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EFFECTIVENESS OF A PSYCHOEDUCATIONAL GROUP INTERVENTION IN PATIENTS WITH MILD/MODERATE DEPRESSION IN PRIMARY CARE (PC): RANDOMIZED CONTROLLED TRIAL

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Background: Due to the high prevalence of depressive symptoms in PC (Ayuso, 2001) is relevant to know the impact of the psychoeducation in the management of these symptoms to decrease the prevalence in the PC population.

Objective: To compare the effectiveness of a psychoeducational group intervention in patients with mild/moderate depression in PC.

Methods: 242 participants older than 20 years with ICD-10 mild/moderate depression were recruited through nurse/general practice in 12 urban primary health care centers in Barcelona city. Randomization was realised by means of a computer program. Exclusion criteria: severe mental disorder, major depressive disorder, use of secondary mental health services and acute medical illness. The intervention group (IG) received a psychoeducational group program (12 weekly 1,5h sessions) leads by two nurses. The program was an adaptation of Coping With Depression (CWD) (Lewinsohn, 1989). The control group (CG) received TAU. Outcome measures: Sociodemographic, BDI and EuroQol-5D questionnaires pre-post intervention.

Results: 232 patients were included, IG (n=121) and CG (n=112), of whom 86 patients had mild depression (BDI≤18) and 146 moderate depression (BDI≥19). The sample characteristics were as follow: 90% women with mean age of 53,27 (SD=12,72) The intervention was associated with significant improvements in BDI (t(230)=-2.25; p=0.025). Separately analyze the sample: Patients with mild depression: (t(83)=-2.52; p=0.014). Patients with moderate depression: (t(141)=-2.62; p=0.010). Posttest results show that this intervention has statistically significant effect on depressive symptoms in overall sample and in mild/moderate depression separately.

Conclusions: The psychoeducational intervention is effective treatment in both mild and moderate depressive symptoms in primary care.