Therapy competence in delivering a brief cognitive behavioural therapy intervention to reduce maternal anxiety associated with child food allergy

Bea Vickers 1, Robert J Boyle 2,3 , Thisanayagam Umasunthar 2,3, Jared G Smith 4, Matthew Hodes 5 6

1 South West London and St Georges’ Mental Health NHS Trust, Springfield Hospital, UK

2 Department of Paediatrics, Imperial College London, UK

3 NIHR Imperial Biomedical Research Centre, **St Mary's Hospital,** UK

4 Population Health Research Institute, St George’s University of London, UK

5 Centre for Psychiatry, Imperial College London, UK

6 CNWL NHS Foundation Trust, UK

Short title: Therapy Competence in CBT for Maternal Anxiety and Child Food Allergy

Author for correspondence:

Dr Matthew Hodes, Centre for Psychiatry, Imperial College London,

7th Floor Commonwealth Building, Du Cane Road,

London W12 ONN, UK.

Email: m.hodes@imperial.ac.uk

Tel: 44(0)20 8383 4161 Fax: 44(0)208 383 4160

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