

## **Abstract**

Emotional Disorders disrupt the lives of numerous individuals and represent significant costs for societies. Over the last two decades, cognitive-behavioral researchers have strived to study psychological processes that are unique to each disorder and developed a range of disorder-specific treatment protocols. However, there has recently been a growing focus on the transdiagnostic approach, which emphasizes the commonalities among disorders and applies the same underlying treatment principles to address a range of disorders. Indeed, the transdiagnostic perspective has strong conceptual support (e.g., high comorbidity rates among emotional disorders, shared neuroanatomy and neural process, common psychological processes) and different potential advantages (e.g., enhances dissemination of evidenced-based treatment). Based on the general version of cognitive-behavioral therapy, the Chinese Group Transdiagnostic Cognitive-Behavioral Treatment Protocol for Emotional Disorders (TCBT) distills common therapeutic techniques across disorder-specific treatments, including psychoeducation, cognitive reappraisal and experiential relearning, as well as places explicit focus on emotional psychoeducation and increasing emotional awareness, to manage a range of emotional disorders simultaneously. The current study outlines TCBT's treatment components and analyses how they target various transdiagnostic psychological processes. Open trials of the protocol are also presented. Thus far, thirty-two Chinese adults with various emotional disorders have been recruited from an Integrated Community Centre of Mental Wellness in Hong Kong and offered treatment. Results showed that the participants made significant improvement with large effect sizes in terms of anxiety, depression, positive affect as well as work and social functioning. The outcome data not only provides promising evidence

for the efficacy of TCBT, but also empirical and theoretical support to the current research on the transdiagnostic approach. Suggestions for further TCBT protocol development and research are also discussed.