

The Origo project

A randomized controlled study of an
Internet intervention designed to
reduce worry

Background

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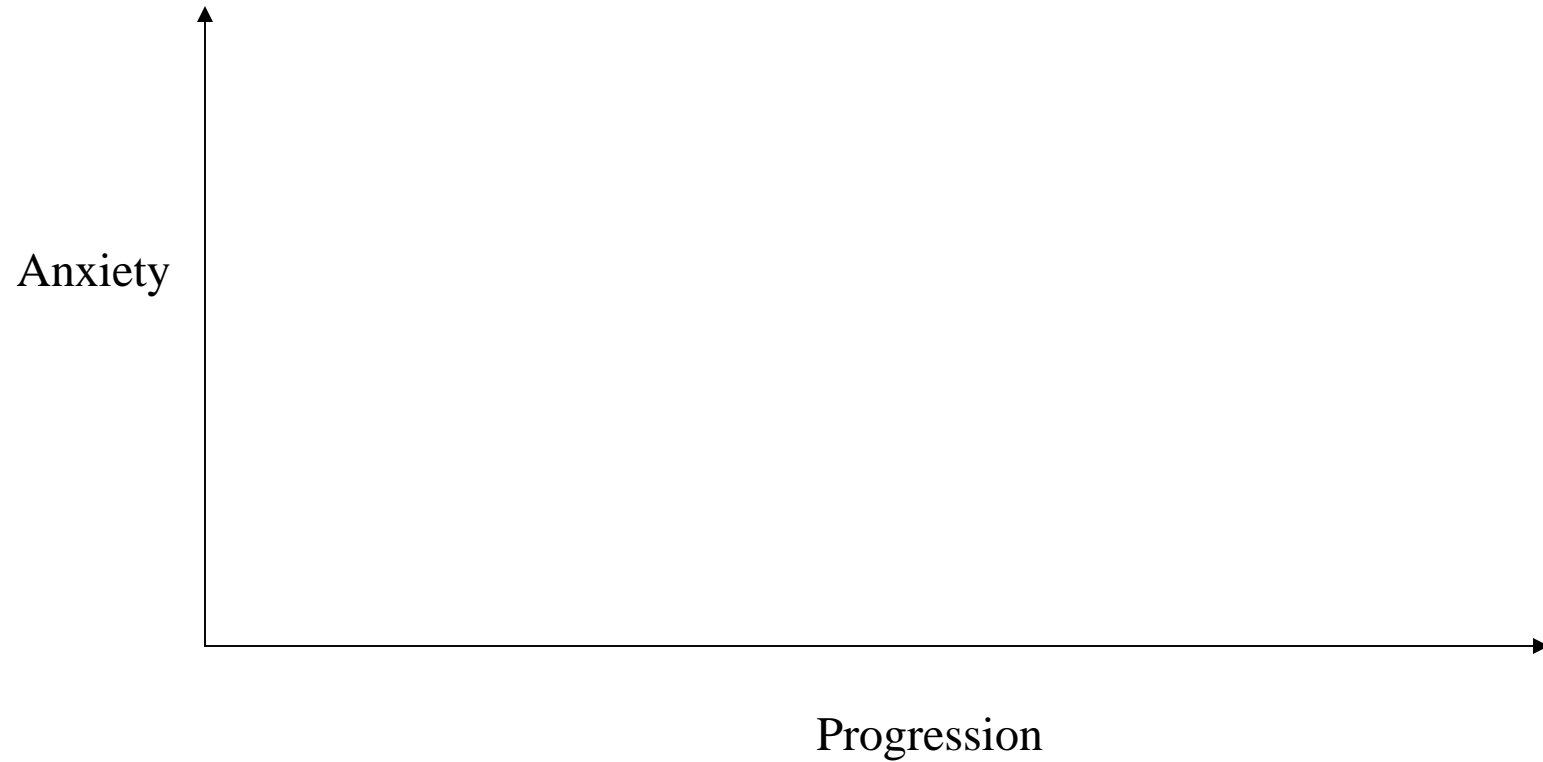
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- A verbal activity performed