

الملخصات الانجليزية

- بحوث ترقية استاذ مساعد

Observable Changes in Personality, Social Behavior, Quality of Life and Relationships in the Treatment of Depression

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Abstract

Little research has been conducted to compare observable changes in personality, social behavior, quality of relationships and quality of life in the treatment of depression with psychotherapy and pharmacotherapy. The primary purpose of this study is to examine whether changes in any of these domains are directly observable and whether there exist differential changes among patients depending on the type of treatment they received. While patients in both treatment groups showed significant improvement in most domains of personality, social behavior, quality of relationships and quality of life, a significant difference was seen in levels of agitation with patients in the PT group displaying more agitation during the post treatment evaluation interview than patients in the CT group. They also showed a greater increase in speed of speech than patients in the CT group. At the end of 16 weeks of treatment patients in the PT group considered themselves to be less depressed than patients in the CT group, were less stressed about the present and were more satisfied with the quality of their relationships than patients in the CT group. It was hoped that findings from this study could be used to predict the possibility of relapse following the termination of treatment, but the data did not yield itself to the analysis of this question since it appeared that patients treated with either of the treatment types were similar in levels of change in the questions which would have been useful in predicting relapse.

Key words: depression treatment– cognitive therapy– treatment outcome