

Target Area: Anxiety, Depression, Stress & Adjustment

<p>Lincoln, Flannaghan, Sutcliffe &amp; Rother (1997). <i>Evaluation of Cognitive Behavioural Treatment for Depression After Stroke: A Pilot Study</i>. <i>Clinical Rehabilitation</i> 11(2): 114-122</p>	<p>RoBiNT score</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Study Type: SSD. AB design, replicated across participants (A=baseline; B=treatment). Some group data presented.</p> <p>Y Participants: 19 adults (42% male, age 67 years, SD=13.8) with stroke identified as depressed.</p> <p>Y Setting: Stroke unit.</p> <p>Target behaviour measure/s:</p> <p>Y Beck Depression Inventory.</p> <p>Y Hospital Anxiety and Depression Scale.</p> <p>Y Barthel Index.</p> <p>Y Extended Activities of Daily Living.</p> <p>Primary outcome measure/s:</p> <p>Y No additional measures.</p> <p>Results: 4 patients showed consistent benefits (across 3 explicit methods for judging "benefit"), 6 patients showed some-minimal benefit and 9 showed no benefit. Individual change on functional status not mentioned but no change for group.</p>	<p>Aim: To use CBT to treat depression in stroke patients.</p> <p>Materials: None specified.</p> <p>Treatment Plan:</p> <p>Y Duration: The number and frequency of sessions individually determined but did not exceed 10 sessions in 3 months.</p> <p>Y Procedure: The number and frequency of sessions individually determined but did not exceed 10 sessions in 3 months.</p> <p>Y Content "Variety of CBT techniques" including distraction techniques, behavioural tests, graded task assignments, activity scheduling, identifying and challenging negative thought patterns.</p>