

Latest publications from the lab (since 2017)

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In press, accepted

1. Pittig, A., Hoyer, J., & Noack, R. (in press). Smart-glass guided exposure for anxiety disorders: A proof-of-concept study on usability, clinical feasibility, and their association. *Cognitive and Behavioral Practice*. Preprint: <https://psyarxiv.com/8x7v3/>
2. Pittig, A., Boschet, J. M., Glück, V. M., & Schneider, K. (in press). Elevated costly avoidance in anxiety disorders: Patients show little downregulation of acquired avoidance in face of competing rewards for approach. *Depression and Anxiety*, Advanced online publication. doi: [10.1002/da.23119](https://doi.org/10.1002/da.23119) (open access)
3. Kavcıoğlu, F. C., Bublatzky, F., Pittig, A., & Alpers, G. W. (in press). Instructed threat enhances threat perception in faces. *Emotion*. Advanced online publication. doi: [10.1037/emo0000708](https://doi.org/10.1037/emo0000708)
4. Wong, A. H. K., & Beckers, T. (in press). Trait anxiety is associated with reduced typicality asymmetry in fear generalization. *Behaviour Research and Therapy*. <https://doi.org/10.1016/j.brat.2021.103802>

2021

5. Pittig, A. & Wong, A. H. K. (2021). Incentive-based, instructed, and social observational extinction of avoidance: Fear-opposite actions and their influence on fear extinction. *Behaviour Research and Therapy*, 137, 103797. doi: [10.1016/j.brat.2020.103797](https://doi.org/10.1016/j.brat.2020.103797). Data and preprint at: <https://osf.io/7en2h/>

2020

6. Pittig, A., Wong, A. H. K., Glück, V. M., & Boschet, J. M. (2020). Avoidance and its bi-directional relationship with conditioned fear: Mechanisms, moderators, and clinical implications. *Behavior Research and Therapy*, 126, 103550. doi: [10.1016/j.brat.2020.103550](https://doi.org/10.1016/j.brat.2020.103550) (open access)
7. Pittig, A. & Scherbaum, S. (2020). Costly avoidance in anxious individuals: Elevated threat avoidance in anxious individuals under high, but not low competing rewards. *Journal of Behavior Therapy and Experimental Psychiatry*, 101524. doi: [10.1016/j.jbtep.2019.101524](https://doi.org/10.1016/j.jbtep.2019.101524)
8. Wong, A. H. K. & Pittig, A. (2020). Categorical fear generalization triggers costly avoidance. *Behaviour Research and Therapy*. 129, 103606. doi: [10.1016/j.brat.2020.103606](https://doi.org/10.1016/j.brat.2020.103606)
9. Zetzl, T., Renner, A., Pittig, A., Jentschke, E., Roch, C., & van Oorschot, B (2020). Yoga effectively reduces fatigue and symptoms of depression in patients with different types of cancer. *Supportive Care in Cancer*. doi: [10.1007/s00520-020-05794-2](https://doi.org/10.1007/s00520-020-05794-2)
10. Weiß, M., Rodrigues, Boschet, J. M., Pittig, A., Mussel, P. & Hewig, J. (2020). How depressive symptoms and fear of negative evaluation affect feedback evaluation in social decision-making. *Journal of Affective Disorders Reports*, 1, 100004. doi: [10.1016/j.jadr.2020.100004](https://doi.org/10.1016/j.jadr.2020.100004)
11. Wong, A. H. K., Glück, V. M., Boschet, J. M., & Engelke, P. (2020). Generalization of extinction with a generalization stimulus is determined by learnt threat beliefs. *Behaviour Research and Therapy*, 125, 103755. <https://doi.org/10.1016/j.brat.2020.103755>
12. Wong, A. H. K., & Lovibond, P. F. (2020). Breakfast or bakery? The role of categorical ambiguity in over-generalization of learned fear in trait anxiety. *Emotion*, Advance online publication. <https://doi.org/10.1037/emo0000739>
13. Wong, A. H. K., & Lovibond, P. F. (2020). Generalization of extinction of a generalization stimulus in fear learning. *Behaviour Research and Therapy*, 125, 103535. <https://doi.org/10.1016/j.brat.2019.103535>

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14. Pittig, A. (2019). Incentive-based extinction of safety behaviors: Positive outcomes competing with aversive events reduce safety behaviors and prevent protection from fear extinction. *Behavior Research and Therapy*, 121, 103463. doi: [10.1016/j.brat.2019.103463](https://doi.org/10.1016/j.brat.2019.103463) Data and preprint at: <https://osf.io/e7ghz/>
15. Pittig, A. & Dehler, J. (2019). Same fear responses, less avoidance: Rewards competing with aversive outcomes do not buffer fear acquisition, but attenuate avoidance to accelerate subsequent fear extinction. *Behavior Research and Therapy*, 112, 1-11. doi: [10.1016/j.brat.2018.11.003](https://doi.org/10.1016/j.brat.2018.11.003)

