours to help ease distress.

- **Take action to protect yourself:** Use your worry to be proactive and take the necessary steps to protect yourself from COVID-19 based on guidelines suggested by experts: [www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19](http://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19).
- **Excessive handwashing and concern over germs:** It is important to follow official guidelines around handwashing, but if you notice that your own or your child/family members' handwashing has become excessive (for example frequent handwashing numerous times a day while at home over and above what is required), set some goals to reduce excessive handwashing to be more aligned with the suggestions by experts. If you have noticed that your own handwashing or concerns with germs/contamination has become excessive see: Challacombe, F., Oldfield, V.B., & Salkovskis, P. (2011). *Break free from OCD: Overcoming obsessive compulsive disorder with CBT*. London, UK: Vermilion, and for children and teenagers see: [www.ocdnotme.com.au](http://www.ocdnotme.com.au).
- **Engage in general self-care:** Set regular times to go to bed and wake up, exercise at home, and eat a balanced diet with regular mealtimes. Avoid naps or shifts in your sleep cycle, avoid excessive alcohol and caffeine, or doing things you might regret (e.g., excessive on-line shopping).
- **Engage in pleasant events:** Pleasant events are helpful to improve mood, so it is very important to do things you enjoy. Brainstorm the activities that you enjoy that you can do at home and engage in them every day. For example, you may want to listen to music, watch favourite movies, exercise at home, cook a nice meal and savour the food in the moment, read a book, play board games, arrange social events with friends and family via the internet, telephone or in person. Savour enjoyable experiences by anticipating them, enjoying them in the moment, and reflecting upon them afterwards. This website has ideas for pleasant events: [cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression](http://cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression).
- **Ways to deal with worry and rumination:** While it is normal to worry and be focusing more on health at this time, you can take some steps to try to manage your degree of worry. One idea is to limit the amount of time you worry by setting set aside a limited minute "worry time" at the same time each day. Set a limit on the amount of information you are reading on the internet; you might choose to set a limit of 30 minutes per day. Think about the best time to do this activity. It is not recommended to read worrying news just before bedtime, as it may interfere with sleep. Accurate information on COVID-19 can be found on the World Health Organization website: [who.int](http://who.int). A more detailed workbook for managing worry can be found through the Centre for Clinical Interventions website: [cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry](http://cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry)
- **Ways to deal with anxiety over your health:** It is normal due to the increased focus on disease and health during the pandemic to have some degree of concern over your health. If you find that worry over your health is interfering with your life the following website has

useful information on health anxiety: [cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety](https://cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety) for example by implementing strategies to reduce searching about symptoms and health excessively on the internet or seeking excessive reassurance from GP/family regarding health over and above what is helpful to maintain good health.

- **Engage in problem solving:** Here are some evidence-based steps that are often helpful in solving problems: (1) identify the problem; name it and be as precise as you can about the nature and extent of the problem, (2) generate potential solutions, (3) decide on a potential solution, (4) plan the chosen solution, (5) carry out the solution, (6) evaluate the result. This may be a useful strategy if, for example, you are having difficulty organising yourself while you are working at home or find yourself getting distracted.

Here are a set of possible problem-solving ideas:

1. The problem: Procrastination.
2. Designate a certain amount of time to work before rewarding self by Taking a break.
3. Set a timer for 30 minutes of work, then take a short break.
4. Get a timer and set it. Sit down to work.
5. After 30 minutes, stop and take a break. Get up and move around for a few minutes.
6. Did you manage to get some work accomplished during the 30 minutes? How do you feel? Do you need to modify your plan? If so, start again and try it!

## Ease physical stress and tension

- **Relaxation Exercises:** Diaphragmatic breathing (slow, abdominal breathing, and progressive muscle relaxation exercises (alternating tension and relaxation to identify and combat signs of physical tension) are useful in reducing general physical tension and promoting relaxation. There are several apps and self-help books available online that can help you learn these exercises.
- **Meditation and mindfulness** can help manage physical and mental health. Research shows that regularly taking time to develop present-focused, non-judgmental awareness (i.e., mindfulness) can reduce stress, anxiety, depression, and the burden of many chronic health conditions. Cultivating mindfulness usually involves a mix of structured meditation exercises (e.g., sitting still and following the flow of your breathing for 10 minutes) and 'informal' exercises where you apply this mindset to everyday activities (e.g., mindful cooking, mindful communicating).

