



Target Area: Anxiety, Depression, Stress & Adjustment

<p>Mohr, Hart, Julian, Catledge, Honos-Webb et al (2005). <i>Telephone Administered Psychotherapy for Depression</i>. Archives of General Psychiatry 62: 1007-1014</p>	<p>PE德罗 score – 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Study Type: RCT comparing CBT to supportive emotion focused therapy (both delivered via the phone).</p> <p>Y Population: Patients with depression and functional impairments due to MS.</p> <p>Y Groups: Assigned to:</p> <ol style="list-style-type: none"> <li>1. CBT (n=62, 24% male, M=48.6; SD=9.6)</li> <li>2. Emotional treatment (n=65, 26% male, M=47.4; SD=10.1).</li> </ol> <p>Y Setting: Administered over the telephone with patients in their homes.</p> <p>Primary Outcome Variables:</p> <p>Y Hamilton Depression Rating Scale (HDRS).</p> <p>Y Structured Clinical interview for DSM-IV diagnosis of major depression.</p> <p>Y Beck Depression Index (BDI).</p> <p>Y Positive Affect scale score of the Positive and Negative Affect Scale (PANAS).</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Results: CBT group improved on HDRS/PANAS relative to emotion group. Long term gains maintained but differences between groups diminished.</p>	<p>Aim: To reduce depression using telephone CBT.</p> <p>Materials: Patient workbook to support treatment.</p> <p>Treatment plan:</p> <p>Y Duration: 16 weeks.</p> <p>Y Procedure: Weekly sessions for 50 minutes.</p> <p>Y Content Patient spoke to trained clinical psychologist using CBT.</p>