

Treatment as Usual (TAU) for Depression: A Comparison of Psychotherapy, Pharmacotherapy, and Combined Treatment at a Large Academic Medical Center

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Depression is among the most prevalent and burdensome psychiatric disorders in the United States (Kessler et al., *Archives of General Psychiatry* 62:817–827, 2005). There is substantial empirical support regarding efficacy of pharmacotherapy, psychotherapy, and combined treatment (both pharmacotherapy and psychotherapy) for treating depression. However, far less is known about the effectiveness of these treatments for real-world patients treated within routine clinical care settings (Cahill et al., *The British Journal of Clinical Psychology* 49:421–453, 2010). This study seeks to explore the effectiveness of treatment as usual (TAU) for depression in a large cohort of psychiatric outpatients receiving psychotherapy, pharmacotherapy, or combined treatment within an academic medical center. Initial and follow-up self-report assessments were analyzed for 1,322 patients receiving treatment for depression. Using these data, we determined treatment effect sizes, rates of reliable improvement (and deterioration), and rates of clinically significant improvement for psychotherapy, pharmacotherapy, and combined care. On average, all treatments produced significant improvement with effect sizes surpassing our no-treatment benchmark. No significant between-group (treatment) differences in self-report outcomes were found. The rates of reliable change were similar for all treatment groups consistent with past research. The present findings support the effectiveness of psychotherapy, pharmacotherapy, and combined treatment as routinely provided within a large academic medical center for the treatment of real-world patients suffering with depression.

Keywords: outcomes monitoring, depression, psychotherapy, pharmacotherapy, treatment as usual

Clinical depression is among the most common and burdensome of mental illnesses (Kessler, Chiu, Demler, & Walters, 2005). The World Health Organization lists depression as one of the top five global public health problems (Murray & Lopez, 1996). Fortunately, the results from hundreds of randomized controlled trials (RCT) have demonstrated the efficacy of pharmacotherapy, psychotherapy (Cuijpers, van Straten, Bohlmeijer, Hollon, & Andersson, 2009; Lambert & Ogles, 2004), and combined pharmacotherapy and psychotherapy (Cuijper, van Straten, Warmerdam, & Andersson, 2009) of treating depressive disorders. This research has influenced clinical practice by being incorporated into official

practice guidelines for treating depression. The current treatment guidelines endorse both psychological and pharmacological treatment as first line mono-therapies for acute phase depression (American Psychiatric Association, 2010).

The abundance of RCT studies of psychotherapy and pharmacotherapy has resulted in numerous meta-analyses evaluating the comparative effectiveness of these treatments. Although true consensus has not been achieved (see Cuijper, van Straten, van Oppen, & Andersson, 2008), the majority of meta-analytic studies have concluded that psychotherapy and pharmacotherapy are equally efficacious for treating depression (De Maat, Dekker, Schoevers, & De Jonghe, 2006). Research comparing combined therapy (psychotherapy plus pharmacotherapy) and mono-therapy (psychotherapy or pharmacotherapy) have tended to show a slight advantage for combined therapy relative to either psychotherapy (Cuijper et al., 2008) or pharmacotherapy (Pargamolla, Bollini, Tibaldi, Kugelnick, & Manizza, 2004) alone. However, the magnitude of these differences is sufficiently small as to make their clinical relevance questionable (Cuijper et al., 2008).

Although there is substantial empirical support of the efficacy of pharmacotherapy and psychotherapy as treatments of depression (Cuijper et al., 2008; Thase, Kornstein, Germain, Jiang, Guiso-

Mark A. Blais, Johanna C. Malone, and Michelle B. Stein, Department of Psychiatry, Massachusetts General Hospital and Harvard Medical School; Jenelle Slavin-Mulford, Department of Psychology, Georgia Regents University; Sheila M. O'Keefe, Megan Renna, and Samuel J. Sinclair, Department of Psychiatry, Massachusetts General Hospital and Harvard Medical School.

