

## P02-364 - EFFICACY OF ULTRA-BRIEF COGNITIVE-BEHAVIOURAL THERAPY IN DEPRESSED INPATIENTS

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**Objectives:** Few studies have suggested the efficacy of cognitive-behavioural therapy (CBT) in inpatients suffering from major depressive disorder (MDD). The present study aims at examining the efficacy of Ultra-brief CBT (UCBT) in depressed inpatients.

**Methods:** Twenty-two patients (age>18) admitted to the psychiatric ward of Toulouse University Hospital for MDD were randomised to receive for two weeks either UCBT (n=11) or treatment as usual (TAU) (n=11). UCBT consisted in 6 sessions of CBT while TAU consisted in supportive sessions. Both types of sessions were performed by psychiatric residents. Both groups also received pharmacological and institutional cares. Primary outcome was depressive symptoms assessed by the Beck Depression Inventory (BDI-II) and the Hamilton Depressive Rating Scale (HDRS) before and after treatment (2 weeks).

**Results:** There were no differences between the groups on any baseline variables. Mean age was 48.4 (SD=12.7) and 36.4% (n=8) were of male gender. Mean baseline HDRS scores were 23.3(SD=6.3) and 19.3(SD=3.9) and BDI scores were 36.7(SD=12) and 36.1(SD=7.5) for the UCBT and TAU groups respectively. At the end of treatment, mean HDRS scores were 12.3(SD=10.1) and 14.4(SD=7.8) and BDI scores were 18.8(SD=16.8) and 20.6(SD=11.4) for the CBT and TAU groups respectively. Both groups displayed a significant decrease on HDRS and BDI scores (all  $p < 0.05$ ). An analyse of variance showed an interaction time by group in favour of the UCBT group on HDRS score ( $F=6.66$ ;  $p=0.018$ ).

**Conclusion:** Our results suggest that UCBT might be more efficacious than supportive therapy in depressed inpatients.