as a means to keep undesired emotions at bay
- Intolerance of uncertainty

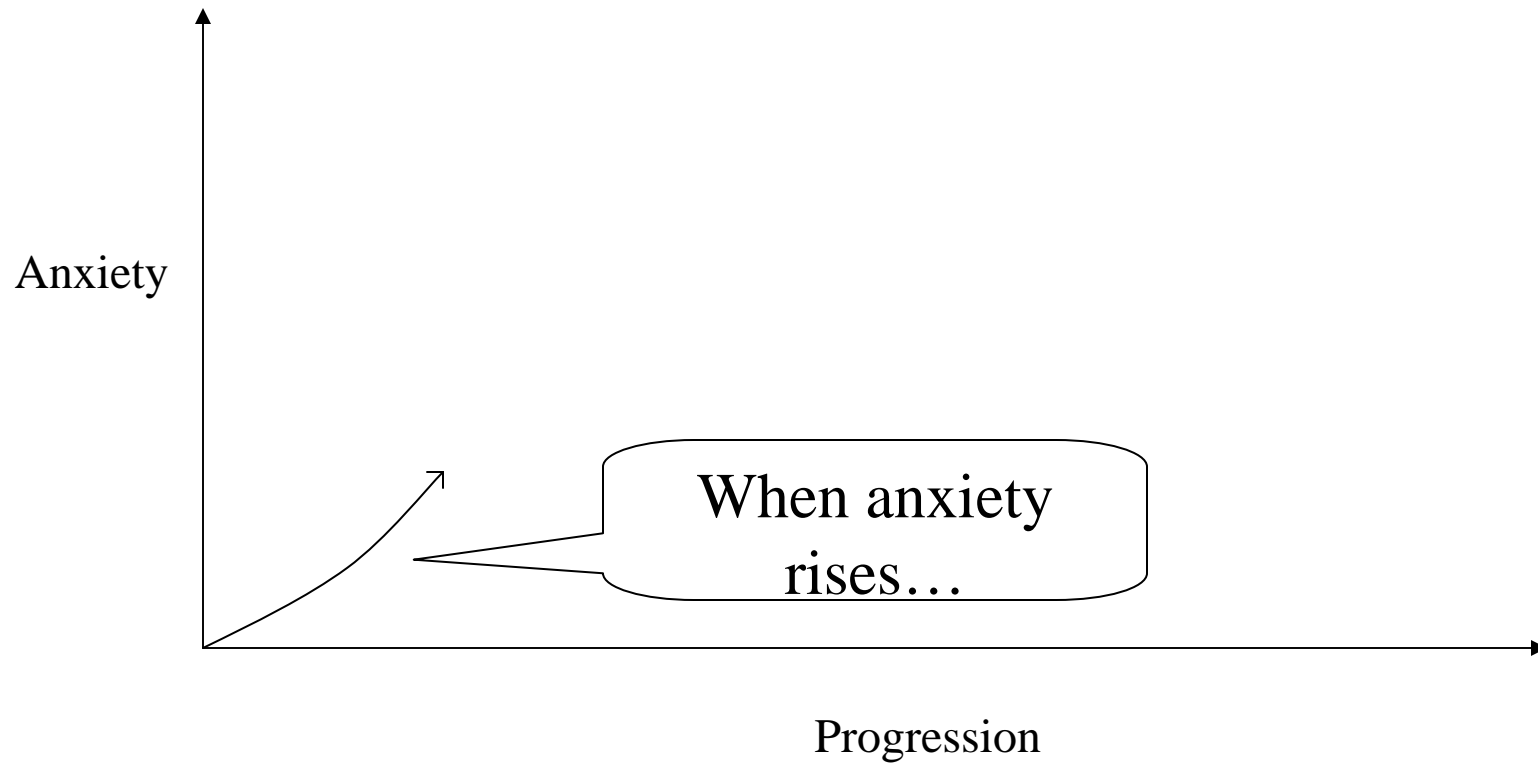
Background

- Worry is ubiquitous in human verbal behavior
- A verbal activity performed as a means to keep undesired emotions at bay
- Intolerance of uncertainty
