

Index

- Addiction, iatrogenic, secondary to pain, 174
- Adolescent obesity, 103–105
- Adrenergic defect in asthma, 8
- Advertising
 - effect on eating habits, 58–60
 - food related, 50–52
- Alcoholics Anonymous, 74–75
- Anorexia, simple, 44
- Anorexia nervosa, 129–140
 - assertiveness training in treatment of, 134
 - contingency contract in treatment of, 133–134
 - counting bites in treatment of, 133
 - demography of, 130
 - diagnostic criteria for, 130–131
 - endocrinology of, 130
 - family and couples therapy for, 134
 - information feedback in treatment of, 132
 - meal size in treatment of, 132
 - outpatient treatment of, 135–140
 - reinforcement in treatment of, 131
 - relaxation in treatment of, 134
 - therapeutic milieu for, 134–135
 - treatments for, 131
- Antidepressant medication, use for pain patients, 200
- Anxiety reduction to treat obesity, 79–80
- Assertiveness training
 - for anorexia nervosa, 134
 - for skin disorders, 268
 - for temporomandibular joint pain, 250–251
- Asthma, 1, 3–38
 - adrenergic defect in, 8
 - anxiety mediated type, 14
 - behavior therapy for, 12–29
 - biofeedback training for, 10, 19–21
 - classical conditioning in, 9
 - conditioned emotional reactions in, 25–26
 - conditioned fear responses in, 25–26
 - demography of, 5–7
 - emotional concomitants of, 35–36
 - etiology of, 5–12
 - experimental limitations, 30–31
 - hypnotic treatment of, 7–8
 - methodologic problems in the study of, 30–34
 - operant conditioning of, 9–10
 - panic, 2, 31–36
 - measurement of, 36–37
 - personality in, 7–8
 - precipitants of attacks, 7–8
 - prevalence of, 5
 - psychosocial correlates of, 10–12
 - pulmonary hypersensitivity in, 10–11
 - relaxation treatment for, 15–22
 - systematic desensitization for, 12–15
 - vagotonic influences, 8
- Asthma-related behaviors, treatment of, 25–26
- Asthmatic children
 - positive reinforcement for, 23–24
 - rehabilitation of, 29
- Autogenic treatment of migraine syndrome, 220
- Aversion therapy for obesity, 75–77
- Aversive conditioning
 - for ruminative vomiting, 160
 - for skin disorders, 267–268
- Avoidance conditioning for bruxism, 252–253

- Avoidance responses in asthmatics, 28–29
 Awareness training for nail biting, 278
- Behavior, macro-analysis of, 49**
- Behavior therapy**
 for asthma, 12–29
 for encopresis, 150–154
- Behavioral explanation of obesity, 68–69**
- Behavioral packages, ingredients of, 69**
- Behavioral restructuring for obesity, 80–83**
- Biotherapy, 84–85**
- Biofeedback**
 for asthma, 10, 19–21
 for encopresis, 154
 for fecal incontinence, 164
 for functional diarrhea, 163–164
 of gastric secretions, 165
 for migraine syndrome, 220–226
 for temporomandibular joint pain, 246–250
 for tension headaches, 235–236
- Blushing**
 See symptomatic erythema
- Body image in anorexia nervosa, 134**
- Body size, determinants of, 42–43**
- Bronchial asthma**
 See asthma
- Bronchospasm, in asthma, 4, 8–9**
- Bruxcore. 252**
- Bruxism**
 avoidance conditioning for, 252–253
 definition of, 251
 massed practice for, 251–252
 nocturnal, 245–246
 stress reduction for, 252
 treatment of, 251–253
- Bulimia subsequent to the treatment of anorexia nervosa, 138**
- Child Nutrition Act, 58**
- Chronic pain, 167, 191–192**
 information feedback for the treatment of, 183–184
- Classical conditioning**
 in asthma, 9
 in obesity, 75
- Cognitive control of tension headaches, 224–226, 237–238**
- Cognitive factors in migraine syndrome, 219–220**
- Cognitive restructuring for obesity treatment, 82–83**
