

# Single-Session Online Imagery Rescripting for

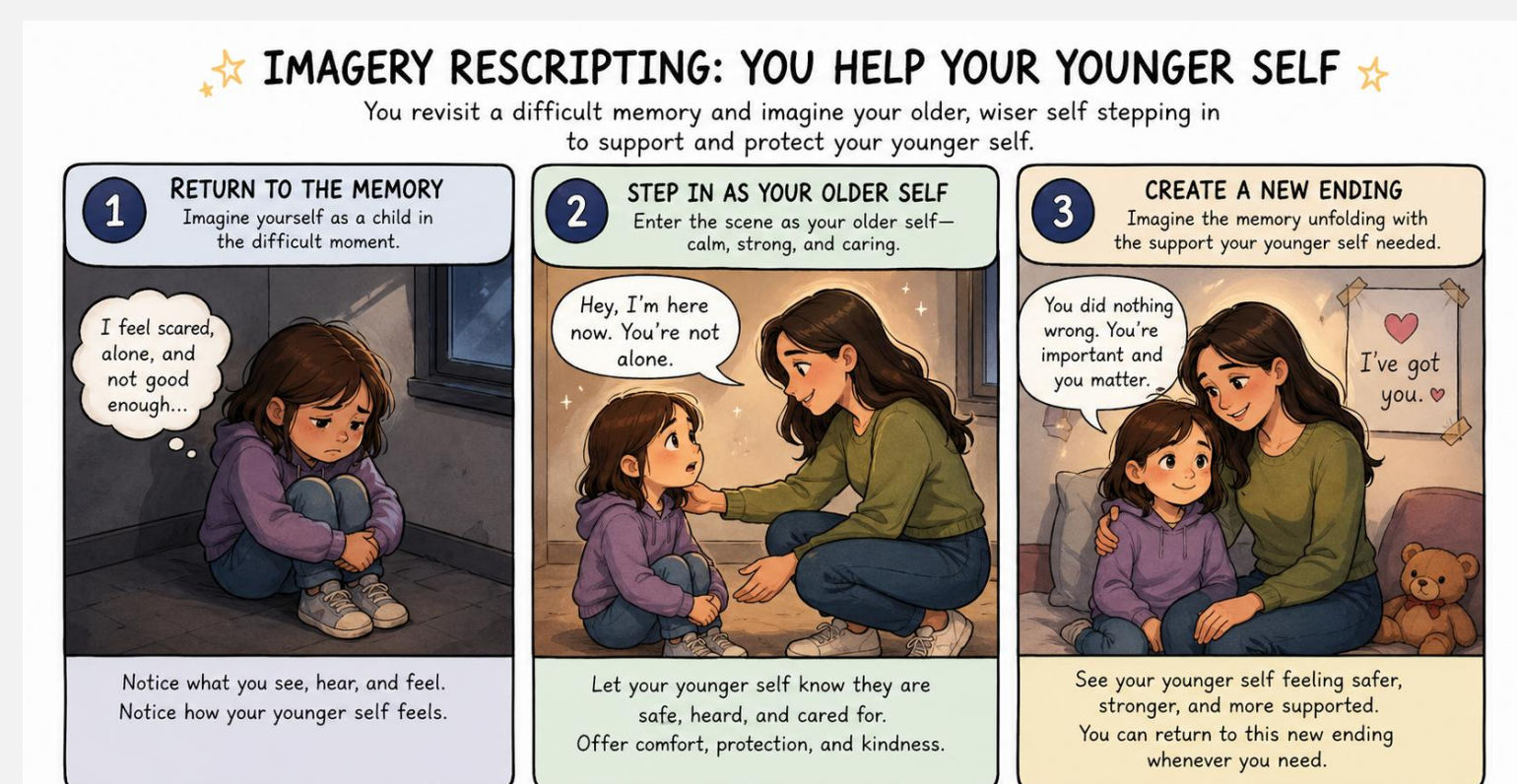
# Transdiagnostic Anxiety: Immediate and One-Year Outcomes

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## INTRODUCTION

- Imagery rescripting is a highly effective intervention, yet its mechanisms are poorly understood.
- Traditionally delivered in therapist-guided formats, limiting its dissemination and scalability.
- Although considered transdiagnostic, research has focused on disorder-specific symptoms.
- Previous research examined only short-term effects.



