



Predictors of favourable outcome after CBASP for patients with chronic depression

Juliana Dean, Marieke Eldering, Robert Schoevers, Catheline van Driel

University Medical Center Groningen; Rijksuniversiteit Groningen

Background

- CBASP is the first therapy developed specifically to treat persistent depressive disorder (PDD)
- CBASP is a structured treatment model that integrates interpersonal, cognitive, behavioural and psychodynamic methods
- Limited research is available to help decide which patients will benefit the most

Aim

- Investigate treatment response percentage
- Identify predictors of treatment response after Group-CBASP

Methods

Design: Retrospective chart review

Population: Patients with PDD

Intervention: Group-CBASP

Outcome: Response or partial response ($\geq 50\%$ and $\geq 25\%$ decrease in IDS-SR score) at 6 and 12 months

Possible predictors investigated:

- Baseline depression severity
- Age
- Family status
- Primary source of income
- Age of onset
- Childhood trauma

Results

- 31.46% of patients showed full or partial response directly after treatment
- 37.07% of patients showed full or partial response after 6 months follow-up
- Predictors of response to Group-CBASP:
 - Paid work
 - Axis I comorbidity
- Of patients without work, still 16.67% showed partial to full response after treatment, rising to 28.33% after 6 month follow-up
- Of patients with axis I comorbidity, 19.23% showed partial to full response after treatment, maintained after 6 months follow-up

Discussion

- More than 1/3 showed partial to full response after treatment, maintained after 6 month follow-up
- Paid work and absence of psychiatric comorbidity predicted better treatment response
- Even among patients without work or with psychiatric comorbidity, a substantial percentage responded
 - Clinically relevant in this severely affected group
- Limitations included a small sample size and retrospective study design

Exclusion criteria

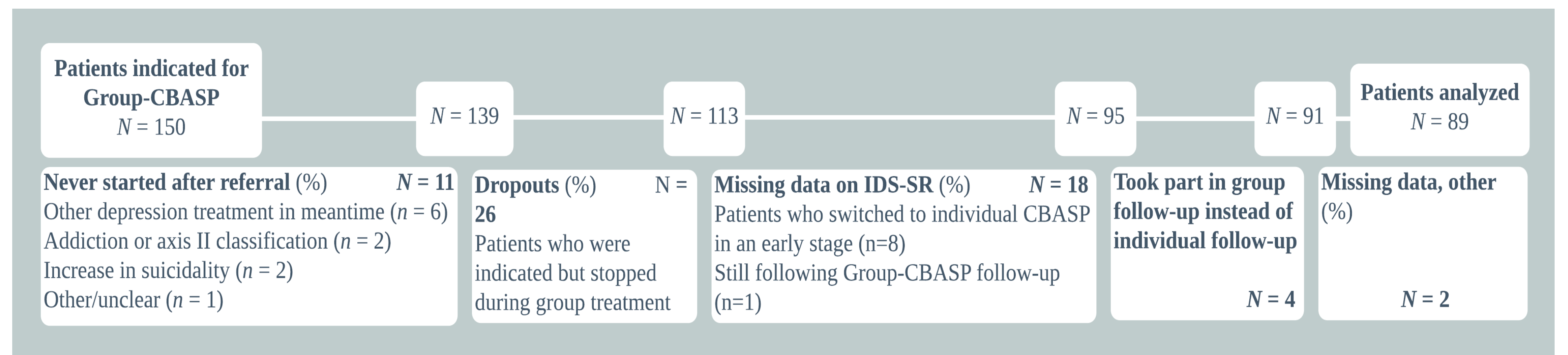


Table 1 Characteristics of the study population sorted by primary outcome (response or partial response after 6 months) and secondary outcome (response or partial response after 12 months).

