

Cognitive-Behavioral Treatment for Families and Couples

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Description

Adult OCD symptoms, sadness, anxiety and functional impairment were all improved by family therapy [1-3]. There was also an improvement in overall relationship satisfaction, antagonism, accommodation and family member's mental health, as indicated by patients and families. Individual therapy formats and focusing on family adaptability were highly effective in alleviating patient depression. Patients reported larger relationship gains than family members. Fewer patient treatment sessions, as well as female gender, were related with greater improvement in antagonism. Fewer family member sessions were related with higher improvement in family member mental health. FIT outperformed controls with individual ERP in terms of OCD and depression symptom reduction, accommodation and overall performance.

The lysyl oxidase family is made up of five homologous members that are secreted copper-dependent amine oxidases: LOX and lysyl oxidase-like proteins 1-4. The human LOX/LOXL genes, which are situated on different chromosomes, encode the five LOX family members. These members are all structurally similar, with a highly conserved C-terminal region and a varied Nterminal domain. The C-terminal domain is made up of a copper binding domain, amino acid residues that produce lysine tryosylquinone, cofactor synthesis and a cytokine receptor-like domain. Pro-domains may be found in the Nterminal region of LOX and LOXL1.

The Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) guidelines and the Cochrane Handbook for Systematic Reviews of Interventions Version were followed in this systematic review and meta-analysis. The characteristics of included studies were extracted into a table, including country of origin, participants, research design, description of intervention and control groups, outcomes and findings (statistical significance provided with p values and clinical significance stated with effect size). The Effective Public Health Practice Project Quality Assessment Tool (EPHPP), which can be used for research with a range of study designs, was used to assess the quality of the included studies. Although there are numerous interpersonal therapeutic approaches, each with its own evidence base, the

most well-described and researched psychological therapies can be divided into four broad categories based on their underlying theories: cognitive and behavioural therapies [4,5], interpersonal and psychodynamic therapies, person-centered therapies and family and couples therapies.

A good relationship not only helps clients and family engage in therapy, but it is also linked to better symptoms and functioning in people with disabilities. As a result, treatments offered as part of CSC have numerous core aims and an emphasis on building involvement and a strong collaboration. Many of these therapies rely on psychoeducation on psychosis and its progression to empower clients and their families to make educated decisions regarding treatment and other crucial elements of their lives.

Conflict of Interest

There are no conflicts of interest by author.

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