

Abstract of thesis entitled:

A Pilot Randomized Controlled Trial on the Efficacy of the Transdiagnostic Sleep and Circadian Intervention (TranS-C) on Generalized Anxiety Symptoms

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for the degree of Master of Social Science in Clinical Psychology

at The Chinese University of Hong Kong in July 2023

The objective of the present study was to examine the efficacy of the Transdiagnostic Sleep and Circadian Intervention (TranS-C), as a primary treatment for managing anxiety symptoms in a sample of adult Chinese population. The participants with a minimum of moderate level of anxiety symptoms ( $n = 80$ ), as indicated by a Generalized Anxiety Disorder-7 (GAD-7) score of  $\geq 10$ , were randomly assigned to either the intervention group (TranS-C;  $n = 39$ ; six weekly sessions) or the care-as-usual control group (CAU;  $n = 41$ ). The intention-to-treat analysis revealed significant improvements in generalized anxiety symptoms ( $d = 1.53$ ), insomnia symptoms ( $d = 0.71$ ), total fatigue ( $d = 1.50$ ), general/physical fatigue ( $d = 1.25$ ), and motivation ( $d = 0.97$ ) from Week 0 (baseline) to Week 6 (immediate post-intervention assessment) in the TranS-C group relative to the CAU group. However, no significant improvement was observed in their activity level and mental fatigue. The findings suggest that the Transdiagnostic Sleep and Circadian Intervention (TranS-C) holds promise as a primary treatment option for effectively alleviating anxiety symptoms. The results also underscore the capacity of TranS-C to address comorbid conditions in individuals experiencing sleep disturbances. Future research is warranted to explore the long-term effects of TranS-C in addressing anxiety symptoms across diverse populations.

*Keywords: TranS-C, anxiety, insomnia, fatigue, randomized controlled trial*