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Introduction

Cognitive therapy gains importance in treating inpatients with depression, however, there are only few controlled studies available.

Methods:

119 inpatients with major depression were assigned to cognitive-psychoeducational therapy (CPT) or supportive therapy (SUP).

A comprehensive battery for cognitive, psychopathological and psychosocial variables was assessed

Results

Clients in CPT had a significant lower relapse rate compared to SUP.

Discussion

Recently controlled studies (e.g. Schramm et al. 2007) showed the superiority of combining pharmacotherapy and psychotherapy in major depression. The high drop-out rate in our sample has to be acknowledged and to be discussed.