- Often accompanied by rigid nerve and muscle tone and sleep deprivation

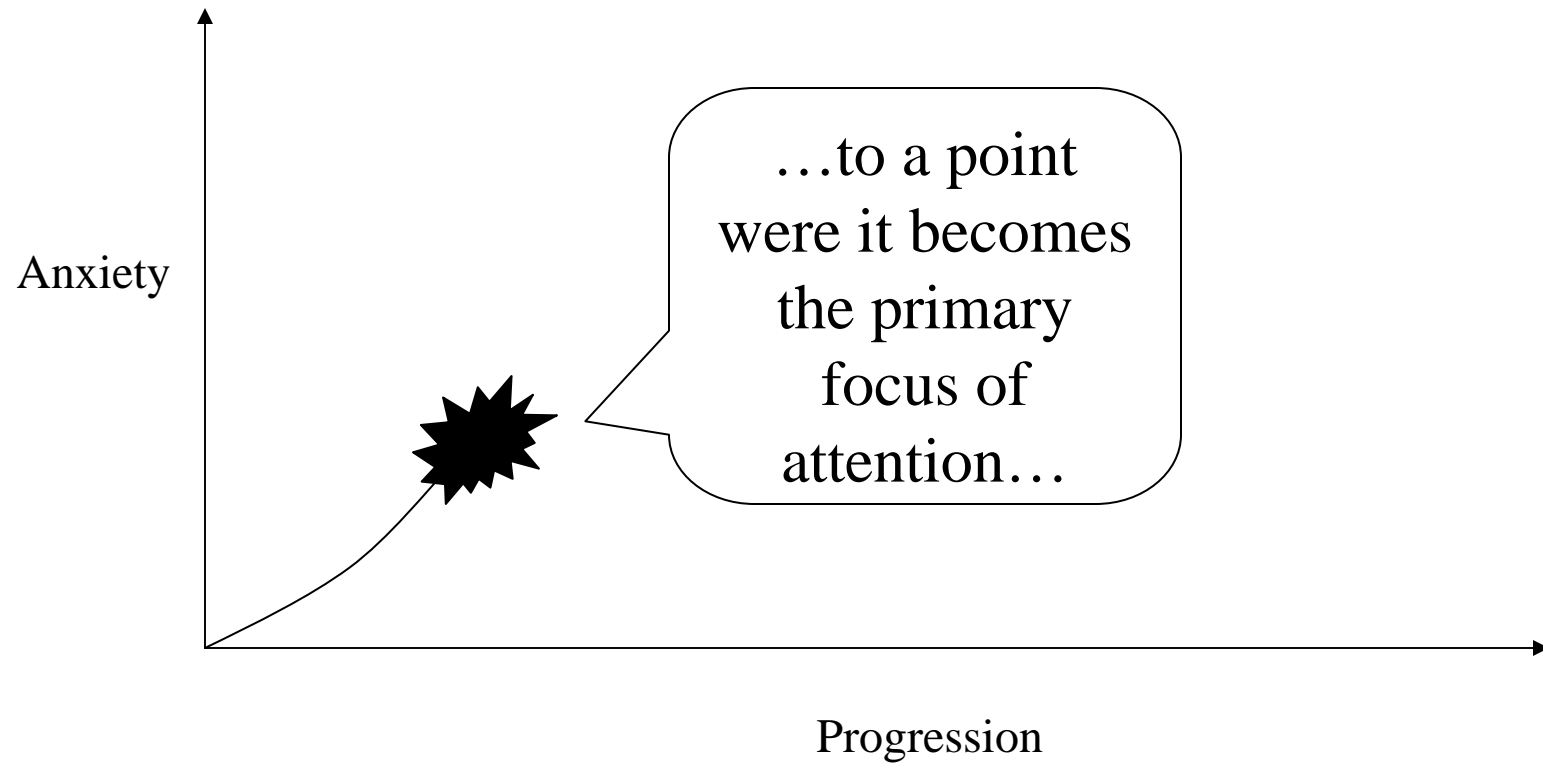
A behaviorist model of worry



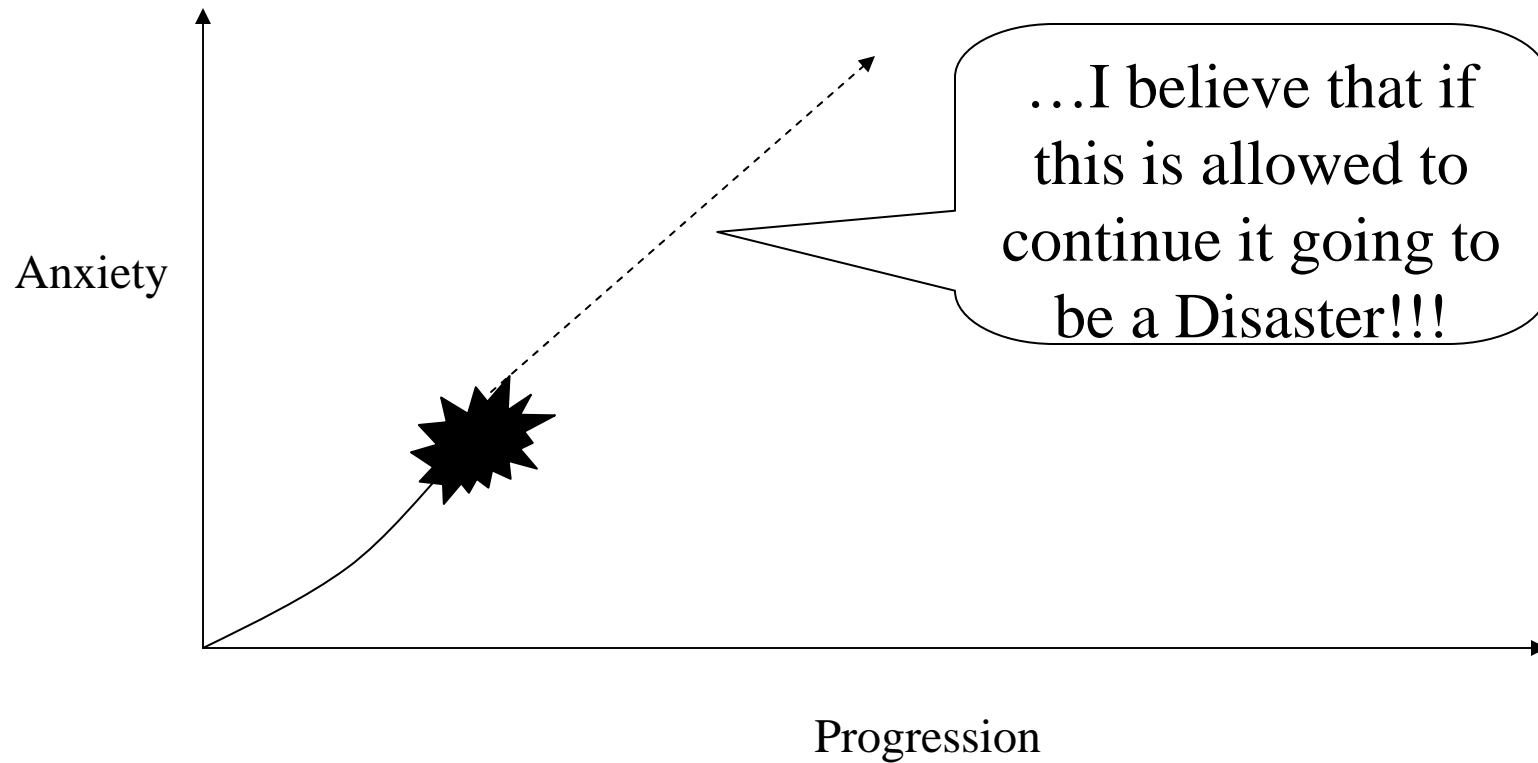
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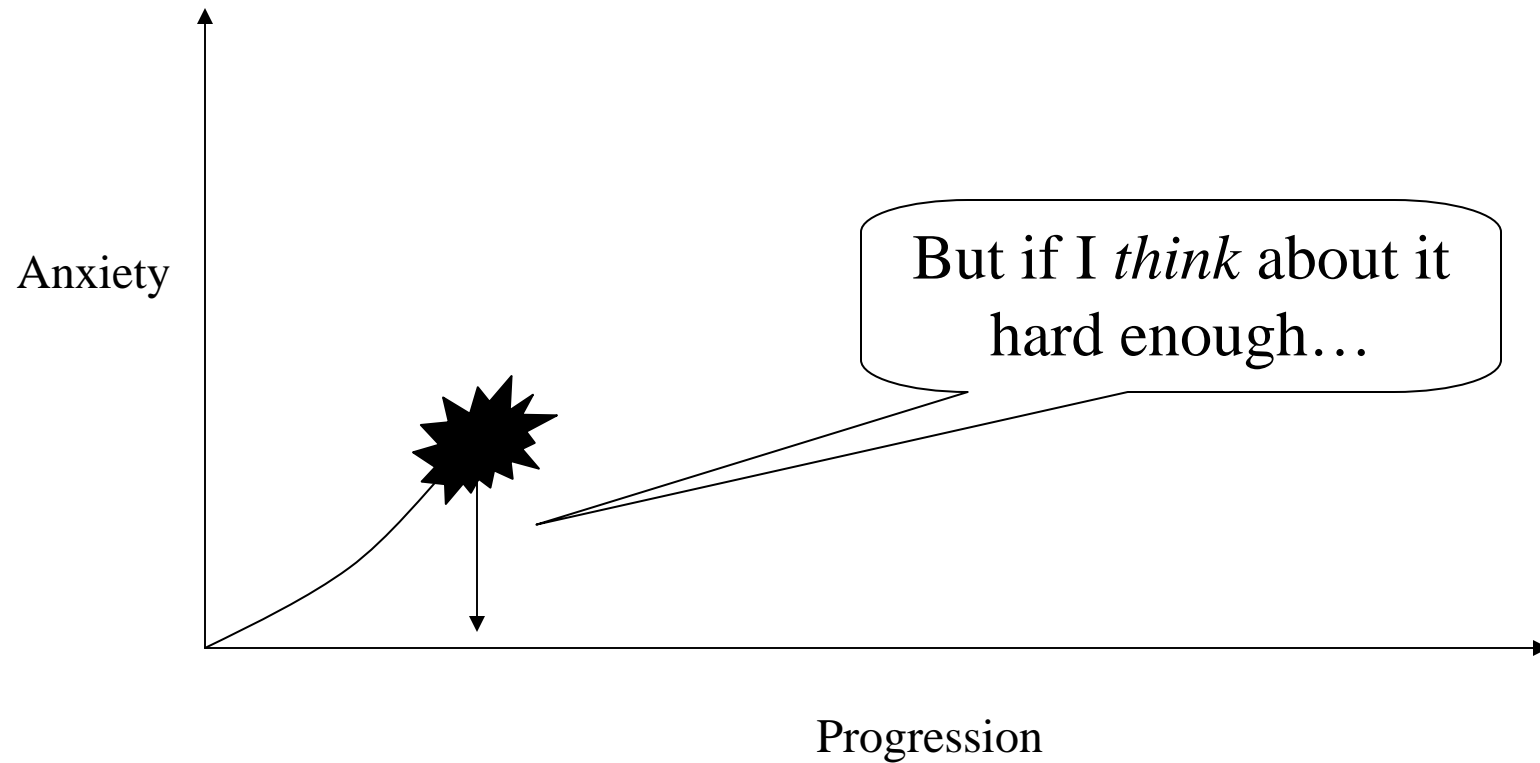
