Overcoming Treatment Resistance in Chronic Depression: A Pilot Study on Outcome and Feasibility of the Cognitive Behavioral Analysis System of Psychotherapy as an Inpatient Treatment Program

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Nonremission was associated with experiencing temporary deterioration of symptoms during treatment. After 6 months 75.0% and after 12 months 48.0% of patients sustained response.

Conclusions: The CBASP program appears as a feasible acute treatment for treatment-resistant CD inpatients with promising outcome. However, the continuation of treatment after discharge should be optimized especially for patients with subjective deterioration during treatment.

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Key Words
Chronic depression · Cognitive Behavioral Analysis System of Psychotherapy (CBASP) · Inpatient treatment · Psychotherapy · Treatment resistance · Feasibility · Outcome · Relapse

Abstract
Background: The Cognitive Behavioral Analysis System of Psychotherapy (CBASP), initially developed as an outpatient treatment for chronic depression (CD), has been adapted as a multidisciplinary 12-week inpatient program for CD. Methods: Seventy inpatients with CD and treatment resistance were included in a noncontrolled trial. The Hamilton Depression Rating Scale served as the primary outcome measure. Prospective naturalistic follow-up assessments were conducted 6 and 12 months after discharge. Results: Dropout rate was 7.1%; 90.4% perceived the program as helpful. Pre-post comparisons yielded strong effect sizes; 75.7% of the intention-to-treat sample responded, and 40.0% remitted.

Introduction
Approximately 30% of depressed patients suffer from chronic depression (CD) [1]. The Cognitive Behavioral Analysis System of Psychotherapy (CBASP) is the first disorder-tailored treatment for CD [2]. It integrates cognitive-emotional, behavioral, interpersonal, and psychodynamic/psychological theories and strategies across schools by directly addressing the specific psychopathol-