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Combined Pharmacotherapy And Psychotherapy For Depression

Dan J. Stein, David J. Kupfer, Alan F. Schatzberg



Combined Pharmacotherapy And Psychotherapy For Depression:

Combined Pharmacotherapy and Psychotherapy for Depression Donna W. Manning, Allen Frances, 1990 **Competency in Combining Pharmacotherapy and Psychotherapy** Michelle B. Riba, M.D., M.S., Richard Balon, M.D., Laura Weiss Roberts, M.D., M.A., 2017-11-16 The rapid transformation of clinical care models in new health systems means that competence in integrated and split collaborative care is vital for both long established clinicians and psychiatric professionals in the early stages of their careers **Managing Treatment-Resistant Depression** Joao L. de Quevedo, Patricio Riva-Posse, William V. Bobo, 2022-03-31 *Managing Treatment Resistant Depression Road to Novel Therapeutics* defines TRD for readers discussing the clinical and epidemiological predictors economic burden and neurobiological factors In addition staging methods for treatment resistance are fully covered in this book including serotonin specific reuptake inhibitors serotonin norepinephrine reuptake inhibitors other classes of antidepressants including tricyclic antidepressants and monoamine oxidase inhibitors augmentation strategies and newer antidepressant treatments like ketamine and esketamine In addition evidence supporting the use of psychotherapies and neuromodulation strategies are also reviewed Written by top experts in the field this book is the first of its kind to review all methods of treatment for TRD Defines Treatment Resistant Depression and Staging Treatment Intensity Includes Treatment Resistant Depression options for children adolescents geriatrics during pregnancy and during post partum and menopause transitions Discusses the use of Ketamine and Esketamine for treatment resistant depression Psychopharmacology Problem Solving F. Scott Kraly, 2014-05-27 At last a clinician s guidebook to prescription dilemmas Psychotropic medications prescribed to treat mental disorders have become increasingly commonplace over the past half century but the decision making process for doing so continues to lack real clarity Clinicians and patients alike face new challenges and questions thanks to the increasing availability of these drugs When is the right time to prescribe something Can I predict which drug will help this individual When do I consider changing a medication How do I assess whether a drug s side effects make it worthwhile or not The response to these challenging questions is not to stop medicating altogether Psychotropic medications are useful clinical tools But now more than ever we must consider what it means to medicate judiciously It is time to slow down pause maybe even back up a bit and reconsider how and why various drugs should be prescribed and monitored for success The goal of this book is to encourage prudent informed and appropriate use of psychotropic medications to encourage use that is respectful and aware of the strengths and limitations of these drugs By presenting some fundamental principles of pharmacology as they apply to the clinical treatment of patients and by offering practical big picture prescribing recommendations Psychopharmacology Problem Solving helps to unravel an increasingly complex decision making process The first part of the book offers guidelines to keep in mind when working toward making informed choices regarding drug therapy The second part of the book offers select examples of behavioral problems and psychological disorders including addiction obesity schizophrenia depression anxiety and ADHD to

illustrate how the principles or recommendations presented in Part I actually play out The book concludes by considering the persistent problems and challenges that we face in our current and future use of psychotropic medications Taking a hard look at the extraordinary and increasing trust clinicians patients and families of patients place in drug therapy for mental illness this book gives readers an evidence based anchor to help them make the right decisions The Wiley-Blackwell Handbook of Mood Disorders Mick Power,2013-08-19 The Wiley Blackwell Handbook of Mood Disorders 2 e reflects the important and fast changing advancements that have occurred in theory and practice in unipolar and bipolar mood disorders There is no other current reference that gathers all of these developments together in a single book Every chapter is updated to reflect the very latest developments in theory and practice in unipolar and bipolar mood disorders Includes additional chapters which cover marital and family therapy medical disorders and depression and cross cultural issues Contributions are from the world s leading authorities and include psychiatrists and clinical psychologists with experience in both research and in practice Focuses on innovations in science and clinical practice and considers new pharmacological treatments as well as psychological therapies **Cognitive Behavioral Psychopharmacology** Mark Muse,2017-10-12 Outlines a comprehensive evidence based approach to coordinating psychopharmacological and psychotherapeutic treatments Cognitive Behavioral Psychopharmacology takes an evidence based approach to demonstrating the advantages of biopsychosocial integration in interventions for the major psychiatric diagnoses It is the first and only book to translate the current evidence for cognitive behavioral psychosocial and pharmacologic approaches to mental health disorders into clear guidance for clinical practice There is a burgeoning movement in mental health to acknowledge the entire person s functioning across physical psychological and social spheres and to integrate medical as well as psychological and social interventions to address the entire spectrum of presenting problems This book bridges a gap in the professional mental health literature on the subject of standalone versus combined treatment approaches It reviews the current state of integrative care and makes a strong case that optimal outcomes are best achieved by an awareness of how and why the cognitive behavioral aspects of prescribed medical and psychological interventions influence treatment Each disorder specific chapter is authored by a prescriber and psychotherapist team who consider all the evidence around treatments and combinations providing outcome conclusions and concise tables of recommended front line interventions Provides a biopsychosocial perspective that integrates the medical psychotherapeutic family and community aspects of the therapeutic process Brings together and compares the current evidence for and against treatments that combine psychopharmacology and cognitive behavioral psychotherapy for major psychiatric diagnoses Outlines an evidence based approach to determining which combination of treatments is most appropriate for each of the major psychiatric diagnoses Describes in a way that is accessible to both prescribers and therapists when and how cognitive behavioral therapy can be integrated into pharmacotherapy The book will appeal to a wide range of mental health professionals including psychologists psychiatrists