| | Study population n = 89 | Response or partial response after 6 months ^a | | Response or partial response after 12 months | |
|---|----------------------------|--|------------------|--|-------------------|
| | | Yes n = 28 | No n = 61 | Yes n = 33 | No n = 56 |
| Age, mean ± SD | 50.64 ± 10.0 | 49.54 ± 9.9 | 51.15 ± 10.1 | 50.18 ± 11.1 | 50.91 ± 9.4 |
| Female | 69.7 (62) | 67.9 (19) | 70.5 (43) | 69.7 (23) | 69.6 (39) |
| Family status | | | | | |
| Single, separated, other | 32.6 (29) | 28.6 (8) | 34.4 (21) | 24.2 (8) | 37.5 (21) |
| In a relationship | 67.4 (60) | 71.4 (20) | 65.6 (40) | 75.8 (25) | 62.5 (35) |
| Educational level^b | | | | | |
| Low | 19.1 (17) | 10.7 (3) | 23.0 (14) | 12.1 (4) | 23.2 (13) |
| Intermediate | 43.8 (39) | 50.0 (14) | 41.0 (25) | 48.5 (16) | 41.1 (23) |
| High | 37.1 (33) | 39.3 (11) | 36.1 (22) | 39.4 (13) | 35.7 (20) |
| Primary source of income | | | | | |
| Labour | 32.5 (29) | 64.3 (18) | 18.0 (11) | 48.5 (16) | 23.2 (13) |
| Other | 67.4 (60) | 35.7 (10) | 82.0 (50) | 51.5 (17) | 76.8 (43) |
| Family history of depression^c | 51.7 (46) | 42.9 (12) | 55.7 (34) | 54.5 (18) | 50.0 (28) |
| Axis I comorbidity | 29.2 (26) | 17.9 (5) | 34.4 (21) | 15.2 (5) | 37.5 (21) |
| Axis II comorbidity | 36.0 (32) | 42.9 (12) | 32.8 (20) | 45.5 (15) | 30.4 (17) |
| Comorbid somatic disorder | 53.9 (48) | 50.0 (14) | 55.7 (34) | 60.6 (20) | 50.0 (28) |
| Previous psychotherapy | 98.9 (88) | 96.4 (27) | 100.0 (61) | 97.0 (32) | 100.0 (56) |
| Previous antidepressant medication | 95.5 (85) | 89.3 (25) | 98.4 (60) | 87.9 (29) | 100.0 (56) |
| Previous electroconvulsive therapy | 10.1 (9) | 7.1 (2) | 11.5 (7) | 15.2 (5) | 7.1 (4) |
| Previous inpatient treatment | 38.2 (34) | 32.1 (9) | 41.0 (25) | 33.3 (11) | 41.1 (23) |
| Registered suicide attempt | 20.2 (18) | 10.7 (3) | 24.6 (15) | 12.1 (4) | 25.0 (14) |
| Taking antidepressant medication | 91.0 (81) | 92.9 (26) | 90.2 (55) | 87.9 (29) | 92.9 (52) |
| Baseline depression severity^d | | | | | |
| None / mild (IDS-SR 0-25) | 14.6 (13) | 14.3 (4) | 14.8 (9) | 15.2 (5) | 14.3 (8) |
| Moderate (IDS-SR 26-38) | 41.6 (37) | 60.7 (17) | 32.8 (20) | 51.5 (17) | 35.7 (20) |
| Severe / very severe (IDS-SR ≥ 39) | 43.8 (39) | 25.0 (7) | 52.5 (32) | 33.3 (11) | 50.0 (28) |
| Childhood trauma in history | 59.6 (53) | 53.6 (15) | 62.3 (38) | 51.5 (17) | 64.3 (36) |
| Early onset^e | 52.8 (47) | 50.0 (14) | 54.1 (33) | 42.4 (14) | 58.9 (33) |

Note. Data represent mean ± standard deviation (SD) or percent (number); bold text indicates differences with $p < 0.05$; ^aResponse = decrease in IDS-SR score by $\geq 50\%$, partial response = decrease in IDS-SR score by $\geq 25\%$, no response = decrease in IDS-SR score by $< 25\%$; ^bLow = completed middle school or less and/or low-level technical/vocational education; medium = completed medium-level technical/vocational education; high = completed university or high-level technical/vocational training; ^c1st or 2nd degree relative; ^dNone = IDS-SR score 0-13, mild = IDS-SR score 14-25, moderate = IDS-SR score 26-38, severe = IDS-SR score 39-48, very severe = IDS-SR score ≥ 49 ; ^eEarly onset = depression onset $< 21^{\text{st}}$ life year.

Table 4. Response rates (percentage of decrease in IDS-SR) (N = 89)

| | 24 sessions Group-CBASP (6 months) | | | Group-CBASP + individual phase (12 months) | | |
|---------------------------------|------------------------------------|----------------------|----------------------|--|----------------------|----------------------|
| | 25-49% n (%) | $\geq 50\%$ n (%) | Total > 25% n (%) | 25-49% n (%) | $\geq 50\%$ n (%) | Total > 25% n (%) |
| Total (N = 89) | 17 (19.10) | 11 (12.36) | 28 (31.46) | 16 (17.97) | 17 (19.10) | 33 (37.07) |
| Primary source of income | | | | | | |
| Labour (n = 29) | 13 (44.83)* | 5 (17.24) | 18 (62.07)* | 7 (24.14) | 9 (31.03) | 16 (55.17)* |
| Other (n = 60) | 4 (6.67) | 6 (10.00) | 10 (16.67) | 9 (15.00) | 8 (13.33) | 17 (28.33) |
| Axis I comorbidity | | | | | | |
| No (n = 63) | 14 (22.22) | 9 (14.29) | 23 (36.51) | 14 (22.22) | 14 (22.22) | 28 (44.44)* |
| Yes (n = 26) | 3 (11.54) | 2 (7.69) | 5 (19.23) | 2 (7.69) | 3 (11.54) | 5 (19.23) |

Note. *Significant difference between groups [labour/other or axis I comorbidity y/n] ($p < 0.05$), assessed by chi-square test.