## METHODS

### Randomized Control Trial: Intervening Agent



#### SELF

- ✓ Increase self-efficacy
- ✓ Practicing self-compassion
- ✓ Acknowledges change across life

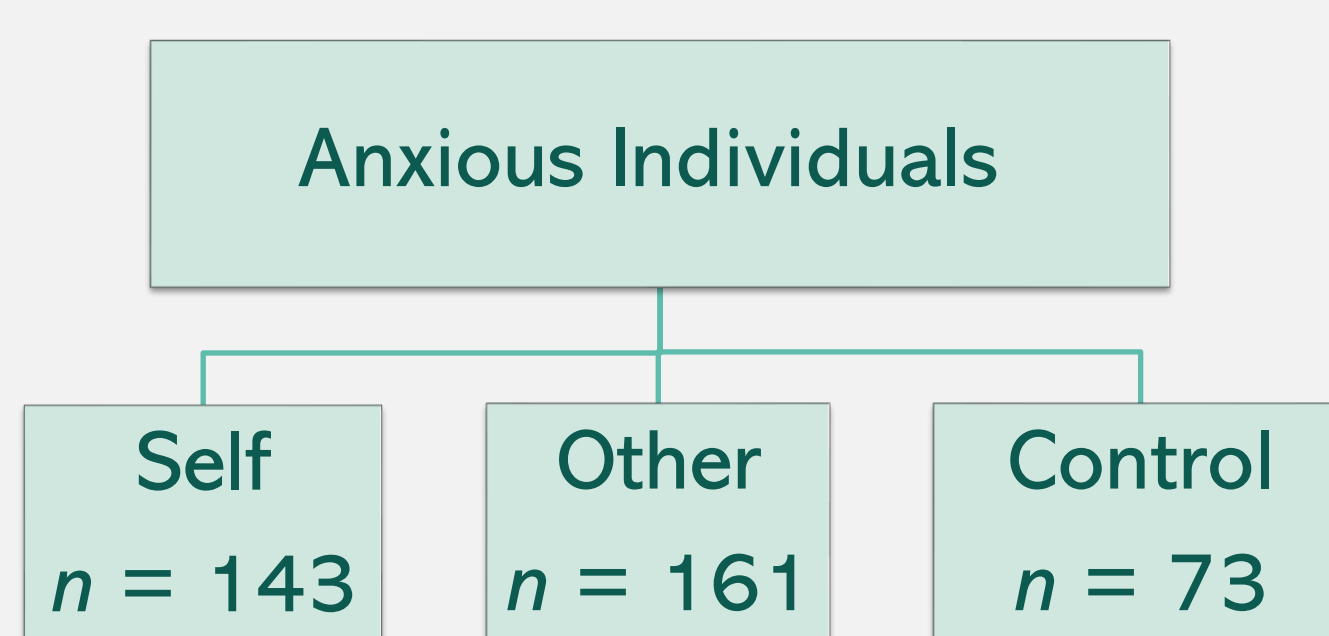


#### OTHER

- ✓ Increases psychological distance
- ✓ Facilitates interpersonal emotion regulation
- ✓ Enhance intervention ability

#### Measurement (OASIS):

- Pre (1-day)
- Post (1-day)
- Follow up (1-week)
- **Follow up (1-year)**



## HYPOTHESES

### Self-Guided intervention

- Transdiagnostic anxiety would decrease in both IR conditions, compared to the control.