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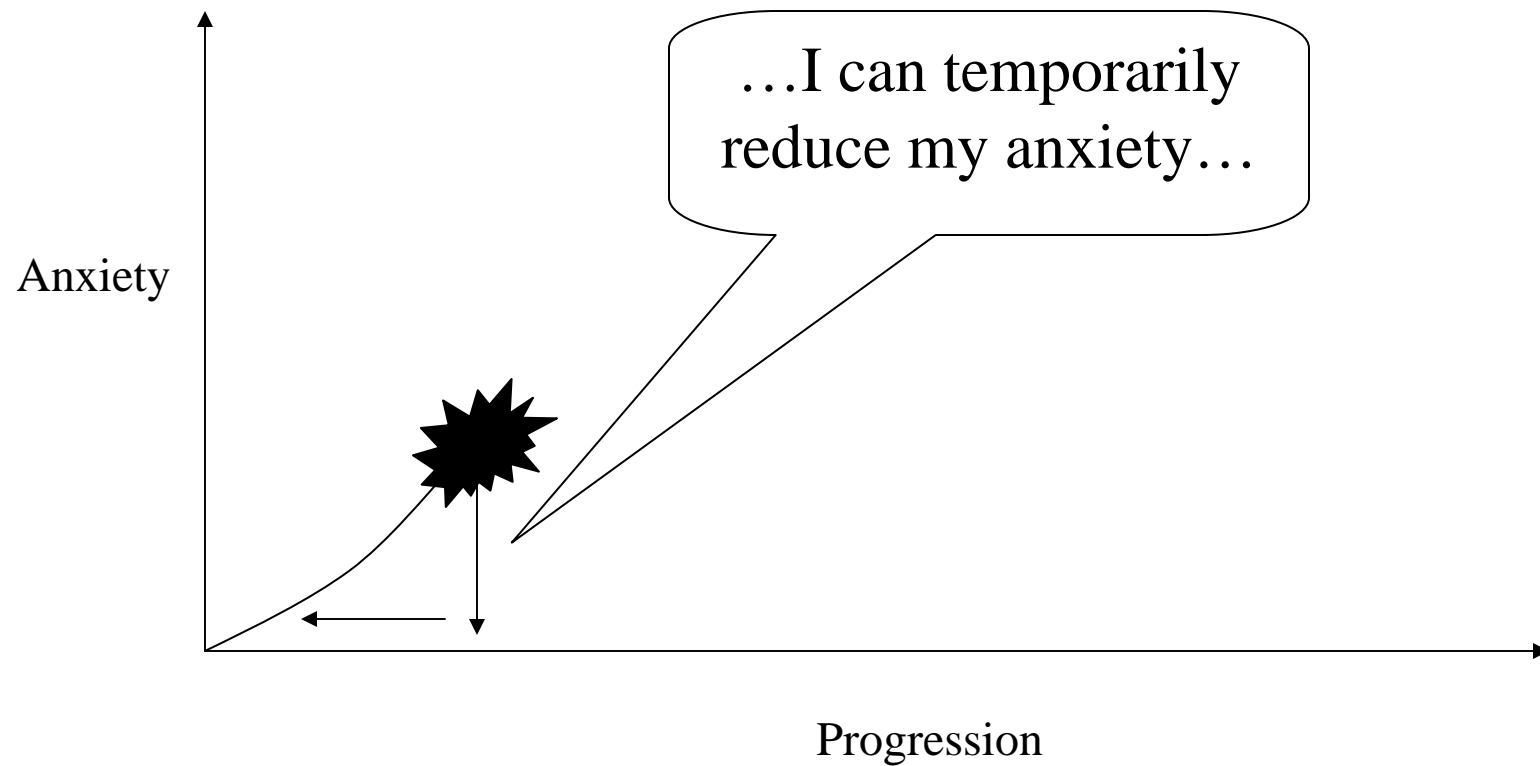
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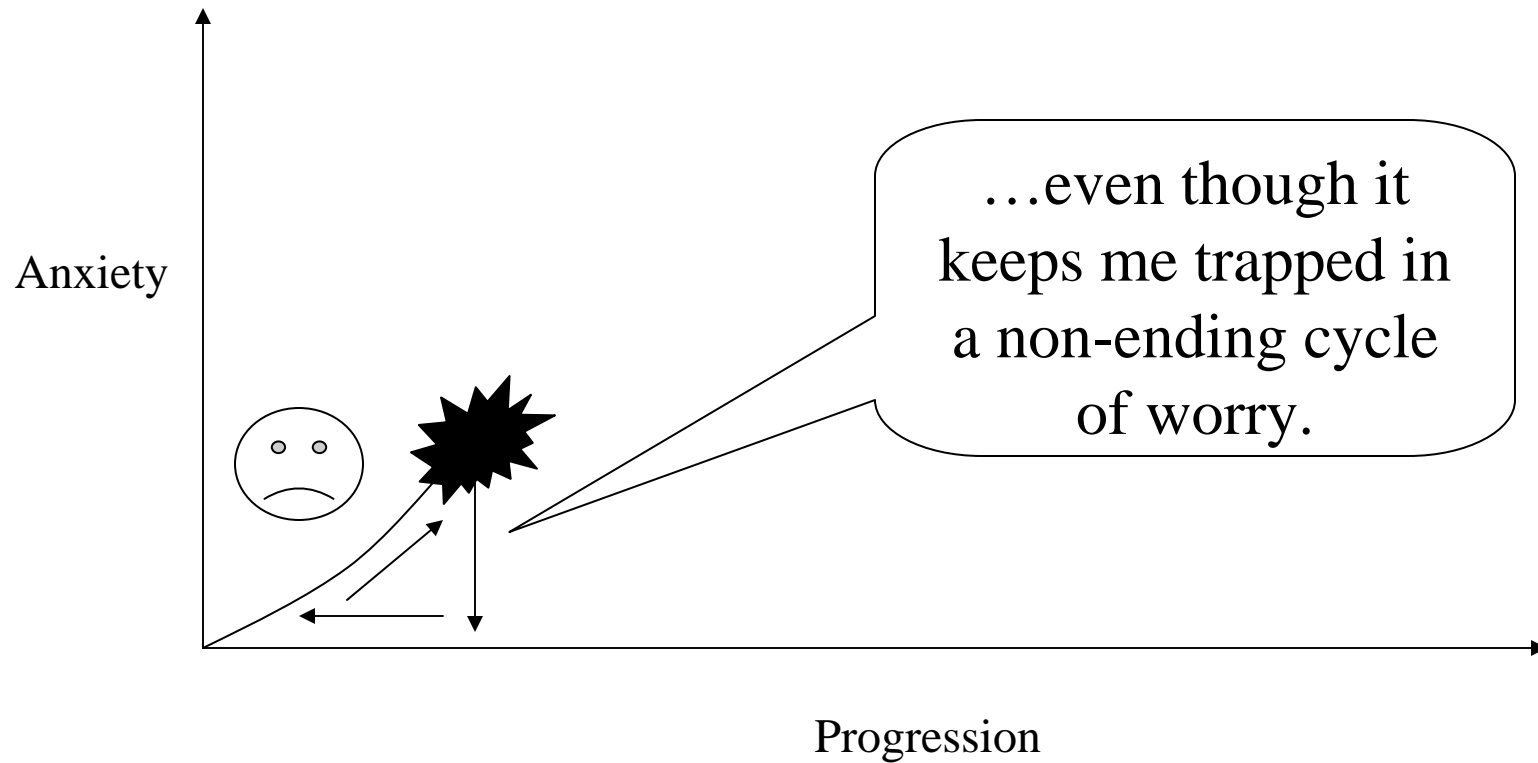
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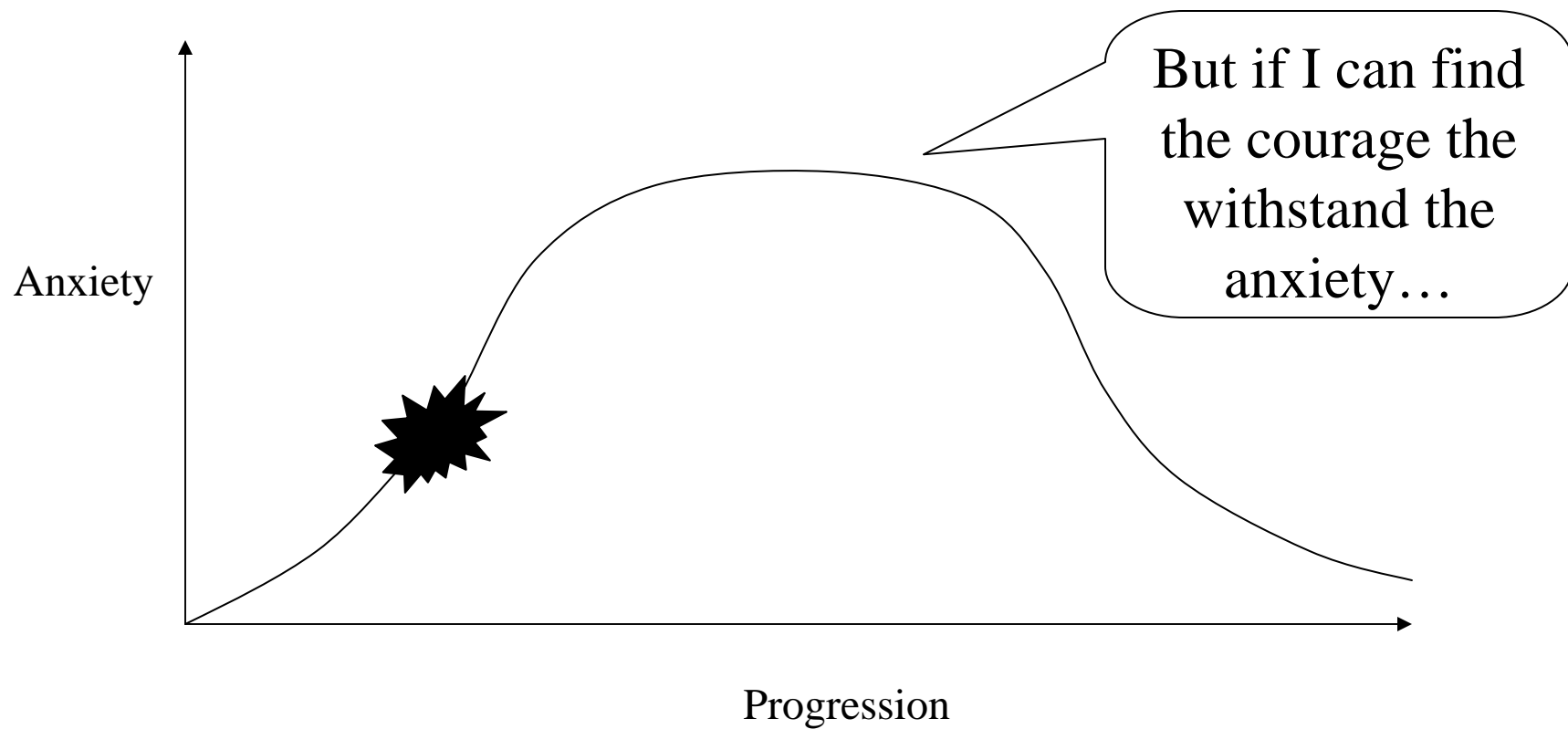