The more you practice mindfulness, the more automatic this helpful way of responding becomes. One of the reasons mindfulness is so beneficial in managing anxiety and mood problems, is that it changes your relationship to unhelpful thoughts and feelings. It helps you to

acknowledge, accept and let go of troublesome thoughts, rather than getting stuck in a cycle of worry/rumination and unhelpful behaviours. There are many different ways to start practising meditation. Research shows that engaging in a structured program such as the 8-week Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Cognitive Therapy (MBCT) program is a good way to start.

- [Oxford Mindfulness Centre's MBCT courses](#)
- [UMass Centre for Mindfulness](#)
- [Palouse Mindfulness free online MBSR program](#)

Another option is to guide yourself through a mindfulness program using a book with accompanying audio of guided meditations:

- **Williams, M., & Penman, D. (2011).**  
[Mindfulness: a practical guide to finding peace in a frantic world,](#)
- **Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J (2007).**  
[The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.](#)
- **Burch, V. & Penman, D (2013).**  
[Mindfulness for Health: A practical guide to relieving pain, reducing stress and restoring wellbeing.](#)

There are also a vast range of meditation apps for your smart phone. For example:

- [Insight Timer](#)
- [Headspace](#)
- [Smiling Mind](#)
- [Calm](#)

The pandemic has prompted some free resources and online forums see:

- [Oxford Mindfulness Centre Free Online Mindfulness Sessions & Introductory Course:](#)
- **Exercise:** There is evidence that regular exercise has an important role in helping to regulate your mood and can be helpful for anxiety and depression. There are many ways to incorporate exercise in your daily routine at home, using one of the many apps or website exercise programs available, keeping a daily diary of how much exercise you engage in to help motivate you, and finding exercise you enjoy at home or outside depending on local restrictions, engage in something you enjoy like walking, hiking, running, yoga, cycling, or try a new activity

## Self-help books

Many self-help books are available in an online format. This is not a complete list, some include:

- NHS Reading Well (formerly Books on Prescription) [reading-well.org.uk](http://reading-well.org.uk): This website contains a list of evidence-based CBT books for anxiety and depression.
- The Overcoming series: There are numerous self-help books on CBT listed on the website: [overcoming.co.uk](http://overcoming.co.uk)

An example of CBT self-help books for adults (search the internet for e-book versions):

- Abramowitz, J.S. (2018). *Getting over OCD: A 10-step workbook for taking back your life*, 2<sup>nd</sup> ed. New York: Guilford Press.
- Antony, M.M., & Norton, P.J. (2009). *The anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias, and obsessions*. New York: Guilford Press.
- Asmundson, G.J.G., & Taylor, S. (2005). *It's not all in your head: How worrying about your health could be making you sick – and what you can do about it*. New York: Guilford Press.
- Challacombe, F., Oldfield, V.B., & Salkovskis, P. (2011). *Break free from OCD: Overcoming obsessive compulsive disorder with CBT*. London, UK: Vermilion.
- Clark, D.A., & Beck, A.T. (2012). *The anxiety and worry workbook: The cognitive-behavioral solution*. New York: Guilford Press.
- Gilbert, P. (2009). *Overcoming depression: A self-help guide using cognitive-behavioural techniques*. London, UK: Little Brown Book Group.
- Greenberger, D., & Padesky, C.A. (2016). *Mind over mood*, 2<sup>nd</sup> ed. New York: Guilford Press.
- Kennerley, H. (2014). *Overcoming anxiety: A self-help guide using cognitive-behavioural techniques*, 2<sup>nd</sup> edition. London, UK: Little Brown Book Group.
- Owens, K.M.B., & Antony, M.M. (2011). *Overcoming health anxiety: Letting go of your fear of illness*. Oakland, CA: New Harbinger Publications.
- Manicavasagar, V., & Silove, D. (2017). *Overcoming panic: A self-help guide using cognitive-behavioural techniques*, 2<sup>nd</sup> edition. London, UK: Little Brown Book Group.
- Meares, K., & Freeston, M. (2015). *Overcoming worry and generalised anxiety disorder*, 2<sup>nd</sup> edition. London, UK: Little Brown Book Group.
- Myles, P., & Shafran, R. (2015). *The CBT handbook: A comprehensive guide to using CBT to overcome depression, anxiety, stress, low self-esteem and anger*. London, UK: Little Brown Book Group.
- Robichaud, M.R., & Buhr, K. (2018). *The Worry Workbook: CBT skills to overcome worry and anxiety by facing the fear of uncertainty*. Oakland, CA: New Harbinger Publications.
- Teasdale, J., Williams, M., & Segal, Z. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guilford Press.
- Veale, D., & Wilson, R. (2009). *Overcoming health anxiety: A self-help guide using cognitive-behavioural techniques*. London, UK: Little Brown Book Group.

