Minimal contact psychotherapy reduces the risk of major depression in people with subthreshold depression


Q Does minimal contact psychotherapy reduce depressive symptoms and improve quality of life for people with subthreshold depression?

MAIN RESULTS

Minimal contact psychotherapy significantly reduced major depressive disorder at 12 months compared with usual care (minimal contact psychotherapy vs usual care: 12% v 18%, RR 0.7, 95% CI 0.4 to 1.1; intention to treat analysis). Minimal contact psychotherapy significantly reduced depressive symptoms compared with usual care at 12 months (minimal contact psychotherapy vs usual care, mean CES-D score: 9 v 11; p = 0.03).

CONCLUSIONS

Minimal contact psychotherapy, based on a self-help manual with minimal support from health professionals, reduces the incidence of major depression in people with subthreshold depression.

NOTES

Of participants in the intervention group 22% did not start the intervention, and another 37% failed to complete the intervention, mainly due to lack of time, not feeling depressed or motivational problems. Men and those with better subjective functioning (RAND-33) were less likely to complete the intervention. Although the study was underpowered due to the small number of participants the intervention had a significant effect on outcome.

For correspondence: Godlief Willemse, Trimbos Institute, PO Box 725, 3500 AS Utrecht, the Netherlands; gwillemse@trimbos.nl

www.ebmentalhealth.com