

## internet-based relapse prevention for partially remitted depression

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### project group

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## aim

to test internet based CBT as relapse prevention  
for people suffering from partially remitted  
depression after previous treatment

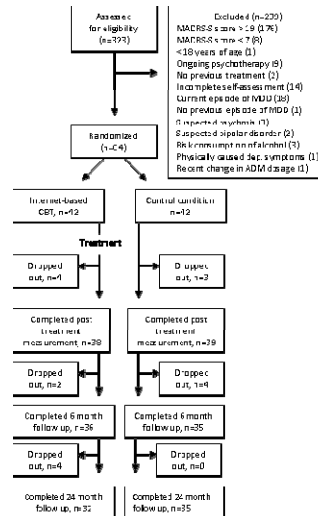
## method

### participants

previous episode  
partial remission  
previous treatment  
18 years  
no psychotherapy, bipolar, psychosis, addiction

## method

### design



## method

### intervention

10 weeks

therapist support (e-mail)

16 modules (9 themes)

- Introduction to CBT
- Adding positively reinforced activities
- Handling negatively reinforced activities
- Cognitive restructuring
- Improving sleep
- Mindfulness
- Reducing anxiety
- Physical activity
- Long term goals

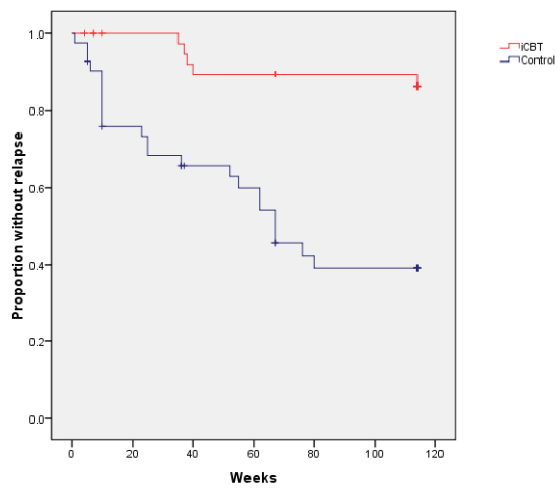
results

## participants

n=84  
85% females  
age=45  
50% on ADM  
Median 3 previous episodes  
Mean of MADRS-S 14.4

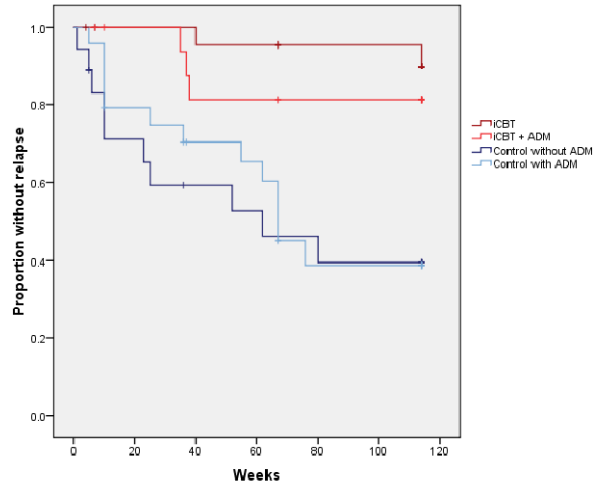
results

## relapse rates



results

### relapse rates



future directions?

### larger study

- ADM
- detection of relapses
- blinding

future directions?

## other conditions?

bipolar disorder

GAD

OCD

after ECT

future directions?

## the question?

how can we use the time between episodes to prevent/postpone or reduce severity of the next episode?

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