### General CBT Resources

This website provides you with symptoms of common conditions and how they are treated using CBT. [abct.org/Information/?m=mInformation&fa=FactSheets](http://abct.org/Information/?m=mInformation&fa=FactSheets)

## Specific CBT Resources to manage anxiety and worry:

These websites have information about managing worry and anxiety:

[cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry](http://cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry)  
[abct.org/Information/index.cfm?m=mInformation&fa=fs\\_ANXIETY](http://abct.org/Information/index.cfm?m=mInformation&fa=fs_ANXIETY)  
[abct.org/Information/?m=mInformation&fa=fs\\_WORRY](http://abct.org/Information/?m=mInformation&fa=fs_WORRY)

These websites have information about managing health anxiety:

[cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety](http://cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety)  
[abct.org/Information/index.cfm?m=mInformation&fa=fs\\_HEALTH\\_ANXIETY](http://abct.org/Information/index.cfm?m=mInformation&fa=fs_HEALTH_ANXIETY)

The British Association for Behavioural and Cognitive Therapy (BABCP) has a useful podcast on dealing with anxiety about coronavirus: [letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus](http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus)

## Resources for children and teenagers on coping with COVID-19 and anxiety:

Similar to adults, children and adolescents should also be encouraged to moderate consumption of media about the pandemic as it is unhelpful for children to view. The following sources of information provide advice about how to talk to children about COVID-19:

- [emergingminds.org.uk/wp.content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](http://emergingminds.org.uk/wp.content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)
- [bps.org.uk/news-and-policy/talking-children-about-coronavirus](http://bps.org.uk/news-and-policy/talking-children-about-coronavirus);
- [brave-online.com/beating-stress-and-worries-about-coronavirus-covid-19/](http://brave-online.com/beating-stress-and-worries-about-coronavirus-covid-19/)
- Information booklet explaining coronavirus for children: [mindheart.co/descargables](http://mindheart.co/descargables)
- The National Child Traumatic Stress Network has also created resources for helping families cope with COVID-19: [nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019](http://nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019)

The following websites provide information on CBT for anxiety and depression in youth:

- A list of CBT e-books for children: [reading-well.org.uk/children](http://reading-well.org.uk/children)
- A list of CBT e-books for teenagers: [reading-well.org.uk/books/books-on-prescription/young-people-mental-health](http://reading-well.org.uk/books/books-on-prescription/young-people-mental-health)
- Cool kids online therapy for anxiety in youth: [mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online](http://mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online)
- Youth Beyond Blue: [youthbeyondblue.com/](http://youthbeyondblue.com/)
- Online therapy for children and teenagers with stress and anxiety in Australia: [brave-online.com/](http://brave-online.com/)
- Online therapy for obsessive-compulsive symptoms in children and teenagers: [ocdnotme.com.au](http://ocdnotme.com.au)
- US: The National Child Traumatic Stress Network - [nctsn.org/](http://nctsn.org/).
- ReachOut has online support and resources to help teenagers and their parents: [au.reachout.com/](http://au.reachout.com/)
- Cathy Creswell & Lucy Willetts (2007). *Overcoming Your Child's Fears and Worries*. Constable & Robinson.
- Ron Rapee, Ann Wignall, Sue Spence and Heidi Lyneham (2008). *Helping Your Anxious Child: A Step-by-Step Guide for Parents*, 2nd edition. New Harbinger Publications.



