

P01-288

EFFICACY OF PHARMACOTHERAPY AND COGNITIVE THERAPY, ALONE AND IN COMBINATION IN MAJOR DEPRESSIVE DISORDER

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Objective: To assess the efficacy of pharmacotherapy (citalopram) and cognitive therapy, alone or in combination for the treatment of major depressive disorder.

Methods: This study was a randomised controlled clinical trial. We randomly assigned 120 adults with a major depressive disorder to 8-week treatment with either citalopram, cognitive therapy, or both. Major depressive disorder was diagnosed using DSM-IV criteria. Patients were assessed with the Beck Depression Inventory before and after treatment.

Results: Statistical analysis showed that cognitive therapy, pharmacotherapy, and combined therapy were effective in the treatment of depression. There was no significant difference between medication and cognitive therapy. Treatment with the cognitive therapy intervention and citalopram combined yielded better responses than treatment with citalopram or cognitive therapy alone.