

Abstract

As an alternative to the prevalence disorder-specific treatment approach, transdiagnostic treatment approach targets at the common underlying components across psychopathology without tailoring for the symptoms of specific disorders. There has been increasing clinical concerns and research evidence calling for the development of transdiagnostic treatments. On one hand, the use of disorder-specific approach has hindered the dissemination and implementation of efficacious treatments and resulted in a wide treatment gap. On the other hand, more research findings pointing to the commonalities in the etiology and maintenance of psychiatric disorders, particularly mood-related disorders which negative affectivity plays a significant role. Under the transdiagnostic conceptualization, mood-related disorders are a broad syndrome characterized by maladaptive responses to emotional experiences or emotion dysregulation, though with different manifestations. A number of research teams have developed treatment protocols for mood-related disorders or anxiety disorders based on this conceptualization. The present study aimed to provide preliminary evaluation of the efficacy of one of these treatments, i.e. the Transdiagnostic Cognitive Behavioural Therapy (TCBT) designed by Ling and Leung (2012) with reference to the Unified Protocol developed by Barlow, et. al., (2011). It was knowingly the first transdiagnostic treatment protocol developed for

local Chinese. Treatment efficacy was studied in treating Chinese suffering from mood-related disorders in heterogeneous treatment group. Results from the twelve diagnostically heterogeneous samples indicated that the TCBT protocol was efficacious in reducing the clinical severity and general depression and anxiety symptoms across various mood-related disorders with moderate to large effect size.

The current study also attempted to explore possible mediating variables of the treatment effects. The results provided insight for further investigation of the mediating role of cognitive changes and experiential re-learning from behavioural experiment in future randomized control trial study of the protocol. In sum, the current pilot study offer considerable support for the development of TCBT as a cost-effective and efficacious psychological treatment for Chinese with mood-related disorders.