## Resources for older adults during COVID-19

The COVID-19 pandemic has presented particular challenges for older adults, it is understandable older adults may feel stressed at this time due to worry over COVID-19. Government advice is available at: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-older-people>. In addition to the other strategies in this guide we recommend:

- **Engaging in pleasant events:** You may temporarily have lost access to some of your favourite activities, but it is important to do things you enjoy every day. It can be helpful to reflect on what you liked and brainstorm alternative approaches see: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>
- **Maintain social connections:** It is important for older adults to find ways to maintain social connections to prevent social distancing becoming social isolation. Depending on your personal situation and local restrictions, some older adults may be able to continue social activities outside the home while maintaining social distancing, others may need to use telephone and internet-based communication.
- **Challenging unhelpful thoughts:** While it is true older adults are at higher risk from negative outcomes of COVID-19, most older adults recover. Useful information to help keep concerns in perspective: <https://www.psychology.org.au/getmedia/97749742-7030-40a0-945e-d91834b418cc/20APS-IS-COVID-19-Public-Older-adults-P3.pdf>

## Resources to help manage anxiety about the COVID-19 vaccine:

There can be various reasons why people may not want to receive the vaccine, from feeling anxiety over needles to concerns over vaccinations in general. For resources to cope with anxiety over needles see here:

- [What is needle phobia \(health.wa.gov.au\)](#)
- [Overcoming Needle Phobia \(health.wa.gov.au\)](#)

For ways to address anxiety about the COVID-19 vaccine specifically, see the following resources:

- <https://www.cci.health.wa.gov.au/News/Resources-to-Help-Manage-Anxiety-About-the-COVID-19-Vaccine>

including reading health information on the internet in a helpful way:

- [Dealing with Health Information](#)

For detailed information addressing concerns about COVID-19 vaccines see:

- [Mythbusters \(who.int\)](#)

## For information addressing concerns and providing facts about COVID-19 vaccines see:

- Australia - [Is it true? Were COVID-19 vaccines developed too quickly to be safe? | Australian Government Department of Health](#) (which also includes information in many different languages).
- UK - Coronavirus (COVID-19) vaccine - NHS ([www.nhs.uk](http://www.nhs.uk))
- US - Safety of COVID-19 Vaccines | CDC
- Europe - COVID-19 vaccines: key facts | European Medicines Agency ([europa.eu](http://europa.eu))
- [www.covidcbt.org](http://www.covidcbt.org) - Information on addressing anxiety and depression during the pandemic and resources in Australia and the UK.

## Resources across the Globe

This information is provided with the recognition that many people in different countries and language groups are affected by the current COVID- 19 pandemic. This is not an exhaustive list of areas affected, organizations and resources but represent those that emphasize evidence-based models and therapies, including CBT.

### UK

- British Association for Behavioural and Cognitive Therapies: [babcp.com](http://babcp.com)
- Find a CBT therapist in the UK: [cbtregisteruk.com/Default.aspx](http://cbtregisteruk.com/Default.aspx).
- Anxiety UK: [anxietyuk.org.uk/](http://anxietyuk.org.uk/)
- NICE: [nice.org.uk](http://nice.org.uk)
- No Panic: [nopic.org.uk/](http://nopic.org.uk/)
- OCD-UK: [ocduk.org](http://ocduk.org)
- OCD Action: [ocdaction.org.uk](http://ocdaction.org.uk)
- Depression alliance: [depressionalliance.org](http://depressionalliance.org)
- MindEd: [minded.org.uk](http://minded.org.uk)

### US and Canada

- Association for Behavioral and Cognitive Therapies (ABCT): [abct.org](http://abct.org)
- Find a CBT therapist in the US: [findcbt.org/FAT/](http://findcbt.org/FAT/)
- Canadian Association for Cognitive and Behavioural Therapies (CACBT): [cacbt.ca](http://cacbt.ca)
- Academy of Cognitive and Behavioral Therapies [academyofcbt.org](http://academyofcbt.org)
- Find a certified CBT therapist [academyofct.org/search/custom.asp?id=4410](http://academyofct.org/search/custom.asp?id=4410)
- Anxiety and Depression Association of America (ADAA): [adaa.org](http://adaa.org)
- Anxiety Canada: [anxietycanada.com](http://anxietycanada.com)
- International OCD Foundation (IOCDF): [iocdf.org](http://iocdf.org)
- PsyberGuide: [psyberguide.org](http://psyberguide.org)

