

# **COGNITIVE BEHAVIOURAL THERAPY AND HOSPITAL READMISSION IN PATIENTS WITH DEPRESSION**

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## **Abstract**

Depression is a common mental disorder that can become chronic and if untreated may affect the individual's ability to continue with his/her everyday life. Cognitive behaviour therapy (CBT) is the most researched therapy for depression in both the acute phase and as a maintenance treatment. This project aims to identify recent studies and critically appraise them to determine the effect of CBT on patients with depression.

A question (Does cognitive-behaviour therapy reduce hospital readmission in patients with depression?) was put forward using the PICO method. Ten full text studies published between 2000 and 2011 in English were identified using electronic search through the University of Malta online library and PubMed search engines and critically appraised. Studies involving co morbidities were excluded. The general view was that CBT reduces relapse and recurrence in patients with depression, both in the acute phase and also as maintenance treatment. No significance difference was observed between individual and group CBT formats.

In an effort to improve care quality and reduce risk of relapse, current services may need evaluation for better liaison with agencies in the mental health sector. Mental health nurses also need to continue developing their CBT skills in an effort to deliver optimum care. Further research may need to address when to introduce CBT as a sequential treatment and the length of time of such therapy.

**Keywords: cognitive behaviour therapy, and depression, and relapse, or readmission, or rehospitalisation**

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