



# Brief Psychosocial Intervention For Depressed Adolescents

Ian M Goodyer  
University of Cambridge



# Figures in Brief Therapy 1940-2018

## **Michael Balint: Focal Therapy:**

Using psychoanalytic techniques to deal with one single problem agreed between patient and therapist.

## **Carl Rogers: Humanistic Therapy:**

Relational status with the client is key : empathy, warmth, and a nonjudgmental attitude—return the patient to their natural propensity for personal growth and healthy functioning.

## **Joseph Wolpe: Behaviour Therapy:**

Experimentally established principles of learning to weaken/eliminate unadaptive behaviors and strengthen adaptive habits.

## **Aaron Beck: Cognitive Therapy:**

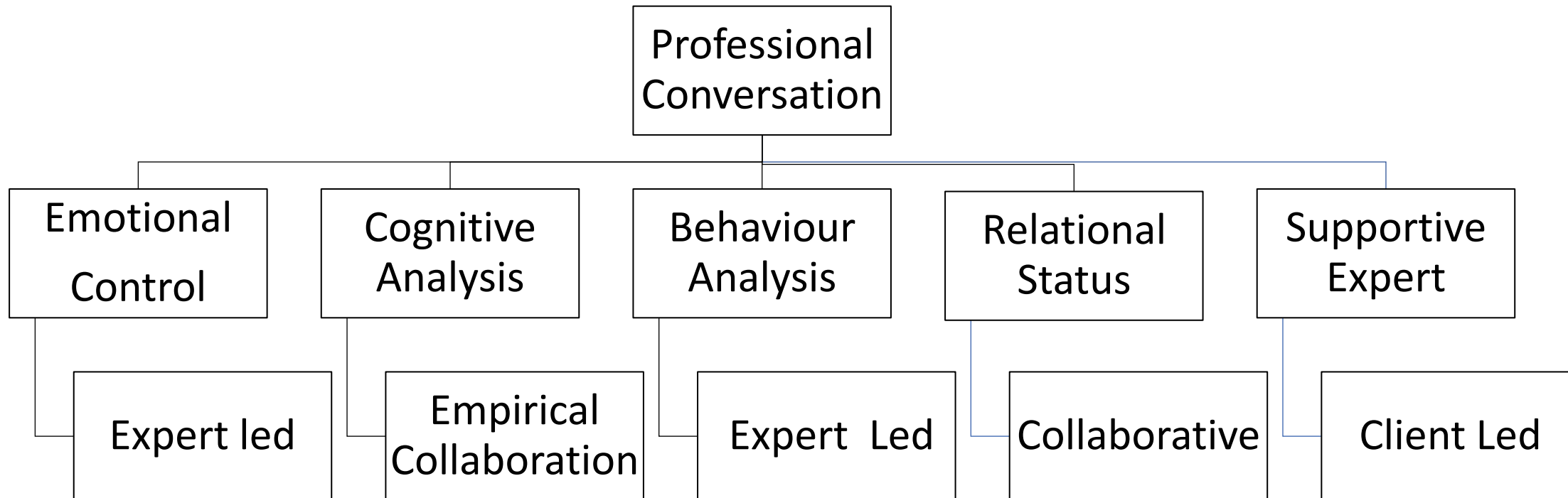
Ridding patients of symptoms through collaborative rational approach to negative cognitions and their consequences.

## **Gerry Klerman & Myrna Weissman: Interpersonal therapy:**

Understand symptoms and their impact on others and themselves. Change behavioural styles and communication to be more direct and effective.