### Australia

- Australian Association for Cognitive and Behaviour Therapy (AACBT): [aacbt.org](http://aacbt.org) - information on CBT.
- [Headtohealth.gov.au](http://Headtohealth.gov.au) – Information on a range of online mental health resources.
- Anxiety online: [anxietyonline.org.au](http://anxietyonline.org.au) – online information about anxiety.
- Mindspot Clinic: [mindspot.org.au](http://mindspot.org.au) - online assessment and CBT for anxiety and depression.
- The Centre for Clinical Interventions: [cci.health.wa.gov.au](http://cci.health.wa.gov.au) – online information about mental health problems and their treatment.
- Beyond Blue: [beyondblue.org.au](http://beyondblue.org.au) – information and support for anxiety and depression.
- Virtual clinic: [virtualclinic.org.au](http://virtualclinic.org.au) - online CBT for anxiety and depression.
- Black Dog Institute: [blackdoginstitute.org.au](http://blackdoginstitute.org.au)
- E-Mental Health in Practice: [emhprac.org.au](http://emhprac.org.au) – information on online mental health services in Australia.

### France

- Information on COVID-19 can be found at: [gouvernement.fr/info-coronavirus](http://gouvernement.fr/info-coronavirus)
- There are numerous self-help books on CBT for anxiety and depression which are listed on the website of the French CBT association - [aftcc.org/bibliographie](http://aftcc.org/bibliographie)
- “l’atelier du praticien” series, which can be found at : [dunod.com/collection/ateliers-du-praticien](http://dunod.com/collection/ateliers-du-praticien)
- “les cahier du praticien” series which can be found at : [deboecksuperieur.com/collection/les-cahiers-du-praticien](http://deboecksuperieur.com/collection/les-cahiers-du-praticien)

## Italy

- Associazione Italiana di Analisi e Modificazione del Comportamento e Terapia Comportamentale e Cognitiva (AIAMC) [aiamc.it](http://aiamc.it)
- A list of CBT therapists, many are able to help online [aiamc.it/cerca-psicoterapeuta/](http://aiamc.it/cerca-psicoterapeuta/)
- A blog with a lot of information about CBT and the most common psychological problems [aiamc.it/category/blog/](http://aiamc.it/category/blog/)

## Germany

- German CBT associations: Deutsche Gesellschaft für Verhaltenstherapie (DGVT) e.V., [dgv.de](http://dgv.de)  
Deutscher Fachverband für Verhaltenstherapie, [verhaltenstherapie.de](http://verhaltenstherapie.de)
- CBT therapist search of German federal association of medical and psychological practitioners [kbv.de/html/arzt suche.php](http://kbv.de/html/arzt suche.php)
- Stiftung Deutsche Depressionshilfe: [deutsche-depressionshilfe.de](http://deutsche-depressionshilfe.de)
- Suicide prevention: [8leben.psychenet.de](http://8leben.psychenet.de)
- Network for mental health: [psychenet.de](http://psychenet.de)
- Crisis line "Telefonseelsorge" [telefonseelsorge.de](http://telefonseelsorge.de), phone 0800/111 0 111 or 0800/111 0 222 or 116 123
- App for suicide prevention „Krisenkompass“: android.krisen-kompass.app or ios.krisen-kompass.app
- App for meditation and mindfulness-based stress reduction: [7mind.de/](http://7mind.de/)
- Online therapy: [minddoc.de](http://minddoc.de)
- Self-help manuals for depression, OCD and alcohol use disorders: [clinical-neuropsychology.de/interventionen/](http://clinical-neuropsychology.de/interventionen/)
- German language self-help books (available as e-books):  
Hautzinger, M. (2018). *Ratgeber Depression: Informationen für Betroffene und Angehörige*. Hogrefe Verlag.  
Heinrichs, N. (2007). *Ratgeber Panikstörung und Agoraphobie*. Hogrefe Verlag.  
Hoyer, J., Beesdo-Baum, K., & Becker, E. S. (2016). *Ratgeber Generalisierte Angststörung: Informationen für Betroffene und Angehörige. 2., aktualisierte Auflage*. Hogrefe Verlag.  
Reinecker, H. (2017). *Ratgeber Zwangsstörungen: Informationen für Betroffene und Angehörige. 2., aktualisierte Auflage*. Hogrefe Verlag.

