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Harm expectancy violation during exposure therapy for posttraumatic stress disorder.

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Highlights:

- Prior to exposure therapy, PTSD patients had relatively high harm expectancies and almost all patients feared their own reactions to imaginal exposure.
- Exposure therapy promoted harm expectancy violation.
- Harm expectancy violation was not related to treatment outcome.
- Fear habituation, both within and between session, was positively related to treatment outcome.

Abstract

Exposure therapy has proven efficacy in the treatment of posttraumatic stress disorder (PTSD). Emotional processing theory proposes that fear habituation is a central mechanism in symptom reduction, but the empirical evidence supporting this is mixed. Recently it has been proposed that violation of harm expectancies is a crucial mechanism of action in exposure therapy. But to date, changes in harm expectancies have not been examined during exposure therapy in PTSD. The goal of

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