# General Therapeutic Principles in BPI for Adults



**Minimal Evidence Base For Any Therapeutic Mechanisms From These Theories**

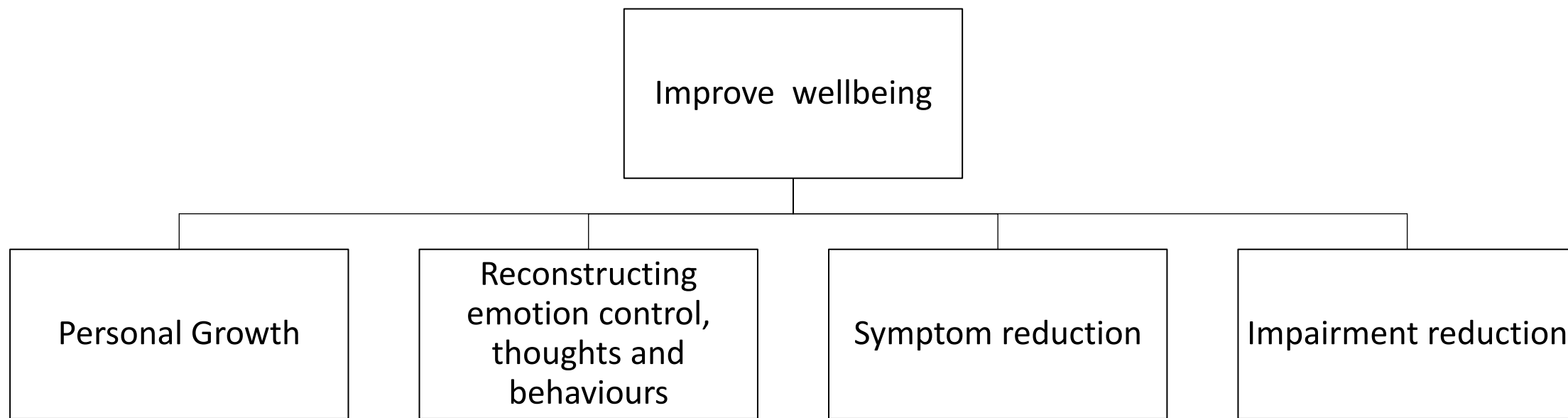


# The Practise of BPI with Adults

- 30-60 minutes.
- 5-40 sessions.
- Weeks to 12 months.
- No clear cut follow up or support during recovery.
- No evidence for duration or session or N of sessions.



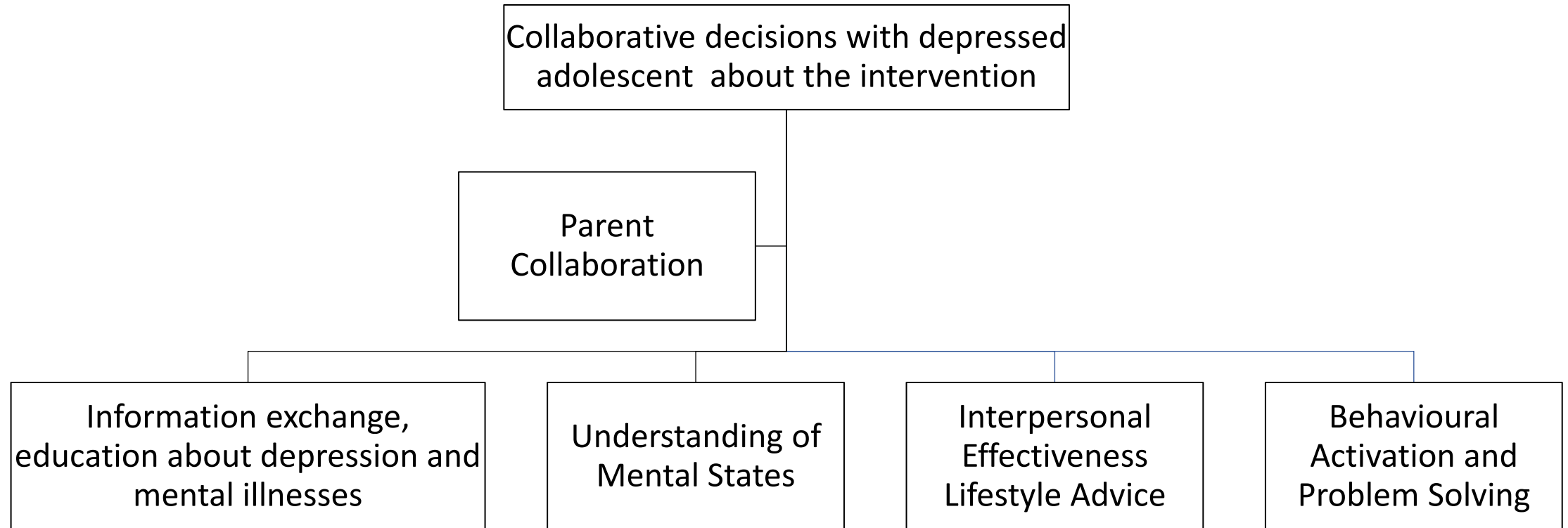
# Psychological Outcomes in BPI in Adults



