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Meta-analyses of the neural mechanisms and predictors of response to psychotherapy in depression and anxiety

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Highlights

- Psychological therapies resulted in decreased activation in limbic regions: insula and ACC
- Decreased prefrontal activation was also found pre-to-post psychological therapy
- Results offer partial support for the dual-process model of psychotherapy

ABSTRACT (183 words)

Understanding the neural mechanisms underlying psychological therapy could aid understanding of recovery processes and help target treatments. The dual-process model hypothesises that psychological therapy is associated with increased emotional-regulation in prefrontal brain regions and decreased implicit emotional-reactivity in limbic regions; however, research has yielded inconsistent findings. Meta-analyses of brain activity changes accompanying psychological therapy