### 1-Year FU

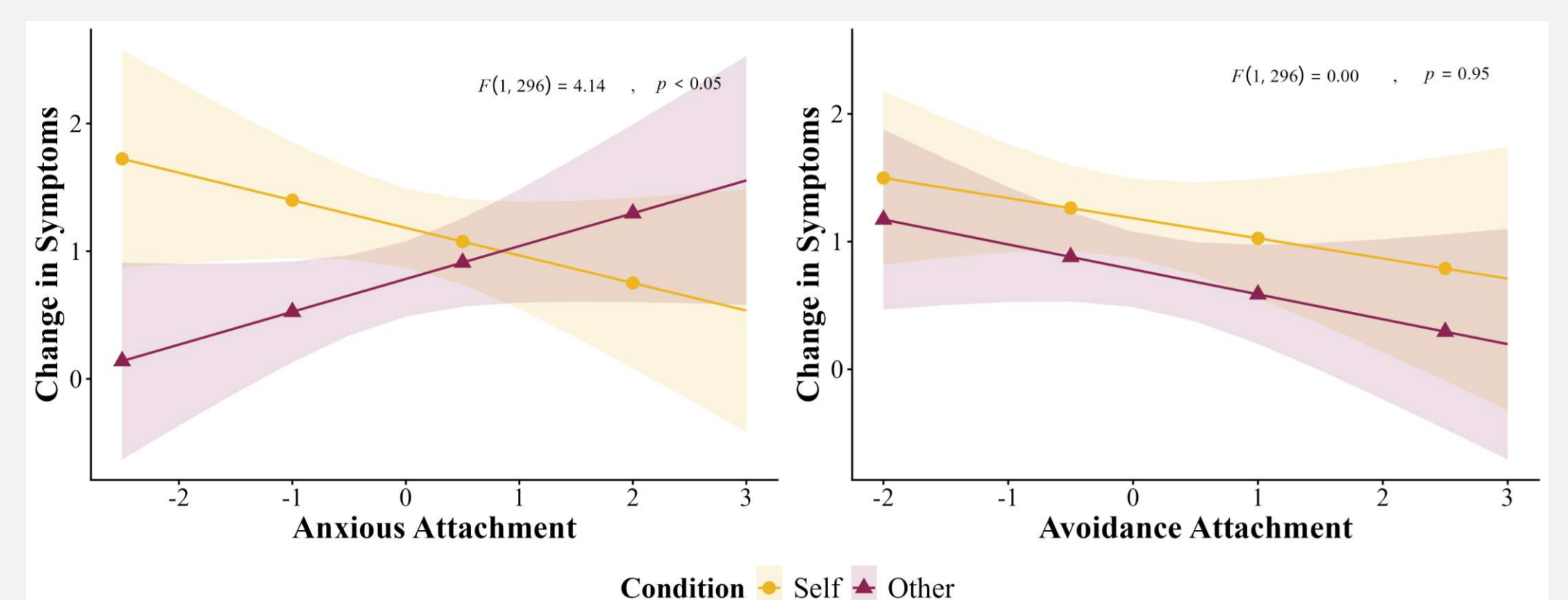
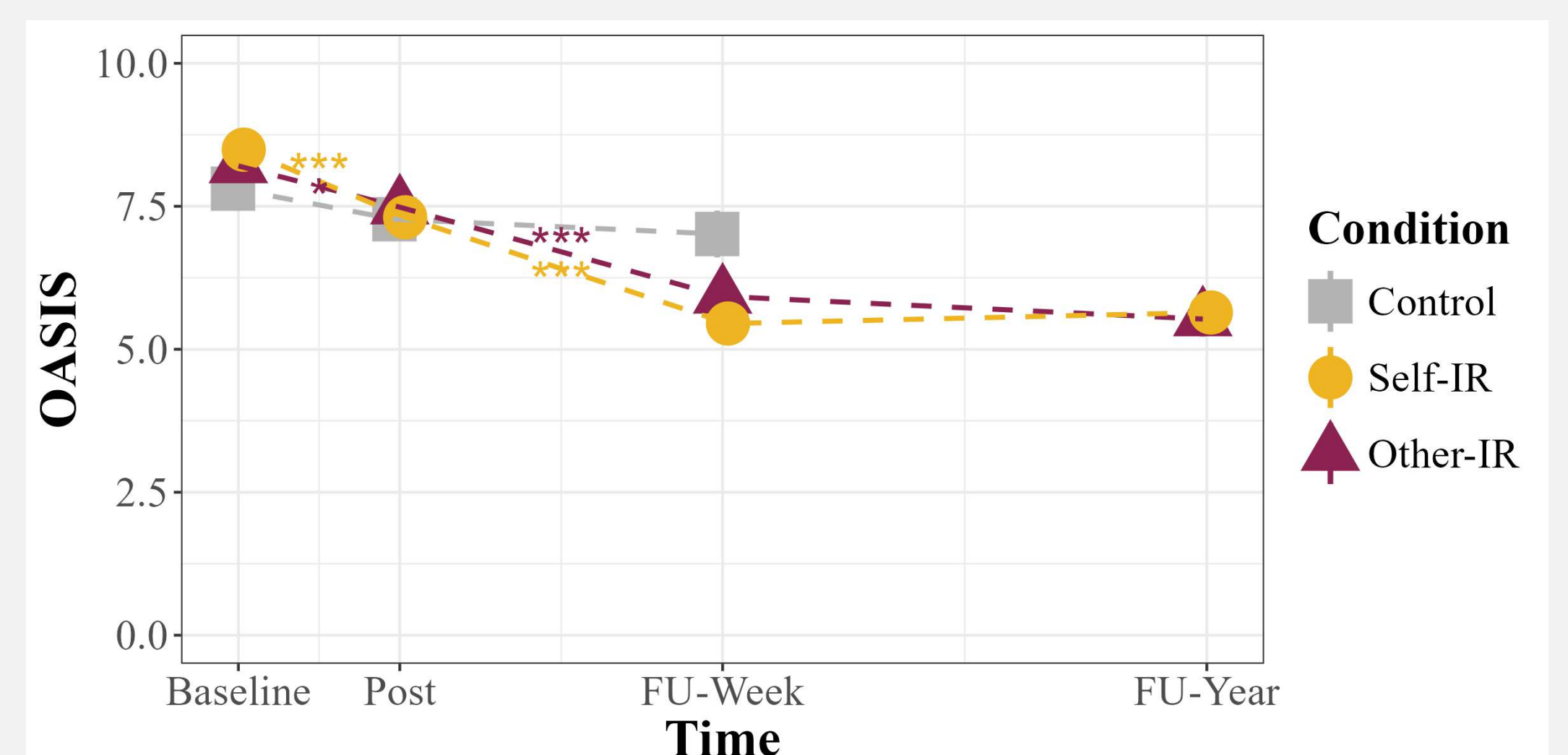
- Symptom improvement would be maintained in the long-term assessment.

### Intervening Agent

- Attachment styles will moderate the intervening agent effects.

## RESULTS

- Transdiagnostic anxiety improved following a single-session, self-guided, online imagery rescripting in both active conditions, but not in the control condition.
- The improvement was maintained at 1-year follow-up.
- Attachment styles moderate intervening agent: more anxiously attached benefit more from using a supportive other, and less from using their current self.



## DISCUSSION

- Single-session, self-administered online IR intervention produces clinically meaningful reductions in transdiagnostic anxiety.
- Gains in symptom improvement sustained through one-year follow-up.
- Both self- and other-IR appear equally viable delivery formats.
- Anxious attachment style may benefit more from using a supportive other, highlighting the need for tailoring imagery rescripting to individual attachment patterns.
- Future research may optimize imagery rescripting by examining self-compassion and self-efficacy as moderators.

## REFERENCES

1. Arntz, A., & Weertman, A. (1999). Treatment of childhood memories: Theory and practice. *Behaviour Research and Therapy*, 37(8), 715-740
2. Bowlby, John. (1982). Attachment and loss: Retrospect and Prospect. *American Journal of Orthopsychiatry*, 52(4), 664-678.

## CONTACT INFORMATION



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