

P02-37

COMPARISON OF THE EFFECT OF PHARMACOTHERAPY AND THE COMBINATION OF PSYCHOTHERAPY AND PHARMACOTHERAPY IN THE TREATMENT OF DEPRESSIVE DISORDER

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Introduction: Some studies showed auxiliary effect of psychotherapy in patients suffering from depression treated by psychopharmacology. The aim of our study was to verify the treatment effect of training psychotherapy under the conditions of The Department of Psychiatry in Olomouc.

Method: Total amount of 40 patients, who were hospitalized at The Psychiatric Department during the time period of years 2003- 2004 with the diagnosis of Major Depressive Disorder- mild, moderate and severe form was included. 20 patients received psychiatric medication only (without any systematic psychotherapeutic support) and 20 remaining patients of the open psychotherapeutic department received combination of psychotherapy and pharmacotherapy. Psychopharmacological treatment was comparable in both samples as far as quality and quantity is concerned. We used at the psychotherapeutic department group training therapy and individual psychotherapy. Before the treatment was used HAMD and CGI- Seriousness of the disorder, before the end of the hospitalization and the therapy, we used HAMD and CGI/ Global Improvement.

Results: Evaluation of the obtained data showed decrease on the HAMD scale (0,5 points) for the patients treated with the combination of psychotherapy and pharmacotherapy in the comparison with the group treated only with pharmacotherapy. This finding was even more obvious on the CGI scale, where the difference of the improvement reached up to 0,3 points again for the combined treatment, but were not significant.

Conclusion: In the treatment of the acute phase of Major depressive disorder, we did not prove a positive effect of the training psychotherapy.

Supported with project IGA NS 10301-3/2009