

Cognitive Behavioral Therapy For Depression and Anxiety Disorders

Review 9

Kaltenthaler, E., Parry, G, Beverley, C., & Ferriter, M. (2008). Computerised CBT for depression: A systematic review. *The British Journal of Psychiatry*, 193, 181–184. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/18757972>.

Objectives	Assess the effectiveness of computerized cognitive behavioral therapy (CCBT) for the treatment of mild to moderate depression.
Studies Included	Four U.S. and international studies from 2002 to 2005
Participants in the Studies	Adults with mild to moderate depression, with or without anxiety
Settings	Some of the reported settings were general practice settings.
Outcomes	Improvement in psychological symptoms, depression symptoms, interpersonal and social functioning, quality of life, and participant satisfaction both with treatment and site of delivery
Limitations of the Studies	Comparisons between the different CCBT interventions are difficult because of the use of different comparators and outcome measures in the studies and different levels of severity at baseline; it is difficult to ascertain the amount of therapist involvement needed by individuals using the programs; most trials are conducted by the program developers; participants in most of the studies were self-selected, so it is difficult to extrapolate results; by including only randomized controlled trials, the authors may have missed important data from nonrandomized comparative trials; the session duration was not always specified; the method of participant selection and severity of depression was not always specified.

Results

The effectiveness of the following CCBT programs for treating depression were examined: Beating the Blues, MoodGYM, BluePages (a Web-based information program), and Overcoming Depression on the Internet (ODIN). Three of the four studies showed evidence of effectiveness for the CCBT programs. Specifically, there is some evidence that Beating the Blues is more effective than treatment as usual for depression. MoodGYM and BluePages delivered via the Internet were effective in reducing symptoms of depression, and ODIN was found effective in one study but not in another. There is limited evidence from all the studies regarding patient satisfaction with CCBT.