- Cognitive variables in pain patients, 169**
- Colonic motility, effect of stress on, 163**
- Compliance to treatment recommendations, 194–195**
- Compulsive eating, punishment for, 76**
- Conditioned asthma, 9**
- Conditioned emotional reactions in asthma, 25–26, 35–36**
- Conditioned fear response in asthmatics, 12, 25–26**
- Conditioning influences in asthma, 8–9**
- Consequent conditions to migraine syndrome, 218–219**
- Constipation, chronic, 146**
- Consultation-liaison psychiatry, 191**
- Contingency contracting**
 for anorexia nervosa, 133–134
 for pain patients, 177–178, 201–203
- Contingent social reinforcement in hysterical vomiting, 161**
- Coping strategies in migraine patients, 219–220**
- Cost-effectiveness of obesity treatment programs, 88–89**
- Costen's syndrome**
 See temporomandibular joint pain
- Covert sensitization**
 for obesity, 77–78
 as a placebo effect, 78–79
- Cue elimination for obesity, 69–70**
- Cuticle biting, 277–281**
- Data collection in pain patients, 196–197**
- Defecation, physiology of, 147**
- Dentistry, 241–255**
- Dermatitis**
 atopic, 266
 sebhorreac, 266
- Dermatoses, 264–269**
- Detoxification, use in pain patients, 200**
- Diarrhea, functional, 162–164**
 use of biofeedback for, 163–164
- Diet education, community, 56–57**
- Dietary behavior, change of, 57**
- Dietary composition, effect on health, 48–49**
- Dietary goals, national, 55**
- Eating behavior of children, 43–44**
- Eating diaries in obesity, 69**
- Eating habits**
 acquisition of, 49–50
 modeling of, 50

- Eating patterns in children, 100–101
- Eating rate
 in obese children, 96–97
 in obese subjects, 95
- Eating skills, need for, 104–105
- Eating styles
 in children, 95–101
 in neonates, 99–100
- Eczema, 265–266
- EMG biofeedback for migraine syndrome, 220–221
- EMG, frontalis, in tension headaches, 230–233
- EMG level and tension headaches, 230–233
- Encopresis, 145–155
 assessment of, 148–149
 behavior-conditioning treatment, 150–154
 biofeedback in, 154
 etiology, 146–147
 incidence, 146–147
 psychotherapy for, 148
 punishment of, 152
 role of fear in symptoms, 148–149
 types of, 145–146
 use of psychotherapy for, 150
- Endocrinology of anorexia nervosa, 130
- Enemas, use in encopretic patients, 149–150
- Evaluation of pain patients, 175–178
- Exercise for obesity treatment, 82
- Extinction, use in asthmatic children, 25–26
- Family therapy for anorexia nervosa, 134
- Fat metabolism, 42–43
- Fecal incontinence, 145–146
 biofeedback treatment of, 164
- Federal policy and food consumption patterns, 60
- Feedback, cephalic vasomotor in migraine syndrome, 222–224
- Fitness goals, need for, 61
- Food consumption, effects of legislation on, 58–59
- Food consumption patterns, societal, 50–51
- Food labeling, 57–58
- Gastric motility, effect of stress on, 162–163
- Gastric secretions, biofeedback of, 165
- Gastrointestinal system, 41–45
 disorders of, 159–165
- Habit reversal for nail biting, 279–280
- Headache
 cluster, 208
 hemiplegic, 208
 incidence, 229
 migraine, 207–226
 ophthalmoplegic, 208
 pain report in, 229
 pain, stimulus control variables in, 234–235
 questionnaire, 213–215
 relaxation exercises for, 235–236
 tension
 assessment of, 230–235
 cognitive control of, 237–238
 physiology of, 229–232
 treatment of, 235–238
- Health problems associated with obesity, 67
- Hirschprung's disease, 149, 154
- Hyperalgesia, secondary to the use of pain medication, 174
- Hyperhidrosis, 266–269
- Hypnotic treatment for asthma, 7–8
- Induced anxiety in the treatment of obesity, 79–80
