

# Accepted Manuscript

Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week focused attention and open monitoring interventions within a 3-armed randomized controlled trial

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PII: S0005-7967(17)30200-0

DOI: [10.1016/j.brat.2017.09.010](https://doi.org/10.1016/j.brat.2017.09.010)

Reference: BRT 3197

To appear in: *Behaviour Research and Therapy*

Received Date: 21 April 2017

Revised Date: 19 September 2017

Accepted Date: 25 September 2017

Please cite this article as: Britton, W.B., Davis, J.H., Loucks, E.B., Barnes, P., Cullen, B.H., Reuter, L., Rando, A., Rahrig, H., Lipsky, J., Lindahl, J.R., Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week focused attention and open monitoring interventions within a 3-armed randomized controlled trial, *Behaviour Research and Therapy* (2017), doi: 10.1016/j.brat.2017.09.010.

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**Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week Focused Attention and Open Monitoring interventions within a 3-armed randomized controlled trial**

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