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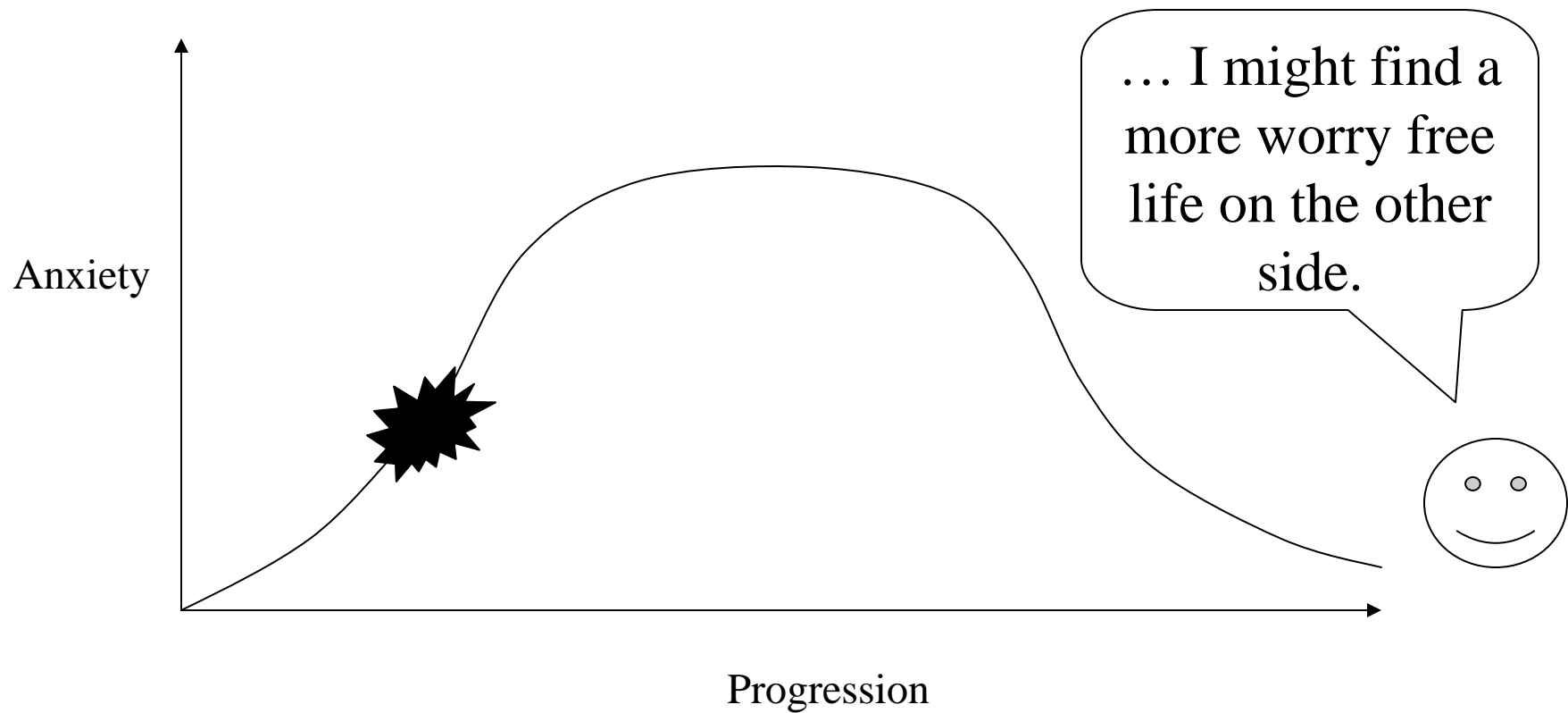
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- Weekly email correspondence and assignment hand-in, leading to access to the following chapter

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- Applied