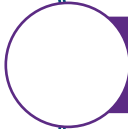


Highlight 2.3

Key Learning Points



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.