

# CBASP Repository: Rationale and Methodology

To date, there is no localized functional repository of literature dedicated to the Cognitive Behavioral Analysis System of Psychotherapy or CBASP. In an effort to correct this, we searched applicable databases, including PsycArticles, Psychology & Behavioral Sciences, PsycINFO, PubMed, and Google Scholar to collect the extant literature relating to CBASP. We used the search term “*CBASP*” or “*Cognitive Behavioral Analysis System of Psychotherapy*” in each database, returning 789 articles. We then organized each group of articles into four categories: 1. Treatment/Outcome studies; 2. Descriptive Literature, 3. Books/editorials/manuals; 4. and non-English contributions to the CBASP community.

After merging duplicates, disregarding not applicable texts, and cataloging the literature, a total of 89 articles were designated to Treatment/Outcome literature, 74 were designated to Descriptive Literature, 86 writings to books/editorials/manuals and 8 articles that were not English. Articles included are dated through to 12/31/2024. Treatment/outcome literature as well as descriptive literature spanned from 2000 through 2023, books/editorials/manuals spanned from 1995-2023, and non english articles were from 2008 through 2022.

During the organizational process, articles were characterized using the abstract and (if applicable) further reading into the method of the study. Treatment/outcome studies were determined to include randomization, clinical samples, CBASP-related meta/systemic analyses, and use of CBASP (independently or as a comparative treatment method). Descriptive literature included observational studies, case studies and proof of concept studies.

Books/editorial/manuals included books, book sections, handbooks, opinion pieces, correspondence/response papers, and therapeutic techniques/strategies. Articles that were not in English and could not be found in English were included to inspire translations of meaningful literature and for inclusivity for non english speaking scholars.