16. Pittig, A., Kotter, R., & Hoyer, J. (2019). The struggle of behavioral therapists with exposure: Self-reported practicability, negative beliefs, and therapist distress about exposure-based interventions. *Behavior Therapy*, 50, 353-366. doi: [10.1016/j.beth.2018.07.003](https://doi.org/10.1016/j.beth.2018.07.003)
17. Kotter, R., Kräplin, A., Pittig, A., & Bühringer, G. (2019). Gambling problems seldom come alone: Prevalence and temporal relationships of mental health problems in casino excluders. *International Gambling Studies*, 19, 339-416. doi: [10.1080/14459795.2019.1575451](https://doi.org/10.1080/14459795.2019.1575451)
18. Kotter, R., Kräplin, A., Pittig, A., & Bühringer, G. (2019). A systematic review of casino self-exclusion: The course of gambling and mental disorders. *Journal of Gambling Studies*, 35, 367-394. doi: [10.1007/s10899-018-9777-8](https://doi.org/10.1007/s10899-018-9777-8)
19. Rumin, E., Pittig, A., & Hoyer, J. (2019). Barrieren und Strategien bei der Anwendung expositionsbasierter Verfahren in der niedergelassenen Praxis. *Verhaltenstherapie & Psychosoziale Praxis*, 51, 55-60. [\[PDF\]](#)

2018

20. Pittig, A., Trenor, M., LeBeau, R., & Craske, M. G. (2018). The role of associative fear and avoidance learning in anxiety disorders: Gaps and directions for future research. *Neuroscience & Biobehavioral Reviews*, 88, 117-140. doi: [10.1016/j.neubiorev.2018.03.015](https://doi.org/10.1016/j.neubiorev.2018.03.015)
21. Pittig, A., Müller, B., Hengen, K., Bublatzky, F., & Alpers, G. W. (2018). Social and monetary incentives counteract fear-driven avoidance: Evidence from approach-avoidance decisions. *Journal of Behavior Therapy and Experimental Psychiatry*, 60, 69–77. doi: [10.1016/j.jbtep.2018.04.002](https://doi.org/10.1016/j.jbtep.2018.04.002)
22. Wong, A. H. K., & Lovibond, P. F. (2018). Excessive generalisation of conditioned fear in trait anxious individuals under ambiguity. *Behaviour Research and Therapy*, 107, 53-63. <https://doi.org/10.1016/j.brat.2018.05.012>

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23. Pittig, A. & Hoyer, J. (2017). Exposition aus Sicht niedergelassener Verhaltenstherapeutinnen und Verhaltenstherapeuten: Anwendung und systemische Barrieren. *Zeitschrift für Klinische Psychologie und Psychotherapie*, 46, 223-235. doi: [10.1026/1616-3443/a000441](https://doi.org/10.1026/1616-3443/a000441)
24. *Bublatzky, F., Alpers, G. W., & *Pittig, A. (2017). From avoidance to approach: The influence of threat-of-shock on reward-based decision making. *Behavior Research and Therapy*, 96, 47-56. doi: [10.1016/j.brat.2017.01.003](https://doi.org/10.1016/j.brat.2017.01.003) *contributed equally
25. *Heinig, I., *Pittig, A., Richter, J., Hummel, K., Alt, I., Dickhöver, K., ... & Wittchen, H.-U. (2017). Optimising exposure-based CBT for anxiety disorders via enhanced extinction: Design and methods of a multicentre randomised clinical trial. *International Journal of Methods in Psychiatric Research*, 2017, e1560. doi: [10.1002/mpr.1560](https://doi.org/10.1002/mpr.1560) * shared first authorship.
26. Richter, J., Pittig, A., Holland, M., & Lüken, U. (2017). Bridging the gaps between basic science and cognitive-behavioral treatments for anxiety disorders in routine care: Current status and future demands. *Zeitschrift für Psychologie [Journal of Psychology]*, 225, 252-267. doi: [10.1027/2151-2604/a000309](https://doi.org/10.1027/2151-2604/a000309)
27. Bublatzky, F., Pittig, A., Schupp, H. T., & Alpers, G. W. (2017). Face-to-face: Visual attention to emotional facial expressions depend on face orientation. *Social Cognitive and Affective Neuroscience*, 12, 811–822. doi: [10.1093/scan/nsx001](https://doi.org/10.1093/scan/nsx001)
28. Hoyer, J., Colic, J., Pittig, A., Crawcour, S., Moeser, M., Ginzburg, D., Lin, J., Wiltink, J., Leibling, E., & Stangier, U. (2017). Manualized cognitive therapy versus cognitive-behavioral treatment-as-usual for social anxiety disorder in routine practice: A cluster-randomized controlled trial. *Behavior Research and Therapy*, 95, 87–98. doi: [10.1016/j.brat.2017.05.012](https://doi.org/10.1016/j.brat.2017.05.012)
29. Lonsdorf, T., Menz, M., Andreatta, M., Fullana, M., Golkar, A., Haaker, J. ..., Pittig, A., ..., & Merz, C. J. (2017). Don't fear 'fear conditioning': Methodological considerations for the design and analysis of studies on human fear acquisition, extinction, and return of fear. *Neuroscience & Biobehavioral Reviews*, 77, 247-285. doi: [10.1016/j.neubiorev.2017.02.026](https://doi.org/10.1016/j.neubiorev.2017.02.026)
30. Mesri, B., Niles, A., Pittig, A., LeBeau, R., Haik, E., & Craske, M. G. (2017). Public speaking avoidance as a treatment moderator for social anxiety disorder. *Journal of Behavior Therapy and Experimental Psychiatry*, 55, 66-72. doi: [10.1016/j.jbtep.2016.11.010](https://doi.org/10.1016/j.jbtep.2016.11.010)
31. Wong, A. H. K., & Lovibond, P. F. (2017). Rule-based generalisation in single-cue and differential fear conditioning in humans. *Biological Psychology* 129, 111-120. <https://doi.org/10.1016/j.biopsycho.2017.08.056>

