

Table 9*. Behavioral Techniques in Primary Care^{59,113}

Expert
opinions 4

Relaxation techniques: to achieve a state of hypoactivation that counteracts and helps control anxiety

- Training in progressive relaxation
- Training in breathing control

Exposure techniques: exposure to stimuli that cause anxiety, in order to predict and reduce adaptive responses

- Systematic desensitization
- Gradual exposure in vivo

Self-control techniques: these teach the patient the principles that govern the undesired behavior

- Self-observation
- Self-reinforcement or self-punishment
- Control of stimuli

Training in social skills: after analyzing the problem behavior and retraining it.

*Modified García-Vera in Vázquez-Barquero⁵⁹.