

A Comparative Study between Behaviour Activation, Rational Emotive Behaviour Therapy and Waiting List Control for Major Depressive Disorder

Authors : Shweta Jha, Digambar Darekar, Krishna Kadam

Abstract : Major Depressive Disorder (MDD) is one of the most common of psychiatric disorders. It has a wide range of symptoms, aetiologies and risk factors, and these reasons make MDD affect not only the primary patient, but also their family, caregivers and associates; by negatively impacting their self dignity, economic condition and self-confidence. Thus, it is important to help individuals suffering from MDD learn adaptive mechanism and deal effectively with their environment, with that aim this study focused on a comparative therapeutic intervention using Behaviour Activation (BA), Rational Emotive Behaviour Therapy (REBT) and Waiting list control (WLC) for management of MDD. This study apart from enhancing personal skills will also help us understand which therapeutic method would be more beneficial in treating and prolonging relapse in patients with MDD in Indian population. Fifteen individuals following application of inclusion and exclusion criteria were selected as study samples. They were randomly assigned to three treatment groups. Ten sessions of therapy, forty-five minutes each according to the proposed sessions plan were conducted for each group. The individuals selected as samples were re-assessed after 2 months and 6 months post intervention. The overall result showed that individuals treated with BA and REBT showed more improvement in comparison to those in WLC.

Keywords : behaviour activation, major depressive disorder, rational emotive behaviour therapy, therapeutic intervention

Conference Title : ICAPP 2017 : International Conference on Abnormal Psychology and Psychopathology

Conference Location : Zurich, Switzerland

Conference Dates : January 13-14, 2017