## Turkey

- There is a source of info on psychological effects and their Management regarding Corona Virus in Turkey organized by the Turkish Psychiatry Association which can be found at [psikiyatri.org.tr](http://psikiyatri.org.tr)
- A self-help book written by Mehmet Sungur "Deprem Sonrası Ortaya Çıkan Psikolojik Tepkileri Anlamak ve Kendi Kendine Yardım Etme Yöntemleri" (Understanding the Psychological Reactions following Natural Disasters such as Earthquakes: A Self Help Guide).

## Spanish speaking countries

Information on Spanish language resources, and where to find CBT therapists in South America and Spanish speaking countries who offer online or telephone CBT:

- [drive.google.com/file/d/1t2EZEcu06TEkiYQmsRXEXiym3EC7JJNY/view?usp=drivesdk](https://drive.google.com/file/d/1t2EZEcu06TEkiYQmsRXEXiym3EC7JJNY/view?usp=drivesdk)
- [api.cpsp.io/public/documents/1584932291087-recomendaciones-psicologicas-para-afrontar-la-pandemia.pdf](http://api.cpsp.io/public/documents/1584932291087-recomendaciones-psicologicas-para-afrontar-la-pandemia.pdf)
- [academia.edu/6117301/Adios\\_Ansiedad\\_David\\_Burns](http://academia.edu/6117301/Adios_Ansiedad_David_Burns)
- [api.cpsp.io/public/documents/1584934751104-coronavirus-guia-psicovida10.pdf](http://api.cpsp.io/public/documents/1584934751104-coronavirus-guia-psicovida10.pdf)
- [api.cpsp.io/public/documents/1584682467463-libro-de-prevencion-del-coronavirus-es.pdf](http://api.cpsp.io/public/documents/1584682467463-libro-de-prevencion-del-coronavirus-es.pdf)
- [api.cpsp.io/public/documents/1584663560691-afrontamiento-psicologico-covid19.pdf](http://api.cpsp.io/public/documents/1584663560691-afrontamiento-psicologico-covid19.pdf)

- [copmadrid.org/web/img\\_db/comunicados/2020/recomendaciones-dirigidas-a-la-poblacion-para-un-afrontamiento-eficaz-ante-el-malestar-psicologico-generado-por-el-brote-de-coronavirus-covid-19-5e6782284ec74.pdf](http://copmadrid.org/web/img_db/comunicados/2020/recomendaciones-dirigidas-a-la-poblacion-para-un-afrontamiento-eficaz-ante-el-malestar-psicologico-generado-por-el-brote-de-coronavirus-covid-19-5e6782284ec74.pdf) csp-web
- [site.cfp.org.br/nota-orientativa-asaos-psicologasos-trabalho-voluntario-e-publicidade-em-psicologia-diante-do-coronavirus-covid-19/](http://site.cfp.org.br/nota-orientativa-asaos-psicologasos-trabalho-voluntario-e-publicidade-em-psicologia-diante-do-coronavirus-covid-19/)