- Information feedback
 for anorexia nervosa patients, 132–133
 for chronic pain patients, 183–184
 for nail biting, 278–279
 for pain patient treatment, 177
- Intrinsic asthma, 6
- Irritable bowel
 biofeedback treatment for, 163
 syndrome, 162–164
 systematic desensitization for, 163
- Irritants, airborne in asthma, 8
- Laxatives, use in encopretic patients, 149–150
- Lemon juice, use for chronic ruminative vomiting, 160–161
- Lifestyle, effect of obesity on, 104–105
- Limbic system in asthma, 4
- Lung function, positive reinforcement of, 23–24
- Maintenance
 of nail biting cessation, 281
 of obesity treatment losses, 86
- Meal size variation, effect in anorexia nervosa patients, 132
- Medication cost as a measure of treatment efficacy in pain patients, 200
- Migraine

- headaches, clinical symptomatology, 207–208
- hormonal states during, 217–218
- patients
- coping strategies in, 219–220
 - lack of cognitive coping skills in, 210–211
- syndrome, 208
- antecedent conditions in, 217–218
 - assessment of, 211–215
 - behavioral and cognitive factors in, 219–220
 - cephalic vasomotor feedback in, 222–224
 - changes of pain threshold in, 219
 - consequent conditions, 218–219
 - coping skills in, 224
 - differential diagnosis of, 211–215
 - finger skin temperature, 215–216
 - pathophysiology, 208–209
 - physiological assessment, 215–216
 - self management in, 224–226
 - skin temperature feedback in, 220–222
 - stress as an antecedent, 217–218
 - theoretical perspectives, 209–210
 - treated by biofeedback, 220–226
 - treated by cognitive techniques, 224–226
 - treated by relaxation, 220–226
- Wolff's hypotheses, 209–210
- Modeling**
- of eating habits, 50
 - effect on pain report, 169–170
 - as a treatment for chronic pain, 177
- Monetary reinforcement for weight loss, 71
- Motivation of pain patients for treatment, 178
- Multiple baseline experimental design, 116–117
- Muscular hyperactivity in temporomandibular joint disorder, 245–246
- Myofascial pain dysfunction, 241–251
- Myricism
- See* vomiting, chronic ruminative
- Nail biting, 277–281
- awareness training for, 278
 - etiology of, 277–278
 - habit reversal for, 279–280
- Nausea
- conditioned, 161–162
 - functional, 161–162
- Negative reinforcement
- use in asthmatic patients, 27–30
 - in skin disorders, 263–264
- Neonatal eating styles, 99–100
- Neurodermatitis, 264–269
- Scale, 264–265
- Noxious odors in the treatment of obesity, 76–77
- Nutrition education
- programs, 55–57
 - sources of, 52
- Nutritional information and obesity, 81
- Obese children, eating style of, 96–97
- Obesity, 41–43**
- adolescent treatment program for, 111–124
 - anxiety reduction in the treatment of, 79–80
 - associated problems, 67
 - aversion therapy for, 75–76
 - behavioral packages for, 69
 - behavioral restructuring in, 80–83
 - behavioral strategies for the treatment of, 105–106
 - childhood, prevalence of, 47–48, 103–105
 - in children, reinforcement treatment for, 104–105
 - cognitive restructuring in the treatment of, 82–83
 - diet and exercise training for, 54
 - eating rate in overweight subjects, 95
 - economic costs, 48–49
 - exercise as a treatment for, 82
 - family involvement in the treatment of, 111–114
 - incidence of, 47–48
 - induced anxiety in the treatment of, 79–80
 - inpatient treatment of with reinforcement, 71–72
 - limitations of behavioral treatment, 106–107
 - medical complications of, 104
 - operant treatments for, 106–107
 - outcome of behavioral therapy for, 69
 - parent involvement in the treatment of, 121–122
