

Couples therapy - new studies in the guideline update

Comparisons Included in this Clinical Question

Couples therapy vs CBT vs Couples therapy + CBT	Couples therapy vs CBT vs IPT
JACOBSON1993	BODENMANN2008

Characteristics of Included Studies

Methods	Participants	Outcomes	Interventions	Notes									
<p>BODENMANN2008</p> <p>Study Type: RCT</p> <p>Type of Analysis: Not clear</p> <p>Blindness: Single blind</p> <p>Duration (days): Mean 140</p> <p>Followup: 18 months</p> <p>Setting: Recruited through media and medical practices.</p> <p>Notes: Randomisation: block randomisation to ensure an equal allocation of 10 couples to each group.</p> <p>Info on Screening Process: n=428 screened, 27% did not reach inclusion criteria with regard to symptomatology, 39% were single with no close relationship, 18% had partners unwilling to participate, 13% were older than 60 years old, 3% could not speak sufficient German.</p>	<p>n= 60</p> <p>Age: Mean 45</p> <p>Sex: 25 males 35 females</p> <p>Diagnosis: 75% Major depression by DSM-IV SCID</p> <p>25% Dysthymia by DSM-IV SCID</p> <p>Exclusions: Excluded from study if they were older than 60 years, had bipolar disorder, psychotic or manic symptoms, or secondary depression or if they were highly suicidal. Also being single/no close relationship and not speaking German to sufficient level were grounds for exclusion.</p> <p>Notes: Additional: Participants had to score >17 on the BDI for inclusion.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Baseline: CBT</td> <td style="text-align: center;">IPT</td> <td style="text-align: center;">Couples</td> </tr> <tr> <td>BDI 26.05 (8.18)</td> <td style="text-align: center;">24.75 (6.03)</td> <td style="text-align: center;">24.70 (7.18)</td> </tr> <tr> <td>HRSD 14.15 (6.39)</td> <td style="text-align: center;">13.95 (3.36)</td> <td style="text-align: center;">16.2 (6.88)</td> </tr> </table>	Baseline: CBT	IPT	Couples	BDI 26.05 (8.18)	24.75 (6.03)	24.70 (7.18)	HRSD 14.15 (6.39)	13.95 (3.36)	16.2 (6.88)	<p>Data Used</p> <p>HRSD change score</p> <p>BDI change score</p> <p>Data Not Used</p> <p>Dyadic Coping Inventory (DCI) - Not relevant</p> <p>Partnership Questionnaire - No relevant</p> <p>Notes: Measurements on BDI taken at pretest, post-test (2 weeks after treatment), 6 months, 1 year and 1.5 years. Measurement on HRSD taken at pretest and post-test.</p>	<p>Group 1 N= 20</p> <p>Couples therapy - 10 two-hour sessions, every 2 weeks.</p> <p>Group 2 N= 20</p> <p>Interpersonal psychotherapy - 20 1-hour sessions, on a weekly basis.</p> <p>Group 3 N= 20</p> <p>CBT - 20 1-hour sessions, on a weekly basis.</p>	<p>Supported by Swiss National Science Foundation Research Grants.</p>
Baseline: CBT	IPT	Couples											
BDI 26.05 (8.18)	24.75 (6.03)	24.70 (7.18)											
HRSD 14.15 (6.39)	13.95 (3.36)	16.2 (6.88)											
<p>JACOBSON1993</p> <p>Study Type:</p> <p>Study Description: SEE JACOBSON1991 (previous guideline) FOR STUDY DETAILS</p> <p>Blindness:</p> <p>Duration (days):</p>													

Characteristics of Excluded Studies

Reference ID	Reason for Exclusion
LEFF2000	>50% drop out in one arm

References of Included Studies

BODENMANN2008 (Published Data Only)

Bodenmann, G., Plancherel, B., Beach, S.R., et al. (2008) Effects of coping-oriented couples therapy on depression: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 76, (6), 944-954.

JACOBSON1993 (Published Data Only)

Jacobson, N.S., Fruzzetti, A.E., Dobson, K., Whisman, M., & Hops, H. (1993) Couple therapy as a treatment for depression: II. The effects of relationship quality and therapy on depressive relapse. *Journal of Consulting and Clinical Psychology*, 61 (3), 516-519.

References of Excluded Studies

LEFF2000

Leff, J., Vearnale, S., Brown, C.P., et al. (2000) The London Depression Intervention trial: randomised controlled trial of antidepressants v. couple therapy in the treatment and maintenance of people

with depression living with a partner: Clinical outcomes and costs. *British Journal of Psychiatry*, 177, 95-100.

© NCCMH. All rights reserved.