

Rezidivierende Depressionen – Lassen sich Rückfälle verhindern und psychische Gesundheit erhalten?

Eine kognitiv-verhaltenstherapeutische Perspektive

Ulrich Stangier, Anne-Katrin Risch, Thomas Heidenreich & Martin Hautzinger

Psychotherapeutenjournal 2/2014

Literatur

Antonovsky, A. (1979). *Health, Stress and Coping*. San Francisco: Jossey-Bass.

Brown, C., Battista, D. R., Sereika, S. M., Bruehlman, R. D., Dunbar-Jacob, J., & Thase, M. E. (2007). Primary care patients' personal illness models for depression: Relationship to coping behavior and functional disability. *General Hospital Psychiatry, 29*, 492-500.

Dobson, K.S., Hollon, S. D., Dimidjian, S., Schmaling, K. B., Kohlenberg, R. J., Gallop, R. J., Rizvi, S. L., Gollan, J. K., Dunner, D. L. & Jacobson, N. S. (2008). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the prevention of relapse and recurrence in major depression. *Journal of Consulting and Clinical Psychology, 76*, 468-477.

Erhart, M. & von Stillfried, D. (2012). Analyse regionaler Unterschiede in der Prävalenz und Versorgung depressiver Störungen auf Basis vertragsärztlicher Abrechnungsdaten – Teil 1 Prävalenz. Verfügbar unter: www.versorgungsatlas.de/fileadmin/ziva_docs/3/Depression_Bericht_1.pdf [17.03.2014].

Fava, G.A. & Ruini, C. (2003). Development and characteristics of a well-being enhancing psychotherapeutic strategy: well-being therapy. *Journal of Behaviour Therapy and Experimental Psychiatry, 34*, 45-63.

Fava, G.A., Ruini, C., Rafanelli, C., Finos, L., Conti, S., Grandi, S. (2004). Six-Year Outcome of Cognitive Behavior Therapy for Prevention of Recurrent Depression. *American Journal of Psychiatry, 161*, 1872-1876.

Geddes, J. R. Carney, S. M. & Davies, C. (2003). Relapse prevention with antidepressant drug treatment in depressive disorders: a systematic review. *Lancet, 361*, 653-661.

Hautzinger, S., Schlösser, R., & Barocka, A. (2006). *Manualisierte Psychoedukation (MAPE): Anleitung für Therapeuten und Materialien für Patienten*. Tübingen, Jena, Oberursel: Unveröffentlichtes Manuskript.

Hayes, S.C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.

Heidenreich, T. & Michalak, J. (Hrsg.) (2013). *Die „Dritte Welle“: Neue Ansätze der Verhaltenstherapie*. Weinheim: Beltz.

Hollon, S. D., De Rubeis, R. J., Shelton, R. C., Amsterdam, J. D., Salomon, R. M., O'Reardon, J. P., Lovett, M., Young, P. R., Haman, K. L., Freeman, B. B. & Gallop, R. (2005). Prevention of relapse following cognitive therapy vs. medications in moderate to severe depression. *Archives of General Psychiatry, 62*, 417-422.