Some Evidence Base For These Therapeutic Outcomes: No independent physiological outcomes

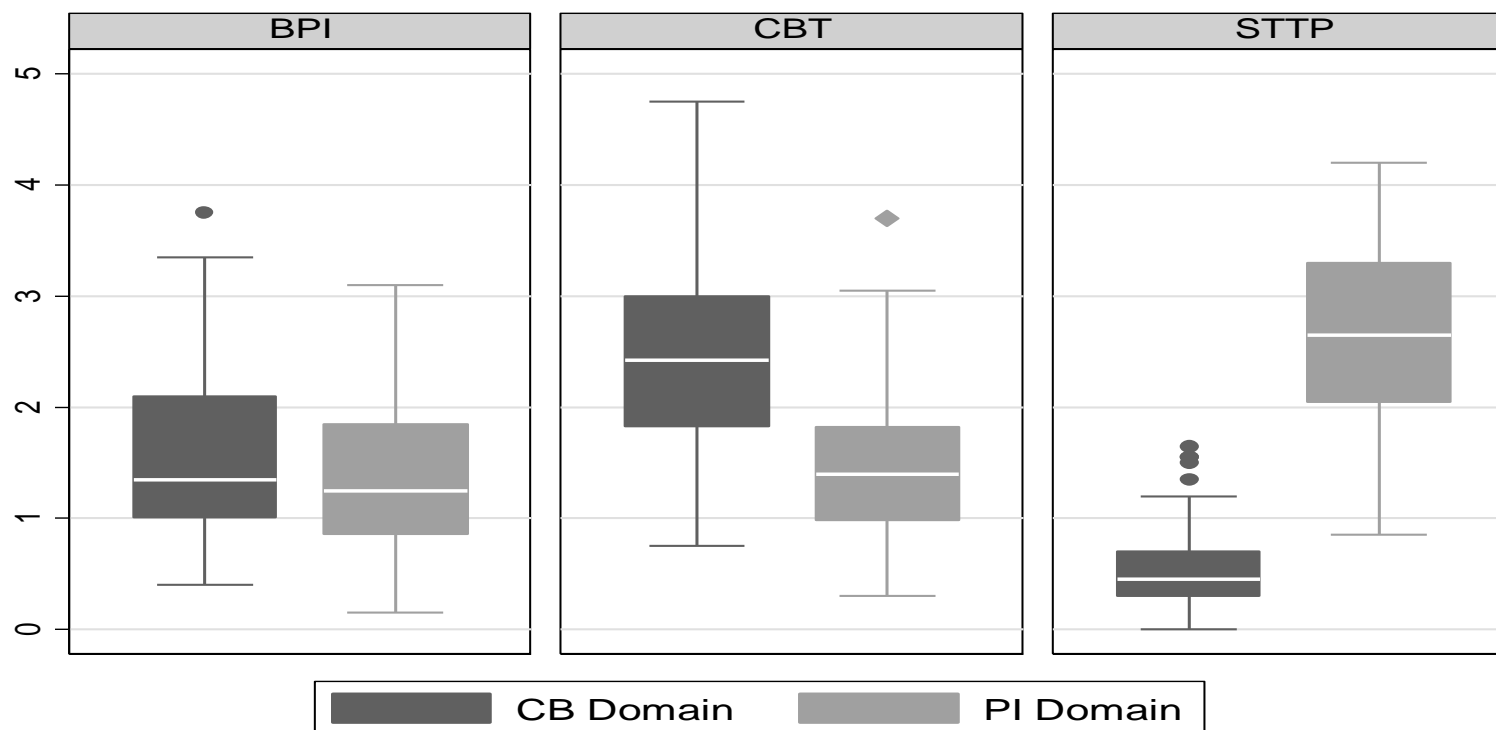


# Principles of BPI For Depressed Adolescents





# Treatment differentiation Within IMPACT



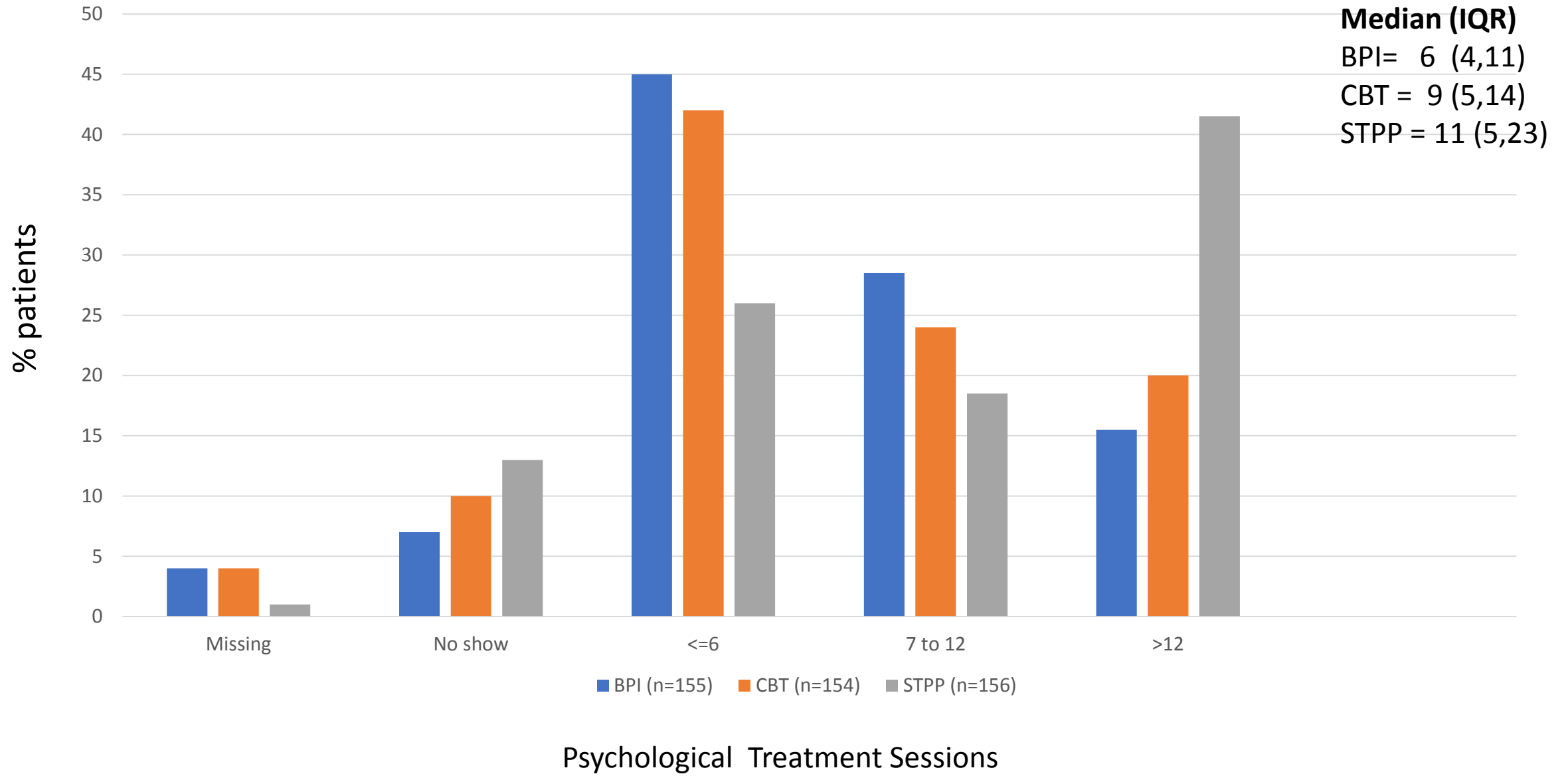
Graphs by Trial Arm

Measures taken by 2 raters independently listening to a fixed time series from 279 audiotapes randomly selected from the 3 arms stratified by age, centre and phase of therapy (early, 2-4 sessions, later >4 sessions). Measured using the CPPS reliability = 0.82 & 0.8.

- CBT > STPP on (CB) sub-scale score (95% CI 1.73 to 2.09,  $p < 0.0001$ ).
- STPP > CBT mean on (PI) sub-scale score (95% CI 1.01 to 1.3,  $p < 0.0001$ ).
- BPI < CBT on CB sub-scale (mean diff. = -0.93, 95% CI -1.12 to -0.75,  $p < 0.0001$ )
- BPI < STPP on the PI sub-scale (mean diff. = -1.30, 95% CI -1.48 to -1.11,  $p < 0.0001$ ).
- **81% of BPI, 80% of STPP and 74% of CBT sessions met criteria**