 - psychological effects of, 48, 103
 - punishment treatment of, 76
 - reciprocal model for, 107–111
 - relation to health, 47–48
 - research methodology, 68
 - use of self control procedures in, 70–71
 - self management for, 106–107
 - self monitoring in, 80–81
 - self reward and punishment for, 73–74
 - skills acquisition for, 109–111
 - temptation training in, 81–82
 - treatment

- by classical conditioning, 75
- cost-effectiveness, 88–89
- with covert sensitization, 77–78
- follow-up strategies, 85–86
- program length, 85
- programs, subject characteristics, 86–87
- social reinforcement of, 74–75
- therapist characteristics, 83–84
- value of charting, 81
- value of therapist contact, 84–85
- value of nutritional information, 82
- Occlusal splint for temporomandibular joint pain, 242–243
- Operant behavior and migraine syndrome, 218–219
- Operant characteristics of headache pain, 234–235
- Operant conditioning
 - in asthma, 9–10
 - use in pain patients, 174–175
- Operant treatments for obesity, 106–107
- Outcome evaluation, pain treatment programs, 186–187
- Pain
 - acute, 172–173
 - behavior, definition, 178
 - behavior modification for, 174–185
 - chronic, 171–173, 191–192
 - and emotional discomfort, 173
 - cost of, 171
 - etiology of, 173–174
 - cocktail, 180–181
 - cognitive variables in, 169
 - diary, 168
 - effects of relaxation on, 169
 - use of electrical stimulators, 187–188
 - environmental operants for, 172
 - Evaluation Data System, 196–197
 - headache, 229–230
 - as an operant behavior, 234–235
 - inpatient treatment of, 181–183
 - myofascial, 241–251
 - as an operant in headaches, 230
 - patient referral, reasons for, 192–193
 - patients
 - chemical dependency in, 178
 - evaluation of, 175–178
 - motivation of, 178
 - use of positive reinforcement for, 177–178
 - psychogenic, 191–192
 - report
 - in headache disorders, 229
 - in tension headaches, 235
 - reports, effect of modeling on, 169–170
 - role of physician in treatment of, 181–182
 - temporomandibular joint, 241–251
 - threshold, changes in migraine syndrome, 219
 - treatment program contract, 178–179
- Pain-related behaviors, 167–168
- Parental involvement in the treatment of obesity, 121–122
- Peptic ulcer disease, 164–165
- Personality
 - in asthma, 7
 - pattern in temporomandibular joint patients, 244–245
- Phobia, toilet, 148, 152
- Physical activity
 - incentives for, 62
 - macro-environmental analysis of, 52–54
- Physical education, need for employer sponsored, 61–62
- Physical therapist, role in the treatment of chronic pain, 182–183
- Physician, role in the treatment of chronic pain, 181–182
- Positive reinforcement
 - for asthmatic children, 23–24
 - of lung function, 23–24
 - for pain patients, 177–178
- Program length in obesity treatment, 85
- Psoriasis, 266
 - behavioral treatment of, 268–269
- Psychiatric consultation-liaison, 191, 195–196
- Psychogenic megacolon, 145
- Psychological consequences of obesity, 103
- Psychological stimuli in asthma, 6–7
- Psychosocial correlates of asthma, 11–12
- Psychosomatic medicine, 1, 3–4
- Psychotherapy for encopresis, 150
- Pulmonary function and relaxation, 17–21
- Pulmonary hypersensitivity, 10–11
- Punishment treatment
 - for nail biting, 280
 - for obesity, 76
- Punishment, use in asthmatic children, 27–30
- Reinforcement
 - for anorexia nervosa, 131
 - contingent, in obesity, 71–75

- for nail biting cessation, 280
- negative effects of in obesity treatment, 73
- positive and negative for migraine symptoms, 219
