A PROSPECTIVE STUDY OF BRIEF COGNITIVE BEHAVIOR THERAPY (CBT-B) IN THE TREATMENT OF DEPRESSIVE DISORDERS

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ABSTRACT

Background: Depression is emerging as leading cause of disability in low-income countries like India, however, a minimum number of patients only receives treatment. There is increased emergence of Briefer Psychotherapies like Cognitive Behavior Therapy (CBT) for mental illnesses to minimize the treatment burden; there is minimum utilization of the same due to lack of manpower and training. Thus a less time consuming Brief-CBT (CBT-B) may be more cost-effective treatment for depressive disorders.

Aim: To observe the efficacy of CBT-B in Depressive disorders and to find its impact on cognitive and interpersonal problems.

Study Design: Clinic based prospective repeated measures interventional study using Pre, Post and Follow-up design.

Materials and Methods: Fifteen adult patients with mild to moderate unipolar depressive episodes received 8 sessions of CBT-B. Patients were assessed for depressive symptoms on BDI-II, HAM-D, and for cognitive-interpersonal factors on ATQ, MCQ-30 and IIP-32 before initiation of CBT-B, after 8 sessions and at 6 months follow up.

Results: Patients improved significantly in symptom severity and also in negative thought process, negative metacognitive belief and interpersonal problems.

Conclusion: CBT-B should be considered as an independent or adjunct treatment option for overall management of mild to moderate depressive symptoms to reduce the disease burden of the community. This can be used effectively with minimum training even in rural population.

Keywords: depression, metacognition, interpersonal problems, brief cognitive behavior therapy, CBT-B, low-income country