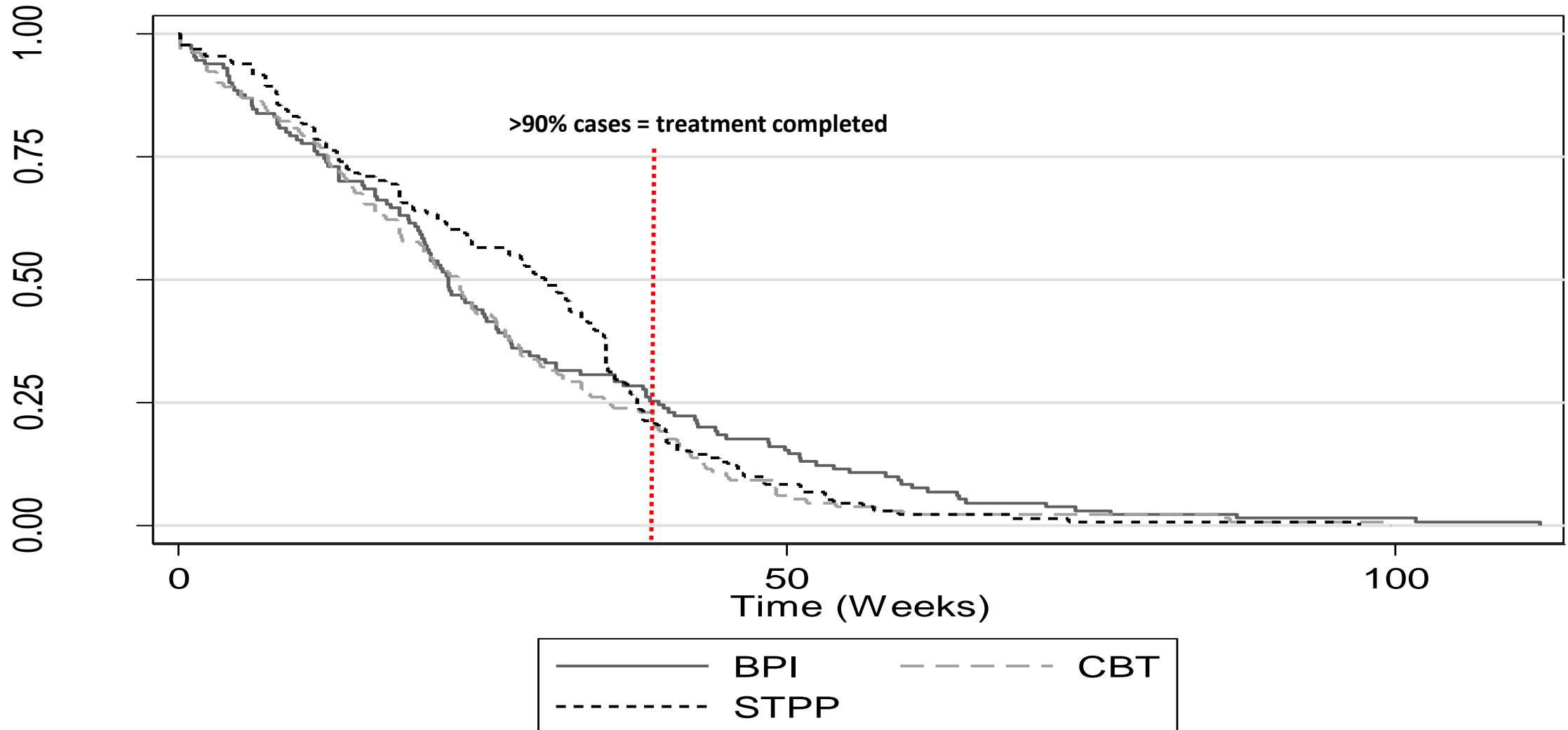
# Treatment Sessions by % Patients in the IMPACT Study







