George W. Bush’s administration was hailed for acquiring "The Builders," by African-American artist Jacob Lawrence, though some criticized the move because the painting depicts black men doing menial labor. A spokeswoman for William

2001, president.

Adler Galleries in New York sell high-end antiques and classical paintings, said Mr. Trump likely will try to set a presidential tone now by displaying works that "make him look regal and strong, something with eagles or worthy heroes like Benjamin Franklin or"

PHYSICIANS Fine-Tune Talk Therapy

HEALTH

BY ANDREA PETERSEN

NEW TWEAKS are improving the age-old practice of talk therapy. Doing therapy in the morning, taking a nap afterward or adding a medication that enhances learning, are just a few of the methods scientists are investigating to make cognitive behavioral therapy work better.

CBT, which involves changing dysfunctional patterns of thoughts and behaviors, is one of the most effective treatments for anxiety disorders, depression and eating disorders.

But about a quarter to half of people with depression and anxiety don’t get significant relief after a course of CBT, which usually consists of about 12 to 16 weekly sessions. Anywhere from 15% to 30% of people who begin it don’t finish, says David H. Barlow, founder of the Center for Anxiety and Related Disorders at Boston University. "There’s still plenty of room for improvement," he says.

A study published in September in the journal Psychosomatic Medicine involved 24 patients with anxiety disorders found that therapy appointments earlier in the day were more effective than those later in the day.

In the study, subjects—who all had panic disorder with agoraphobia (fear of situations where escape may be difficult)—were treated with exposure therapy, a common component of CBT: They repeatedly confronted situations they feared, such as being in elevators or crowds. Subjects with sessions early in the day reported less severe anxiety symptoms at their next session than those who had sessions later in the day.

The researchers found that higher levels of the stress hormone cortisol that naturally occur in the mornings were responsible for at least part of the benefit of the earlier sessions. "Acute boosts of cortisol can actually facilitate learning," says Alicia E. Meuret, associate professor of psychology at Brown University.

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Benefits of Distracted Thinking

The Wall Street Journal

CHRIS REDD FOR THE WALL STREET JOURNAL

About half of the participants in a recent study were distracted by a second task while they were solving a problem. The results suggest that distraction can actually improve problem-solving performance.

A new study, published in the journal Cognition, found that when participants were asked to solve a series of math problems, those who were simultaneously engaged in a second, unrelated task performed better than those who focused solely on the math problems.

The researchers, from Columbia University and the University of California, Berkeley, recruited 126 participants and asked them to solve a series of math problems while either playing a video game or listening to music. The group that was simultaneously engaged in the second task performed better on a subsequent test of math problems, even when the second task was completely unrelated to the math problems.

The study suggests that distraction can actually improve problem-solving performance. The researchers believe that the second task may have helped participants to think more creatively and to approach the math problems from a new perspective.

The results have important implications for education and decision-making. The study suggests that it may be beneficial to incorporate some level of distraction into educational settings in order to improve learning outcomes.

The study also has implications for decision-making. The researchers believe that leaders and policymakers could benefit from incorporating some level of distraction into their decision-making processes, as it may help them to think more creatively and to approach problems from a new perspective.

The study was funded by the National Science Foundation and the National Institutes of Health, and the results have been published in the journal Cognition.