

P02-333 - EFFICACY OF COGNITIVE-BEHAVIORAL THERAPY FOR THE TREATMENT OF RECURRENT DEPRESSION IN ADULTS

M. Carvalho^{1,2}, D. Estevens¹, O. Guete-Tur¹

¹*Mental Health Department, CHBA, Portimao*, ²*Psychology Department, ULHT, Lisbon, Portugal*

Objectives: Several studies, carried out to assess the efficacy of psychological and pharmacological treatments for depression, have shown that combined treatments are, in general, more efficacious than an unique approach. We will present the preliminary results of an on-going research, being carried out with the main purpose of analysing the efficacy of two psychological empirically supported treatments, Cognitive-Behavioral therapy (CBT) and Interpersonal Therapy (IPT), combined with a pharmacological antidepressive (AD) intervention, for recurrent depression.

Methods: A sample of 20 adult females has been randomly assigned to one of three conditions: a) CBT plus AD, b) IPT plus AD, and c) AD only.

A multimodal assessment matrix was developed and is being used to evaluate depression features (including suicidal ideation, intention and attempts), and the main individual, social, and environmental factors commonly related to the onset and maintenance of the disorder, namely hopelessness and pessimism, cognitive processing, interpersonal relations, and life events.

Repeated measurements are being collected at 0, 2, 4, and 6 months, and follow-up.

Results: We expect that both combined approaches will be more efficacious for the reduction of depressive symptoms, including suicidal behaviors, compared to the pharmacological approach. We also expect to understand the sensitivity to change of the assessed psychological processes underlying each form of psychotherapy.