# Duration of Therapy in Weeks



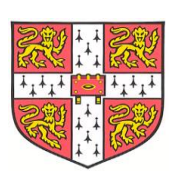


# Duration Of Therapy In Weeks

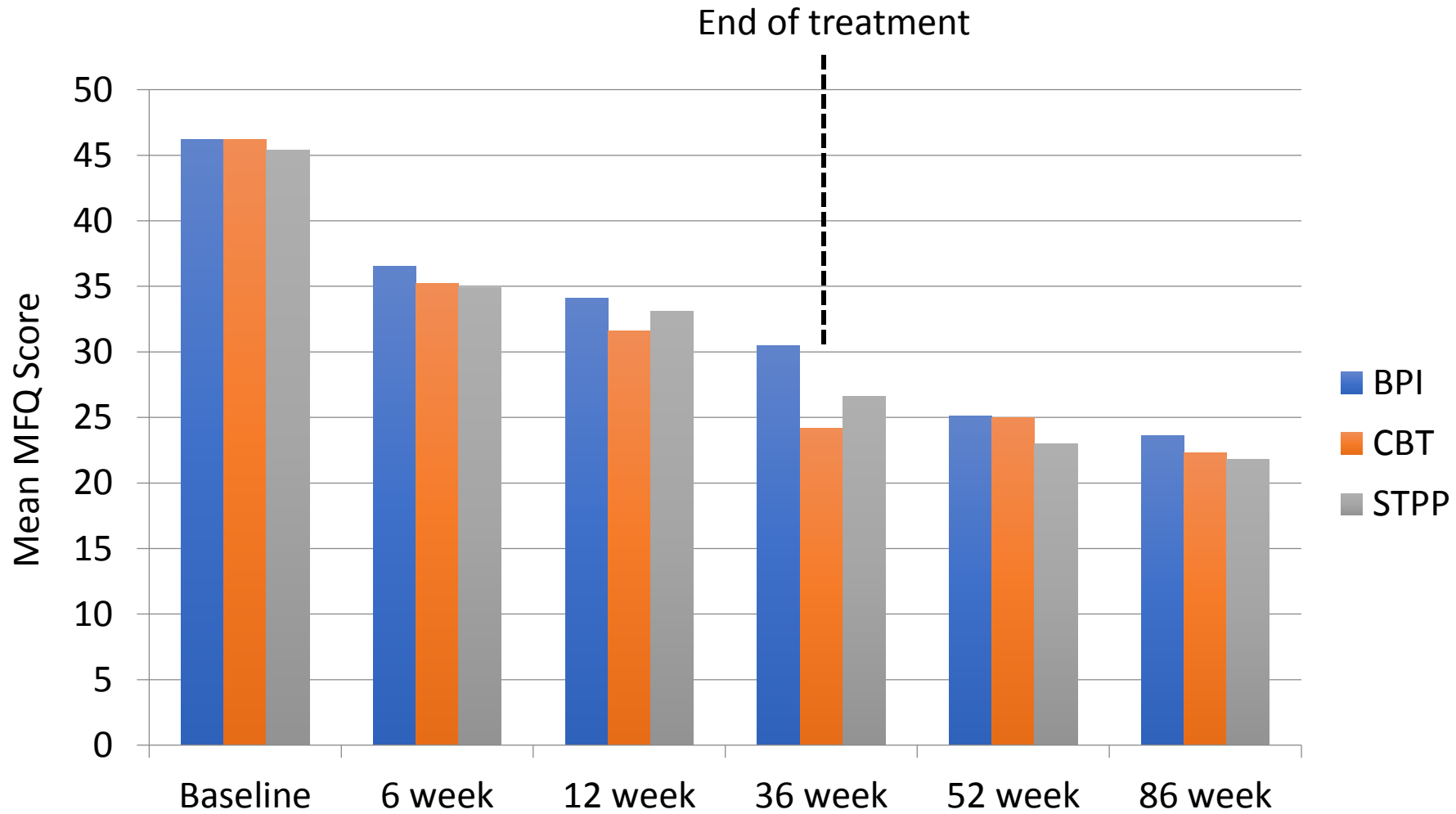
Treatment	Med	Max	Mean	SD	N
BPI	22.1	111.9	27.5	21.5	130
CBT	23.1	99.6	24.9	17.7	130
STPP	30.1	97.0	27.9	16.8	131

## Number of therapy sessions attended

	BPI		CBT		STPP	
Median (IQR) <sup>a</sup>	6	(4,11)	9	(5,14)	11	(5,23)
Planned	12		20		28	



# Self Reported Depression Scores for IMPACT





# Thank You

## Acknowledgements

- This research was funded by the National Institute for Health Research Health Technology Assessment (NIHR HTA) programme (project number: 06/05/01).
- The views expressed are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS, or the Department of Health.
- The ongoing research is funded by NIHR UK, the WOCO Foundation, Royal Society and the Cundill Centre for Child and Youth Depression.