

"Physical health following a cognitive-behavioral intervention": Comment on Buchanan, Rubenstein, and Seligman (1999).

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Citation

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Abstract

Posted 12/21/1999. These comments address the findings of G. M. Buchanan et al (see record [2000-05007-004](#)) that their cognitive-behavioral therapy (CBT) program affected physical health behaviors as well as preventing depression among university undergraduates. The present authors note several limitations of the study, but also highlight important implications of preventive optimism training (CBT) for improved health behaviors, service utilization, and depression. The authors supplement the suggestions of Buchanan et al regarding how depression might affect health and suggest directions that might be taken by future investigators in this area of research. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

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