

**(16) Brief Cognitive-Behavioral Phone-Based Intervention
Targeting Anxiety about the Threat of Attack:
A Pilot Study**

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A brief, cognitive-behavioral, phone-based intervention was employed with an Israeli sample experiencing anticipatory anxiety about potential war-related attacks. In this randomized controlled pilot study, the CBT intervention (diaphragmatic breathing and a modified thought stopping technique) was compared with the standard hotline care administered when worried citizens called a mental health emergency hotline in Israel. Individuals (n = 32) were administered anxiety and worry measures pre-intervention, post-intervention, and three days post-intervention. The results indicated that anxiety levels decreased for the experimental and control group immediately post-intervention; however, three days later, the levels of anxiety in CBT group continued to decline while levels of anxiety in the control group returned to pre-intervention levels. These results suggest that CBT can be effectively delivered by paraprofessionals over the phone, which is cost-effective and efficient. Limitations are considered and implications for treating individuals coping with the threat of terrorism are discussed.

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