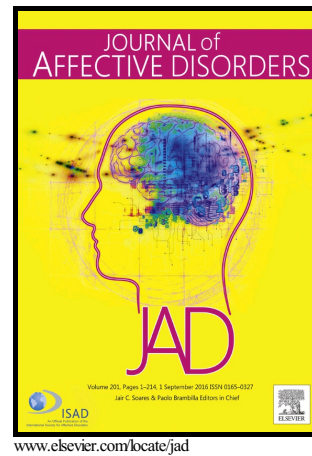


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Is computerized psychoeducation sufficient to reduce anxiety sensitivity in an at-risk sample?: A randomized trial

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Running head: AS COMPUTERIZED PSYCHOEDUCATION

Is computerized psychoeducation sufficient to reduce anxiety sensitivity in an at-risk sample?: A
randomized trial^{*}

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Abstract

Background: Anxiety sensitivity (AS), or a fear of anxiety-related sensations, has become one of the most well researched risk factors for the development of psychopathology and comprises three subfactors: physical, cognitive, and social concerns. Fortunately, research has demonstrated brief protocols can successfully reduce AS, and in turn improve psychopathological symptoms. Computerized AS reduction protocols have combined psychoeducation with interoceptive exposure (IE), but they have not been dismantled to evaluate the effects of psychoeducation alone.

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