

Cognitive Behavioral Therapy For Depression and Anxiety Disorders

Review 1

Beltman, M. W., Oude Voshaar, R. C., & Speckens, A. E. (2010). Cognitive-behavioural therapy for depression in people with a somatic disease: Meta-analysis of randomised controlled trials. *The British Journal of Psychiatry*, 197, 11–19. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/20592427>.

Objectives	Examine the effectiveness of cognitive behavioral therapy (CBT) for depression in people with a diversity of somatic diseases.
Studies Included	Twenty-nine U.S. and international studies from 1984 to 2008
Participants in the Studies	Adults with depressive disorder or depressive symptoms with an underlying somatic disease (cancer, HIV infection, multiple sclerosis, rheumatoid arthritis, vascular disease, diabetes mellitus, chronic obstructive pulmonary disease, chronic renal failure, various somatic diseases)
Settings	Some of the reported settings were outpatient and inpatient locations.
Outcomes	Depressive disorder and depressive symptoms
Limitations of the Studies	The methodological quality of studies was variable; there was heterogeneity among the studies; the studies did not control for the stage of the underlying diseases.

Results

Three types of CBT (classic CBT, problem-solving therapy, and cognitive behavioral stress management), administered in individual or group sessions, were compared to wait list or treatment as usual. CBT was significantly more effective at reducing both depressive symptoms and depressive disorder than control, with CBT for depressive disorder yielding a larger effect size than for depressive symptoms. Classic CBT achieved significant overall effects for both depressive symptoms and depressive disorder. Although problem-solving therapy achieved a significant positive effect on depressive symptoms, cognitive behavioral stress management did not yield a significant effect on depressive symptoms. The results also suggest that individual treatment might be more effective than group therapy in somatically ill people with depressive disorder. Overall, CBT is effective in treating depressive symptoms in people with a variety of somatic diseases.