## Asia

- **China** – CBT resources and therapists: [cbtchina.com.cn](http://cbtchina.com.cn)
- **Korea** – Korean Psychological Association: [koreanpsychology.or.kr](http://koreanpsychology.or.kr), Korean Society of Traumatic Stress Studies: [kstss.kr](http://kstss.kr)
- **Malaysia** - Malaysian Society of Clinical Psychology: [mscp.my](http://mscp.my); Malaysian Mental Health Association – [mmha.org.my](http://mmha.org.my); Malaysian Psychiatric Association: [psychiatry-malaysia.org](http://psychiatry-malaysia.org); My Psychology: psychotherapy service [myspsychology.my](http://myspsychology.my) has a list of all sources of help for mental health in Malaysia including a list of CBT self-help e-books in Malaysian.
- **Singapore** - Singapore Association of Mental Health: [samhealth.org.sg](http://samhealth.org.sg); Institute of Mental Health: [imh.com.sg](http://imh.com.sg)
- **Indonesia** - Get Happy Indonesia: [mhinnovation.net](http://mhinnovation.net); Indonesia Mental Health Care Foundation: [kitabisa.com](http://kitabisa.com)
- **Thailand** - Psychiatric Association of Thailand: [omicsonline.org/societies/psychiatric-association-of-thailand/](http://omicsonline.org/societies/psychiatric-association-of-thailand/); Bangkok Counselling Service: [bangkokcounselling.com](http://bangkokcounselling.com)
- **Japan** - Japanese Association for Behavioral and Cognitive Therapies: <http://jabt.umin.ne.jp/index.html>
- **India** - Indian Association for Cognitive Behaviour Therapy: [iacbt.org](http://iacbt.org)
- **Bangladesh** - Bangladesh Clinical Psychology Society: [bcps.org.bd](http://bcps.org.bd)
- **Pakistan** - Pakistan Association of Cognitive Therapists: [pact.com.pk](http://pact.com.pk)
- 

## Regional CBT Associations:

The World Confederation of CBT (WCCBT): [wccbt.org](http://wccbt.org). The WCCBT is a world organisation representing CBT and board members consist of representatives from:

Asian Cognitive and Behaviour Therapy Association (ACBTA): [acbta.org](http://acbta.org)

Association for Behavioral and Cognitive Therapies (ABCT): [abct.org](http://abct.org)

Australian Association for Cognitive and Behaviour Therapy (AACBT): [aacbt.org.au](http://aacbt.org.au)

European Association for Behavioural and Cognitive Therapies (EABCT): [eabct.eu](http://eabct.eu)

International Association for Cognitive Psychotherapy (IACP): [the-iacp.com](http://the-iacp.com)

Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua (ALAMOC): [alamoc-web.org](http://alamoc-web.org)

Check with the websites of CBT associations and local health providers for therapists who are conducting CBT in alternative formats i.e., internet and telephone. For CBT therapists, the Standing Committee on Psychology & Health and the Project Group on eHealth website has useful information: [ehealth.efpa.eu/](http://ehealth.efpa.eu/)

**Prepared by Dr Sarah Egan**

*Associate Professor, Discipline of Psychology, School of Population Health, Curtin University, Perth, Australia*

*Past president, The Australian Association for Cognitive and Behaviour Therapy,*

*Past president, World Confederation of Cognitive Behaviour Therapy*

*Past chair, World Congress of Cognitive and Behavioural Therapies Committee*

With thanks to the following people for their input: Rod Holland, London, UK; Dr Robert Schutze, Perth, Australia; Dr Joel Howell, Perth, Australia; Professor Peter McEvoy, Perth, Australia; Dr Karina Limburg, Munich, Germany; Dr Barbara Cludius, Munich, Germany; Professor Roz Shafran, London, UK; Professor Gerhard Andersson, Linkoping, Sweden; Professor Per Carlbring, Stockholm, Sweden; Professor Tracey Wade, Adelaide, Australia; Professor Jennie Hudson, Sydney, Australia; Aimee Karam, Beirut, Lebanon; Professor Aristide Saggino, Chieti, Italy; Professor Jung-Hye Kwon, Seoul, Korea; Professor Martin Antony, Toronto, Canada; Professor Keith Dobson, Calgary, Canada; Professor Lata K. McGinn, New York, USA; Dr Rebecca Anderson, Perth, Australia; Professor Abdel Boudouka, Nantes, France; Professor Susan Spence, Sydney, Australia; Professor Leanne Hides, Brisbane, Australia; Professor Firdaus Mukhtar, Kuala Lumpur, Malaysia; Andreas Veith, Dortmund, Germany; Dr Trevor Mazzuchelli, Perth, Australia; Professor Ning Zhang, Nanjing, China; Dr Chun Wang, Nanjing, China, Professor Luis Perez, Lima, Peru; Professor Mehmet Sungur, Istanbul, Turkey; Dr Thomas Kalpakoglou, Athens, Greece, Christopher Gill, Perth, Australia.

*Please note this document has been distributed for the purpose of dissemination, please feel free to distribute widely but please do not change the text unless for the purpose of translation into another language.*

Updated March 2021