

## **Abstract**

Commonalities across emotional disorders have drawn much interest in research and clinical settings. Specifically, their underlying pathological cognitive behavioural processes are the focus of attention. We tried to use an integrated model of cognitive emotion regulation processes to explain those constructs beneath the symptomatology of anxiety and depression. This argument has led to the development of various transdiagnostic treatment protocols from different research teams. We then reviewed some research evidences supporting transdiagnostic approach in treating emotional disorders both in the West and in Hong Kong. Locally, Ling and Leung (2012) have developed the first group transdiagnostic cognitive behavioural therapy (TCBT) for Chinese adults with anxiety and mood-related disorders, with reference to the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (Barlow et al., 2011) and information processing theories. The TCBT has demonstrated promising results with moderate to very large improvement in diverse emotional disturbances and general functional impairment. With preliminary research findings and participants' feedback, the TCBT protocol has been refined with condensed cognitive components and more behavioural elements, with an aim to further enhance the treatment effect, especially on anxiety and related symptoms. As such, the current study planned to evaluate the treatment effect of the revised version, TCBT-R. Among 16 participants with principal diagnoses of anxiety or mood-related disorders, the TCBT-R treatment resulted in strong effect on depressive symptoms, positive affect, and subjective mental well-being; and moderate effect on stress symptoms and negative affect. Conversely, no significant treatment gains on anxiety symptoms were found. Differential treatment effects on mood-

related and anxiety disorders were discussed in details in order to shed some light on further protocol refinement and provide directions for future research.