

Stor och välgjord jämförelse mellan UP och syndromspecifika behandlingar

Tabel 1

	Behandlingsmanualer	Antal sessioner	Längd på sessioner
Paniksyndrom	Mastery of Your Anxiety and Panic (Panic Control Treatment)	12	50-60 min
	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders	12	50-60 min
Social fobi	SKBT: Managing Social Anxiety: A Cognitive Behavioral Therapy Approach	16	50-60 min
	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders	16	50-60 min
Tvångssyndrom	Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder	16	80-90 min
	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders	16	80-90 min
Generaliserat ångestsyndrom	Mastery of Your Anxiety And Worry	16	50-60 min
	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders	16	50-60 min