

## Mind-Body Approaches: Multiple Psychological Approaches Conclusions from Newell Review

### I. Psychosocial Outcomes

Target	Psychological Therapy	Recommendation
Patient anxiety	Music therapy*	Tentative recommendation for
	Therapist delivered individual therapy, cognitive behavioral therapy, communication skills training, guided imagery, self practice	Needs further exploration
	Structured or unstructured counseling, self practice	Tentative recommendation for
Depression	Group therapy, education, structured counseling, cognitive behavioral therapy, communication skills training, self-esteem building	Needs further exploration
General or overall effect	Counseling, music therapy*	Tentative recommendation for
	Therapist delivered group therapy, education, structured counseling, cognitive, communication skills training	Tentative recommendation for
Hostility	None	(No therapy can be recommended for either intervention or further exploration.)
Stress or distress	Non-therapist delivered structured counseling	Tentative recommendation for
	Interventions involving patients' significant others, cognitive behavioral therapy, communication skills training, and self-esteem	Needs further exploration
Quality of life	Structured or unstructured counseling and guided imagery	Tentative recommendation for
	Therapist-delivered individual interventions involving patients' significant others, education, relaxation training, cognitive behavioral therapy, and communication skills training	Needs further exploration
Coping or control skills	Group therapy	Tentative recommendation for
	Relaxation training, cognitive behavioral therapy, and communication skills training.	Needs further exploration
Vocational or domestic adjustment	None	(No therapy can be recommended for either intervention or further exploration.)
Interpersonal or social relationships	Structured or unstructured counseling	Tentative recommendation for
Sexual or marital relationships	Therapist-delivered individual interventions involving education and counseling	Needs further exploration

\*based on one study

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