

Target Area: Anxiety, Depression, Stress & Adjustment

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| <p>Cole & Vaughan (2005). <i>Brief Cognitive Behavioural Therapy for Depression Associated with Parkinson's Disease: A Single Case Series</i>. British Association for Behavioural and Cognitive Therapies 33: 89-102</p> | <p>RoBiNT score</p> |
| <p>Method/Results:</p> <p>Design:</p> <p>Y Study Type: SSD. AB with follow up, replicated across participants (A = baseline; B= treatment).</p> <p>Y Participants: 5 adults (age 51 years, age 72 years, age 83 years, age 80 years, age 82 years) with Parkinsons Disease and depression.</p> <p>Y Setting: Community setting - movement disorder clinic.</p> <p>Target behaviour measure/s:</p> <p>Y Subjective rating of Mood level (visual analogue scale from 0 "very happy" to 10 "very low" also count of activity level.</p> <p>Primary outcome measure/s:</p> <p>Y Geriatric Depression Scale (GDS).</p> <p>Y Beck Depression Inventory ii (BDI-II).</p> <p>Y Parkinson's Disease Quality of Life Questionnaire (PDQL).</p> <p>Results: Reliable change seen in 4/5 patients on GDS, for 2 patients (with more severe depression prior to treatment) on BDI. No obvious trends in self-report (of mood) scale in any but one patient.</p> | <p>Rehabilitation Program</p> <p>Aim: To use CBT to decrease depression in people with Parkinsons Disease.</p> <p>Materials: Self-help booklet "Coping with depression when you have Parkinsons' Disease" (Beck, 2000).</p> <p>Treatment Plan:</p> <p>Y Duration: 5-10 days of baseline followed by 7 weeks of treatment and assessment one month after.</p> <p>Y Procedure: One 60 minute session per week.</p> <p>Y Content: Following Beck (2000): Session 1: education and information on session structure; Sessions 2-5: behavioural work; Session 6: Problem solving and barriers to compliance with medical advice; Session 7; review.</p> |