ABSTRACT

Effect of cognitive behavioral group therapy on depression and predictors of the effect response

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The first purpose of this study was to examine the effects of cognitive behavioral group therapy (CBGT) on depression, using a controlled clinical trial. This CBGT program was combined with an activity to develop an understanding about the technique and theory of cognitive behavioral therapy. The second purpose was to examine predictors of treatment response in CBGT. Participants ($N=15$) received the CBGT program which consisted of nine structured sessions including cognitive restructuring, behavioral activation, assertion training, and an activity to develop an understanding about cognitive behavioral therapy in tandem with pharmacotherapy. The other participants ($N=9$) received psycho-education about depression with pharmacotherapy. Before and after the treatment, the participants completed the Self-rating Depression Scale (SDS) and Automatic Thoughts Questionnaire-Revised. The results reveal that after the therapy, depression in those receiving CBGT with pharmacotherapy improved significantly more than psycho-education with pharmacotherapy. Furthermore, lower negative automatic thoughts predicted better outcome at post-test on SDS scores.

Key Words: cognitive behavioral group therapy, depression, controlled clinical trial, automatic thoughts, activity