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Experimentally Unpacking Cognitive Behavioral Therapy: The Effects of Completing a
Thought Record on Affect and Neuroendocrine Responses to Stress

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Highlights:

- Experimentally examine the effect of thought records on cortisol, DHEA, and salivary alpha-amylase.
- Individuals who were assigned to a thought record (an emotion regulation intervention) had higher peak cortisol response following a social stress task.
- Thought records impact physiology and using experimental designs will help us learn more about our psychotherapy treatments.

Abstract

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