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](mailto:m.hodes@imperial.ac.uk)

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

Financial Support

The study was funded by Lincoln Medical and the National Institute for Health Research Comprehensive Research Network. The authors were supported by the National Institute for Health Research (NIHR) Imperial Biomedical Research Centre.