- therapist versus client control, 72–73
- Relaxation
 - for anorexia nervosa, 134
 - for asthma, 14–22, 32–33
 - danger of in asthmatic patients, 33–34
 - effects on pain, 169
 - for skin disorders, 267–268
 - for tension headaches, 235–237
 - as a treatment for migraine syndrome, 220–226
- Response cost for training asthmatics, 26–27
- Satiation, use in asthmatic children, 24
- School programs, focus of, 62
- Scotoma in migraine headaches, 207
- Self concept in children, effects of obesity on, 101
- Self control procedures for obesity treatment, 70–71
- Self management
 - for migraine syndrome, 225–226
 - for obesity, 80–81, 106–107
- Self monitoring for trichotillomania, 272–273
- Self reinforcement and punishment in obesity treatment, 73–74
- Self report in asthma patients, 33
- Shaping
 - for nail biting cessation, 280
 - for the treatment of chronic pain, 177
- Skills acquisition in the treatment of obesity, 109–111
- Skin disorders, 261–273
 - assertiveness training for, 268
 - aversive conditioning for, 267–268
 - negative reinforcement in, 263–264
 - operant conditioning for, 267–268
 - psychodynamic interpretation of, 265
 - psychopharmacological treatments, 266–268
 - relaxation for, 267–268
 - self control for, 267–269
- Skin temperature feedback in migraine syndrome, 220–222
- Social reinforcement in obesity treatment, 74–75
- Spastic colon, 162
- Spielberger trait anxiety questionnaire, use in asthma research, 16–17
- Stanford Adolescent Obesity Project, 111–124
- Stanford Three Community Study, 56–57
- State anxiety and asthma, 16
- Status asthmaticus, 12
- Stimulus control
 - techniques for obesity, 71
 - variables in headache pain, 234–235
- Stress
 - as an antecedent to migraine syndrome, 217–218
 - reduction for bruxism, 252
- Subject characteristics in obesity treatment, 87–88
- Sugar, advertising for, 52
- Symptomatic erythema, 269
- Systematic desensitization
 - for asthma, 12–15
 - effects on lung function, 14–15
 - for irritable bowel syndrome, 163
- Television, effect on eating patterns, 50–51
- Temporomandibular joint disorder
 - epidemiology of, 242–243
 - etiology of, 243–247
 - muscular activity in, 245–246
- Temporomandibular joint pain, 241–251
 - assertiveness training for, 250–251
 - biofeedback for, 246–250
 - intraoral discrimination training, 250–251
- Temporomandibular joint patients, personality of, 244–245
- Temptation training for obesity, 81–82
- Tension headaches
 - biofeedback as a treatment for, 235–236
 - relaxation in, 237
- Therapeutic casualties among anorexics, 140
- Therapeutic milieu in the treatment of anorexia nervosa, 134–135
- Therapist characteristics in obesity treatment programs, 83–84
- Therapist contact for obesity treatment, 84–85
- Time out for excess hospital use by asthmatics, 26
- Toileting behaviors in encopretics, 151
- TOPS, 74–75, 83–84
- Treatment generalization for pain patients, 184–185
- Trichotillomania, 269–273
 - behavioral treatment for, 270–272
 - hypnosis for, 271–272
 - self monitoring for, 272

- Vagotonic disorder and asthma, 8
- Vending machines, effect on food consumption, 58-59
- Videotape feedback for anorexia nervosa patients, 134
- Vomiting
 - chronic ruminative in children, 159-161
 - classically conditioned, 161-162
 - compulsive in anorexics, 138
 - conditioned, 161
 - hysterical, 161-162
 - infantile ruminative, 160-161
- Weight, correlation of infant and adult, 103-104
- Weight loss, charting of, 81
- Weight Watchers, 74-75
- Workman's compensation, use by pain patients, 171-172