

BLES

Instructions: Exposure-based cognitive-behavioral therapy is an empirically supported treatment for anxiety disorders. In this therapy, clients gradually confront feared situations (e.g., places, objects, thoughts, memories) during therapy sessions with the treatment provider and on their own between sessions as homework.

Although exposure therapy is an evidence-based treatment, not all clients benefit from this approach. Further, not all clients are considered appropriate for exposure therapy, and therapists sometimes elect not to provide this treatment to individual clients for various reasons.

Below is a list of client characteristics that therapists sometimes deem important in considering the appropriateness of exposure therapy. Please read each characteristic and rate the likelihood that you would elect NOT to provide exposure therapy to a client because of that characteristic. Please answer using the following scale:

- 0 = Very unlikely to exclude from exposure therapy based on this characteristic
- 1 = Somewhat unlikely to exclude from exposure therapy based on this characteristic
- 2 = Somewhat likely to exclude from exposure therapy based on this characteristic
- 3 = Very likely to exclude from exposure therapy based on this characteristic

1. The client is younger than age 7.
2. The client is between the ages of 7 and 11.
3. The client is between the ages of 12 and 17.
4. The client is older than age 65.
5. The client holds strong religious beliefs.
6. The client is an ethnic minority.
7. The client has a comorbid personality disorder.
8. The client has comorbid depression.
9. The client has a comorbid substance use disorder.
10. The client has a comorbid psychotic disorder.
11. The client is currently experiencing significant stressful life events (e.g. divorce, loss of job, etc.).
12. The client is emotionally fragile.
13. The client has previously participated in exposure-based cognitive-behavioral therapy and did not find it helpful.
14. The client is reluctant to participate in exposure-based cognitive-behavioral therapy.
15. The client has angry outbursts.
16. The client is pregnant.
17. The client has a non-terminal medical disease related to his or her anxiety symptoms.
18. The client has a non-terminal medical disease unrelated to his or her anxiety symptoms.
19. The client's feared situation(s) are difficult to recreate in real life.
20. The client has below average intelligence.
21. The client has poor insight into the irrational nature of his or her fear(s).
22. Conducting exposures to the client's feared stimuli would require leaving the office.
23. The client prefers non-directive psychotherapy.
24. The client's fears have religious themes.
25. The client is afraid of harming oneself and/or others.

Source: Meyer, J. M., Farrell, N. R., Kemp, J. J., Blakey, S. M., & Deacon, B. J. (2014). Why do clinicians exclude anxious clients from exposure therapy? *Behaviour Research and Therapy*, 54, 49-53.