clinical social workers licensed professional counselors marriage and family therapists and addictions counselors It also will be of interest to primary care physicians and nurse practitioners who work side by side with mental health professionals

Oxford Textbook of Psychotherapy Glen O. Gabbard, Judith S. Beck, Jeremy Holmes, 2007 With the publication of this book psychotherapy finally arrives at the mainstream of mental health practice This volume is an essential companion for every practising psychiatrist clinical psychologist psychotherapy counsellor mental health nurse psychotherapist and mental health practitioner It is integrative in spirit with chapters written by an international panel of experts who combine theory and research with practical treatment guidelines and illustrative case examples to produce an invaluable book Part One gives a comprehensive account of all the major psychotherapeutic approaches Parts Two and Three systematically describe psychotherapeutic approaches to the major psychiatric disorders and personality disorders Many chapters are multi authored and describe the psychodynamic cognitive behavioural and other approaches for treating these illnesses Part Four examines applications and modifications of psychotherapy across the lifecycle Part Five describes psychotherapy with specific populations such as medical patients and those where gender is an issue and finally Part Six tackles some of the special topics of concern to psychotherapists including ethics legal issues and psychotherapy and neuroscience The first of its kind this is a must have volume for all trainee and practising psychological therapists whatever their background psychiatry psychology social work or nursing

Treating Depression Ira D. Glick, 1995-10-10 Using illustrative case studies and jargon free language Treating Depression offers step by step guidelines and specific models for intervention in treating the numerous types and subtypes of depression The authors explain how the clinician can take a proactive approach to managed care and outline step by step methods for assuring quality treatment

Depression, An Issue of Psychiatric Clinics David Mintz, 2012-03-28 This issue discusses the diagnosis and treatment of major depressive disorder MDD and other depressive disorders with an emphasis on the psychosocial aspects of depression how it affects societies how it is affected by culture and what the true meaning of recovery is for those suffering from MDD The issue is divided into three sections Etiology Diagnosis and Treatment Authors address the evidence where biology and subjectivity meet They discuss what is adaptive and what is pathologic and discuss population based solutions that take into account the specificity of the individual Authors also take into account combination treatments of psychotherapy and pharmacotherapy and weigh the treatment choices against specific patient subtypes

Long-term Treatment of Depression Stuart A. Montgomery, F. Rouillon, 1992-06-16 Depression is a very common disorder which often has a chronic and recurrent pattern It is therefore important to establish that the efficacy and safety of the selected treatment is maintained in the long term and that treatments are able to reduce both relapses and the risk of new episodes This is the first major volume which provides a comprehensive and authoritative account of all aspects of the long term treatment of depressive illness At the same time it points out that prophylactic studies have only just begun to separate effective from ineffective treatments and to identify whether particular treatments reduce

