
ABSTRACT

Study of the effectiveness of redecision therapy in the treatment of depression

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This study examines the effectiveness of redecision therapy in the treatment of depression. Rest and medication are typically considered to be the first-line treatments for depression. However, given the prevalence of this condition, including the rapid increase in the number of patients going to medical institutions for depression and the increase in cases of mild depression, which can be effectively treated by psychotherapy, it is important to present our findings on a variety of treatments. This study focused on counseling interviews using redecision therapy. Patients with depression were divided into a redecision therapy group ($N=29$) and a pharmacotherapy group ($N=30$), and the respective therapeutic effects were investigated. Results showed that redecision therapy is effective in terms of improving patients' self-assessments. In addition, the results of this study suggested that using redecision therapy in a counseling session with a patient with depression could significantly decrease the severity of his or her depression.

Key Words: redecision therapy, treatment of depression, transactional analysis
