

Effect of Group Psychotherapy With Sertraline on Mental Health Status of Adolescents With First-Episode Depression

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Abstract : Objective To analyze the effect of group psychotherapy and sertraline on first episode depression. Methods A total of 118 adolescent depressed patients admitted to Yan'an University Hospital from October 2023 to August 2024 were divided into control group and observation group by random single blind method with 59 patients in each group. The two groups were treated with sertraline, the control group received usual care, and the observation group used the usual care. Compared the mental health status and sleep quality between the two groups. Results In intra-group comparison, the mental health status and sleep quality of the observation and control groups were better than the pre-intervention scores, and the difference was statistically significant ($P < 0.05$). Post-intervention comparison: HAMA and HAMDS scores were (12.36 ± 2.13) and (11.78 ± 2.02) , significantly lower than (16.52 ± 2.09) and (15.79 ± 2.46) , respectively (all $P < 0.05$); PSQI score was (7.66 ± 1.05) and significantly lower (9.88 ± 3.01) , with statistically significant difference ($P < 0.05$). Conclusion The self-regulation can improve their mental health and sleep quality.

Keywords : group psychotherapy, sertraline, adolescent, depression, mental health status

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