

Anxiety Practice Element Intentions: Ordered by % Endorsed by Study Sample

Practice Profile			Anxiety Disorders	
	EBP	% Endorsed	☐ % Endorsed PMES	■ % Correctly Endorsed
Relaxation	34	96	96	
Supportive Listening	0	95	95	
Goal Setting	10	92	92	
Relationship / Rapport Building	10	92	92	
Skill Building	0	91	91	
Communication Skills	7	89	89	
Psychoeducation - Parent	37	87	87	
Cognitive	70	86	86	
Self-Reward / Self-Praise	17	85	85	
Psychoeducation - Child	74	84	84	
Social Skills Training	14	81	81	
Therapist Praise / Rewards	14	81	81	
Mindfulness	0	80	80	
Exposure	100	78	78	
Insight Building	7	78	78	
Self-Monitoring	37	77	77	
Family Engagement	0	77	77	
Problem Solving	20	75	75	
Family Therapy	4	75	75	
Emotional Processing	0	75	75	
Parent/ Teacher Praise	7	73	73	
Activity Scheduling	4	72	72	
Modeling	7	71	71	
Assertiveness Training	4	70	70	
Motivational Interviewing	4	68	68	
Care Coordination	0	61	61	
Parent Coping	4	57	57	
Tangible Rewards	10	53	53	
Guided Imagery	0	53	53	
Educational Support	4	49	49	
Parent / Teacher Monitoring	4	49	49	
Natural and Logical Consequences	0	44	44	
Physical Exercise	0	43	43	
Mentoring	0	39	39	
Attending	0	38	38	
Peer Pairing	7	37	37	
Behavioral Contracting	4	37	37	
Crisis Management	0	37	37	
Interpretation	0	35	35	
Stimulus or Antecedent Control	0	33	33	
Functional Analysis	0	29	29	
Response Prevention	17	25	25	
Personal Safety Skills	0	25	25	
Maintenance/ Relapse Prevention	47	22	22	
Ignoring	7	18	18	
Cultural Training	0	18	18	
Response Cost	0	16	16	
Biofeedback/ Neurofeedback	0	15	15	
Catharsis	0	14	14	
Free Association	0	14	14	
Discrete Trial Training	0	13	13	
Individual Treatment for Caregiver	0	11	11	
Play Therapy	0	11	11	
Time Out	0	10	10	
Commands	0	9	9	
Eye Movement/ Tapping	0	8	8	
Thought Field Therapy	0	6	6	
Milieu Therapy	0	5	5	
Line of Sight Supervision	0	4	4	
Hypnosis	0	3	3	
12 Step	0	0	0	
Marital Therapy	0	0	0	