



To Whom it may Concern

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Dear Sir, Madam,

By developing the FRIENDS protocol (for resilience and anxiety prevention in children and youngsters) professor Paula Barrett -as a psychologist- has had a substantial impact on the cognitive behavioural treatment and prevention of anxiety and depression in children and adolescents for child psychiatrists and psychologists in the Netherlands.

In a Dutch multicentered randomized controlled clinical trial the FRIENDS protocol appeared to be efficacious and has been validated in a large sample of anxiety disordered children (Liber et al., J Child Psychol Psychiatry. 2008). FRIENDS for LIFE (Dutch version 2006) is now being used on an increasingly large national scale in elementarily and secondary schools in the Netherlands (including pupils from different ethnic minorities).

Considering the above, in addition to all other international achievements of professor Paula Barrett, we are of the opinion that by developing FRIENDS, she has made significant contribution to the field.

Yours Sincerely,

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