

S44-03

COGNITIVE BEHAVIORAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP) FOR TREATMENT-RESISTANT DEPRESSION: ADAPTATION TO A GROUP MODALITY

L. Sayegh

Depressive Disorders Program, Douglas Mental Health University Institute, Montreal, QC, Canada

Objective: CBASP has been shown to be an effective treatment for chronic depression using an individual treatment modality but has not yet been tested using a group modality, for treatment-resistant major depression. The primary objective of this study is to evaluate the effectiveness of a CBASP approach adapted to group therapy for treatment-resistant, depressed, psychiatric outpatients. The efficacy of Group-CBASP is examined with regards to various outcomes including depressive symptoms and psychosocial functioning. A secondary objective is to assess whether Group-CBASP improves the psychosocial functioning and decreases the social isolation and avoidance of these patients and helps them develop more adaptive social skills, which becomes a protective factor against relapse into depression.

Results: Group-CBASP is effective in significantly reducing depressive symptomatology. Depression and social adjustment have significantly improved in both overall functioning and in specific role areas. Emotion-oriented coping, which is a maladaptive way of coping using one's emotional reactivity, has significantly decreased. Patients demonstrate more interpersonal confidence and engagement. We can observe a relationship emerging between the use of task-oriented coping strategies and a decrease in interpersonal distress. Finally, interpersonal dominance appears to be associated with improvements in depression and coping skills.

Conclusion: The next step involves the inclusion of a behavioural-activation comparison group to determine if Group-CBASP is contributing uniquely to these changes.