relaxation, worry time, flexibility to content of thought, problem solving, worry exposure, interpersonal p s, sleep hygiene and relapse prevention

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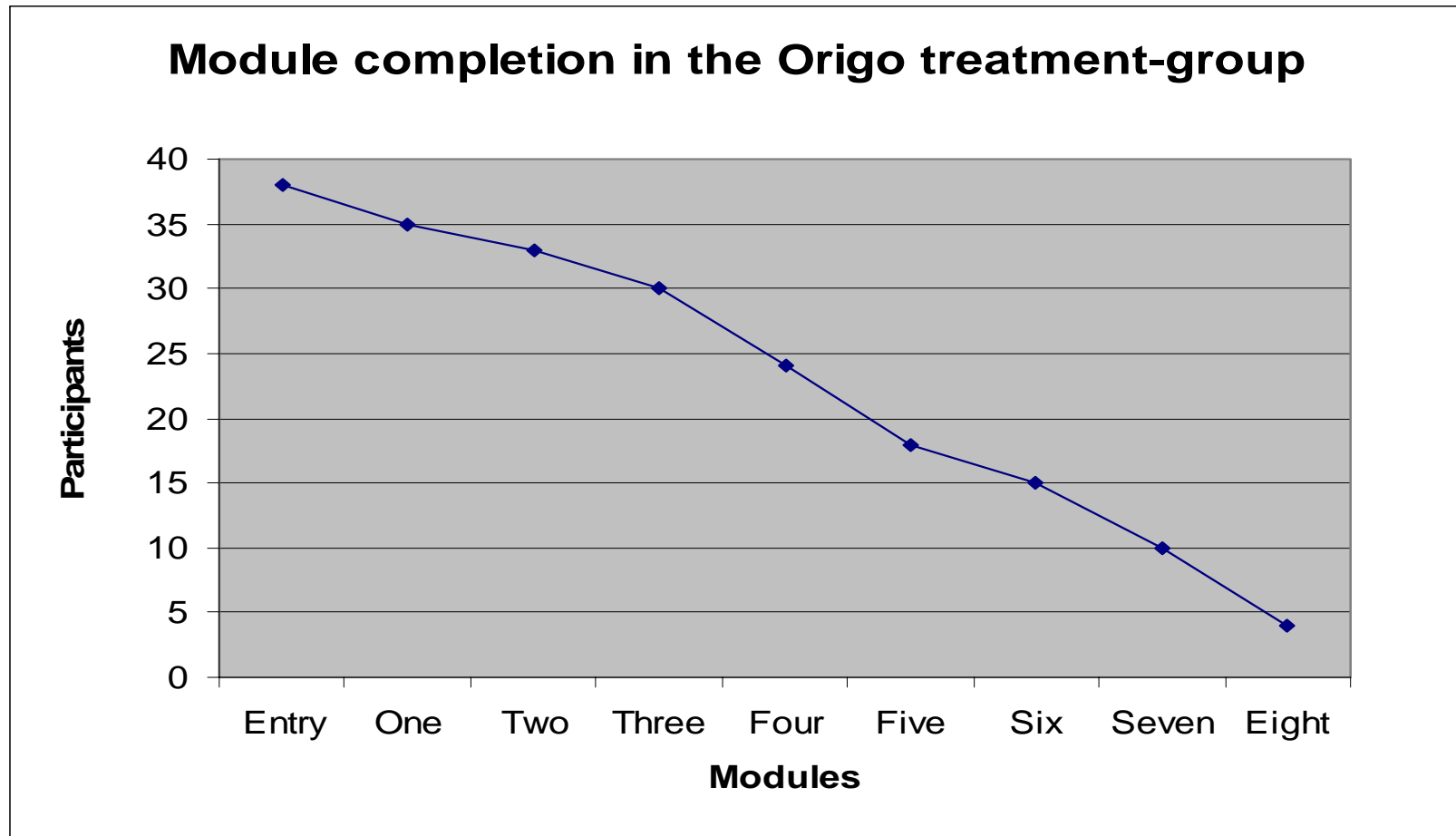
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- 38/44 in the treatment group