the risk of new episodes or merely delay them It will be of value to all practising psychiatrists and physicians with clinical or research interests in depressive illness **Handbook of Comparative Treatments for Adult Disorders** Alan S. Bellack, Michel Hersen, 1990-01-22 This book compares for each of the major disorders the three most commonly applied therapeutic approaches Then noting their similarities it points out their relative strengths and weaknesses The information presented here is thought provoking and comprises an up to date source of information drawn from scores of new journals and hundreds of relevant new books **Competency in Combining Pharmacotherapy and Psychotherapy** Michelle B. Riba, Richard Balon, 2005 This essential work provides the ideal text for psychiatry residents who need to develop and demonstrate competency in providing psychotherapy and pharmacotherapy in both integrated and split approaches a competency required by the Residency Review Committee in Psychiatry Clinically and developmentally oriented Competency in Combining Pharmacotherapy and Psychotherapy Integrated and Split Treatment focuses on competencies in adult psychiatry in the outpatient setting The authors detail guidelines for assessing residents competency to provide both integrated treatment delivered by one professional and split treatment delivered in collaboration by two or more professionals They present these guidelines in two main standalone sections which can and should be read separately Both sections deal with similar problems and thus contain similar information such as selection of medication and psychotherapy evaluation and opening sequencing and maintenance and termination of integrated and split treatments Today the combination of pharmacotherapy and psychotherapy is the most widely used treatment modality for a broad range of psychiatric disorders Many clinicians believe that it is also far more efficacious and beneficial than either modality used alone This volume ably addresses some of the more complicated aspects of combining treatments such as how patient presentation affects pharmacotherapy and psychotherapy the timing and staging of combined treatment which therapies should be used in combination with pharmacotherapy and which professionals should be included in split treatment This eminently practical volume will be welcomed by residents and training directors alike as an integral part of all psychiatric residency training programs and will also be useful to nurse practitioners physician assistants social workers and psychologists **The American Journal of Psychiatry**, 2002 *The American Psychiatric Publishing Textbook of Mood Disorders* Dan J. Stein, David J. Kupfer, Alan F. Schatzberg, 2005 Presents the state of the art in diagnosis psychobiology pharmacotherapy and psychotherapy across the vast spectrum of mood disorders and includes a wealth of illustrations tables and references **Concise Guide to Mood Disorders** Steven L. Dubovsky, Amelia N. Dubovsky, 2002 Concise yet comprehensive it compiles the most essential facts on every aspect of mood disorders epidemiology etiology physical treatments psychosocial treatments outcomes and comorbidity The information is organized for easy look up and fast comprehension with detailed indexes and many charts and tables **Practice Guideline for the Treatment of Patients with Major Depressive Disorder** American Psychiatric Association, 2000 This manual provides the American Psychiatric

Association's guidelines for the treatment of patients with major depressive disorder. It is divided into three sections covering treatment recommendations, background information, and review of available evidence and future research needs. It seeks to summarize the specific forms of somatic, psychotherapeutic, psychosocial, and educational treatments that have been developed to deal with major depressive disorder.

Diagnosis and Treatment of Depression in Late Life Lon Schneider, 1994. What are the special considerations that apply to the diagnosis and treatment of depression in late life? The NIH Consensus Development Conference set out to address this topic in detail. *Diagnosis and Treatment of Depression in Late Life* presents their findings. Compiled by experts in the field, *Diagnosis and Treatment of Depression in Late Life* provides comprehensive studies on early life depression versus late life depression, the prevalence of depression in elderly people, and the risk factors involved. Issues regarding safe and effective treatment, the patterns for health service use, and the consequences of unrecognized or inadequately treated depression.

Handbook of Evidence-based Psychotherapies Chris Freeman, Michael J. Power, 2007-05-07. The handbook takes the practitioner to the next stage with an overview of the key evidence-based therapies, with guidelines on further reading and training. It also reviews key professional and organisational issues related to the delivery of services in resource-limited situations.

Comprehensive Clinical Psychology A.S. Bellack, Michel Hersen, 1998-08-20. *Interpersonal Psychotherapy for Depressed Older Adults* Gregory A. Hinrichsen, Kathleen F. Clougherty, 2006. This is the first clinical book on how to conduct Interpersonal Psychotherapy (IPT) with persons 65 years of age and older. To help clinicians learn effective care, the authors draw upon a wealth of experience to provide a comprehensive review of theory and research, as well as practical guidance on clinical interventions.

Combined Pharmacotherapy And Psychotherapy For Depression Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Combined Pharmacotherapy And Psychotherapy For Depression**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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