Literatur zu: U. Stangier et al., *Psychotherapeutenjournal 2/2014*, S. 164-169

- Horvath, A. O., Del Re, A. C., Flückiger, C. & Symonds, D. (2011). Alliance in individual psychotherapy. *Psychotherapy*, 48, 9–16. doi: 10.1037/a0022186
- Jarrett, R. B., Kraft, D., Doyle, J., Foster, B. M., Eaves, G. G. & Silver, P. C. (2001). Preventing recurrent depression using cognitive therapy with and without a continuation phase. *Archives of General Psychiatry*, 58, 381-388.
- Jarrett, R. B., Minhajuddin, A., Gershenfeld, H., Friedman, E. S., Thase, M. E., (2013). *Preventing depressive relapse and recurrence in higher-risk cognitive therapy responders: A randomized trial of continuation phase cognitive therapy, fluoxetine, or matched pill placebo.*
- Judd, L. L., Paulus, M. J., Shettler, P. J. (2000). Does incomplete recovery from first lifetime major depressive episode herald a chronic course of illness? *American Journal of Psychiatry*, 157, 1501-1504.
- Keller, M. B. & Boland, R. J. (1998). Implications of failing to achieve successful long-term maintenance treatment of recurrent unipolar major depression. *Biological Psychiatry*, 44, 348-360.
- Kuyken, W., Byford, S., Taylor, R. S., Watkins, E., Holden, E., White, K., Barrett, B., Byng, R., Evans, A., Mullan, E. & Teasdale, J. D. (2008). Mindfulness-based cognitive therapy to prevent relapse in recurrent depression. *Journal of Consulting and Clinical Psychology*, 76(6), 966-978.
- Ma, S.H. & Teasdale, J. D. (2004). Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse prevention effects. *Journal of Consulting and Clinical Psychology*, 72, 31-40.
- Melchior, H. Schulz, H. & Härter, M. (2014). Faktencheck Gesundheit: Regionale Unterschiede in der Diagnostik und Behandlung von Depressionen. Gütersloh: Bertelsmann-Stiftung. http://www.bertelsmann-stiftung.de/cps/rde/xbcr/SID-224FA626-65704650/bst/xcms_bst_dms_39547_39548_2.pdf
- Risch, A. K., Stangier, U., Heidenreich, T. & Hautzinger, M. (2012). *Kognitive Erhaltungstherapie bei rezidivierender Depression. Rückfälle verhindern, psychische Gesundheit erhalten.* Heidelberg: Springer.
- Risch, A. K., Taeger, S., Brüdern, J. & Stangier, U. (2013). Psychological Well-being in remitted patients with recurrent depression. *Psychotherapy and Psychosomatics*, 82, 404-405.
- Ryff, C. D. & Singer, B. H. (1996). Psychological well-being: Meaning, measurement, and implications for psychotherapy research. *Psychotherapy and Psychosomatics* 1996, 65, 14-23.
- Segal, Z. V., Williams, J. M. G., Teasdale, J. D. (2008). *Die Achtsamkeitsbasierte Kognitive Therapie der Depression: Ein neuer Ansatz zur Rückfallprävention.* DGVT-Verlag: Tübingen.
- Stangier, U., Hilling, C., Heidenreich, T. Risch, A. K. et al. (2013). Maintenance Cognitive Therapy and Manualized Psychoeducation in the Treatment of Recurrent Depression: A Prospective Randomized Multicenter Controlled Trial. *American Journal of Psychiatry*, 170, 624-632.
- Teasdale, J. D. (1988). Cognitive vulnerability to persistent depression. *Cognition and Emotion*, 2, 247-274.
- Teasdale, J. D., Segal, Z.V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68, 615– 623.
- Vittengl, J. R., Clark, L. A., Dunn, T. & Jarrett, R. B. (2007). Reducing relapse and recurrence in unipolar depression: A comparative meta-analysis of cognitive-behavioral therapy's effects. *Journal of Consulting and Clinical Psychology*, 75, 475-488.
- Webb, C. A., DeRubeis, R. J. & Barber, J. P. (2010). Therapist adherence/ competence and treatment outcome: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78, 200 -211.
- Webb, C. A., DeRubeis, R. J., Dimidjian, S., Hollon, S. D., Amsterdam, J. D. & Shelton, R. C. (2012). Predictors of patient cognitive therapy skills and symptom change in two randomized clinical trials: the role of therapist adherence and the therapeutic alliance. *Journal of Consulting and Clinical Psychology*, 80, 3, 373-381.

Williams, J. M. G., Crane, C. , Barnhofer, T., Brennan, K., Duggan, D.S., Fennell, M. J. V., Hackmann, A., Krusche, A., Muse, K., Rudolf Von Rohr I. , Shah, D., Crane, R., Eames, K., Jones, M. , Radford, S., Silverton, H., Weatherly-Jones, Y .S. E., Whitaker, C. J., Russel, D. & Russel, I. T. (2014). Mindfulness-Based Cognitive Therapy for Preventing Relapse in Recurrent Depression: A Randomized Dismantling Trial. *Journal of Clinical and Consulting Psychology*, 82, 275-86. doi: 10.1037/a0035036.