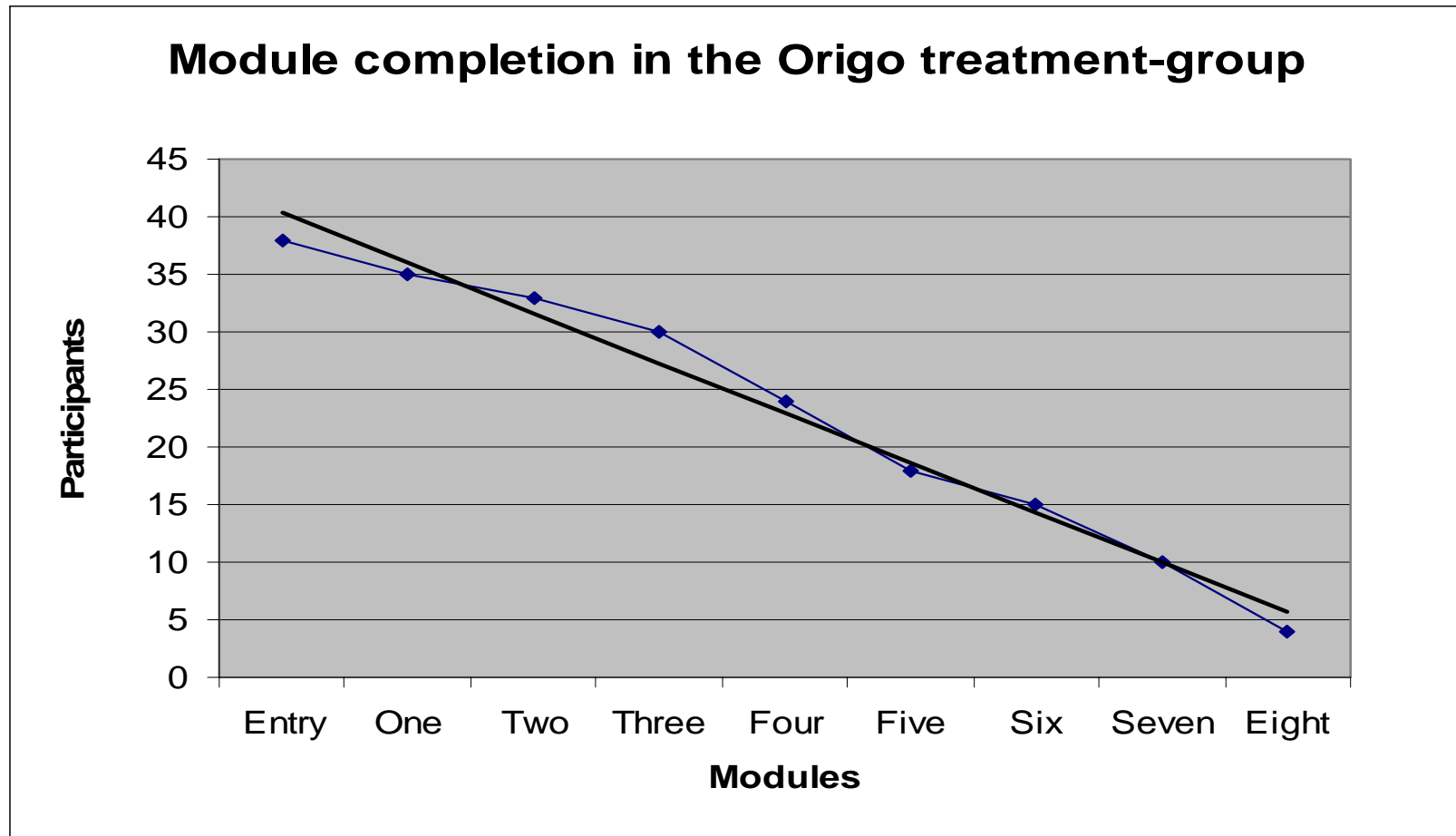
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The not so good news



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- Between group effect sizes (Cohen's *d*) ranging from .51 to 1.35
- Blind rater diagnoses at post-treatment: 84% in the control group still had GAD, compared to 40% in the treatment group

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- A fixed format probably entails linear declination in terms of module completion

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