

Journal of Cognitive-Behavioral Psychotherapy and Research

ORIGINAL ARTICLES

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Contents

Original Articles

- Satisfaction with Therapy and Therapist Scale-Revised: Adaptation to the Turkish Context89–98
Ünverdi Demir B, Çakmak BG, Erden Çınar S

- The Mediating Role of Cognitive Flexibility and Worry in the Effect of Rumination on Stress: An Evaluation of Risky Alcohol Use 99–107
Erdoğan Yıldırım Z, Aktaş E, Tekinsav Sütcü S

- Evaluation of Telepsychology Practices During the COVID-19 Pandemic: Satisfaction of Clients and Psychotherapists108–118
Sarıot Ertürk Ö, Karadayı Kaynak G, Öztürk CŞ, Köskün T

- Experiences of Secondary Traumatic Stress and Coping Among Refugee Professionals: A Qualitative Study119–130
Küçükane A, Dikeç G, Uygun E

- Turkish Reliability of Acceptance and Commitment Therapy-Fidelity Measure131–137
İlkay Ş, Yavuz KF

- Therapeutic Efficacy of Video Feedback in Cognitive-Behavioral Psychotherapy of Social Anxiety Disorder 138–146
Eskiyurt R, Coşkun N, Öğütlü H, Türkçapar MH

Review

- Reassurance Seeking and Obsessive-Compulsive Disorder: A Theoretical Review147–152
Özdemir E

Case Reports

- Improvement in the Neurocognitive Functions of Patients with Obsessive-Compulsive Disorder Treated with Cognitive Behavioral Therapy: A Case Report 153–158
Umut Kılınç S, Bayram Efe C, Tabakçı AS, Yıldırım M, Yıldırım E

- Can Therapeutic Intervention with the Help of Bibliotherapy be Useful for Test Anxiety in an Outpatient Clinic Setting?159–163
Tayşi B, Tarakçıoğlu MC

Erratum

- Therapeutic Efficacy of Video Feedback in Cognitive-Behavioral Psychotherapy of Social Anxiety Disorder 164
Eskiyurt R, Coşkun N, Öğütlü H, Türkçapar MH

Dear Readers,

As we present Volume 14, Issue 2 of the *Journal of Cognitive-Behavioral Psychotherapy and Research*, we celebrate not only the advancement of knowledge in our field but also the spirit of renewal and progress embodied by May 19—the Commemoration of Atatürk, Youth and Sports Day. This day, marking the genesis of Türkiye's independence movement, honors the vigor and vision of youth, values deeply resonant with the contributions of emerging researchers shaping the future of cognitive-behavioral therapy (CBT).

This issue showcases the dynamism of young scholars whose work reflects innovation and adaptability. For instance, Demir et al.'s adaptation of the *Satisfaction with Therapy and Therapist Scale-Revised* to the Turkish context exemplifies the cultural sensitivity crucial in global mental health. Similarly, Ertürk Özcan and colleagues' evaluation of telepsychology during the COVID-19 pandemic underscores the agility of young researchers in addressing contemporary challenges—mirroring the resilience celebrated on Youth Day.

The qualitative study by Küçükmane et al. on secondary traumatic stress among refugee professionals highlights empathy and social responsibility, while Eskiyeurt and team's exploration of video feedback for social anxiety disorder illustrates technological integration in therapy. Such studies align with Atatürk's vision of progress, blending tradition with modernity.

Youth and Sports Day also emphasizes teamwork and excellence, values evident in the collaborative efforts of authors like Erdoğan Yıldırım et al., who dissect cognitive flexibility's role in stress, and İlkay Ş and Yavuz, whose work on ACT fidelity strengthens methodological rigor. These contributions, alongside case reports on neurocognitive improvements in OCD (Umut Kılınç et al.), demonstrate the transformative potential of youth-driven inquiry.

As we honor May 19, we reaffirm our commitment to nurturing young talent. Their fresh perspectives and dedication are vital in expanding CBT's reach—whether through bibliotherapy for test anxiety (Tayşi et al.) or advancing cross-cultural reliability. Let us continue to champion their role in building an inclusive, evidence-based future, ever mindful of Atatürk's call to “look to the horizon with the clarity of science.”

To the next generation of researchers: Your curiosity and courage light the path forward. Keep striving, keep collaborating, and keep transforming lives.

Mehmet Hakan Türkçapar, MD, PhD

Editor-in-Chief

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