

# Accepted Manuscript

Title: Integrated Exposure Therapy and Exercise Reduces Fear of Falling and Avoidance in Older Adults: a Randomized Pilot Study

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PII: S1064-7481(18)30295-1  
DOI: <https://doi.org/10.1016/j.jagp.2018.04.001>  
Reference: AMGP 1033

To appear in: *The American Journal of Geriatric Psychiatry*

Received date: 11-7-2017  
Revised date: 31-3-2018  
Accepted date: 2-4-2018

Please cite this article as: Julie Loebach Wetherell, Emily S. Bower, Kristen Johnson, Douglas G. Chang, Samuel R. Ward, Andrew J. Petkus, Integrated Exposure Therapy and Exercise Reduces Fear of Falling and Avoidance in Older Adults: a Randomized Pilot Study, *The American Journal of Geriatric Psychiatry* (2018), <https://doi.org/10.1016/j.jagp.2018.04.001>.

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Integrated Exposure Therapy and Exercise Reduces Fear of Falling and Avoidance in Older  
Adults: A Randomized Pilot Study

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Conflicts of Interest and Source of Funding: No disclosures to report. The project was supported by NIMH R34 MH086668.

Clinicaltrials.gov identifier: NCT01609322

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