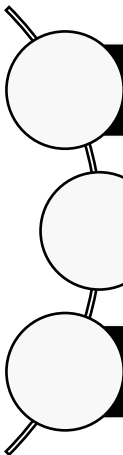


Highlight 2.3.
Key Learning Points

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- Cognitive models emphasize the role of thoughts, appraisal and beliefs in the development and maintenance mental health issues.
 - Treatment based on cognitive models focuses on changing dysfunctional beliefs and appraisals.
 - Cognitive models were successfully applied to many mental health conditions in a short amount of time, except for OCD.

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