

**LO TBAT explain
a psychological treatment
for depression**

Aaron Beck – Cognitive Behavioural Therapy

- Aims to correct faulty thinking and develop coping strategies
- **Three parts to the therapy:**
 - Assessment of client functioning (e.g., BDI)
 - **Educating the client about depression / techniques and strategies**
 - Client Homework
- Sessions are highly structured

Beck – CBT session structure

- **Assess client functioning (BDI) and discuss homework**
- Decide (client + therapist) on agenda (new issues, coping techniques)
- **Work through issues + coping techniques**
- Set new homework with client

Beck Depression Inventory-II (BDI-II)

Applicant Details:

Name: Jane Smith

Date of Birth: March 15, 1990 **Contact Information:** (665) 111-5233

Date of Assessment: October 3, 2023

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully and pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group.

Sadness

1. I do not feel sad.

2. I feel sad much of the time.

3. I am sad all the time.

4. I am so sad or unhappy that I can't stand it.

Answer: 2

Pessimism

1. I am not discouraged about my future.

2. I feel more discouraged about my future than I used to be.

3. I do not expect things to work out for me.

4. I feel my future is hopeless and will only get worse.

Answer: 1

Total Score: 37

Additional Notes/Comments:

Jane Smith reports experiencing a notable increase in sadness, agitation, and restlessness over the past two weeks. There has also been a decrease in her interest in sexual activity. While there are no thoughts of self-harm or suicide, the cumulative score suggests moderate depression. It is essential for her to receive a comprehensive evaluation from a healthcare provider to better understand the root cause and potential treatments.

Signature: JSmith

Date: October 2, 2023

Score	Classification
0-13	Minimal
14-19	Mild depression
20-28	Moderate depression
29-63	Severe depression



PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + _____ + _____ + _____
=Total Score: _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all
☐

Somewhat difficult
☐

Very difficult
☐

Extremely difficult
☐

Scoring

5 – mild depression

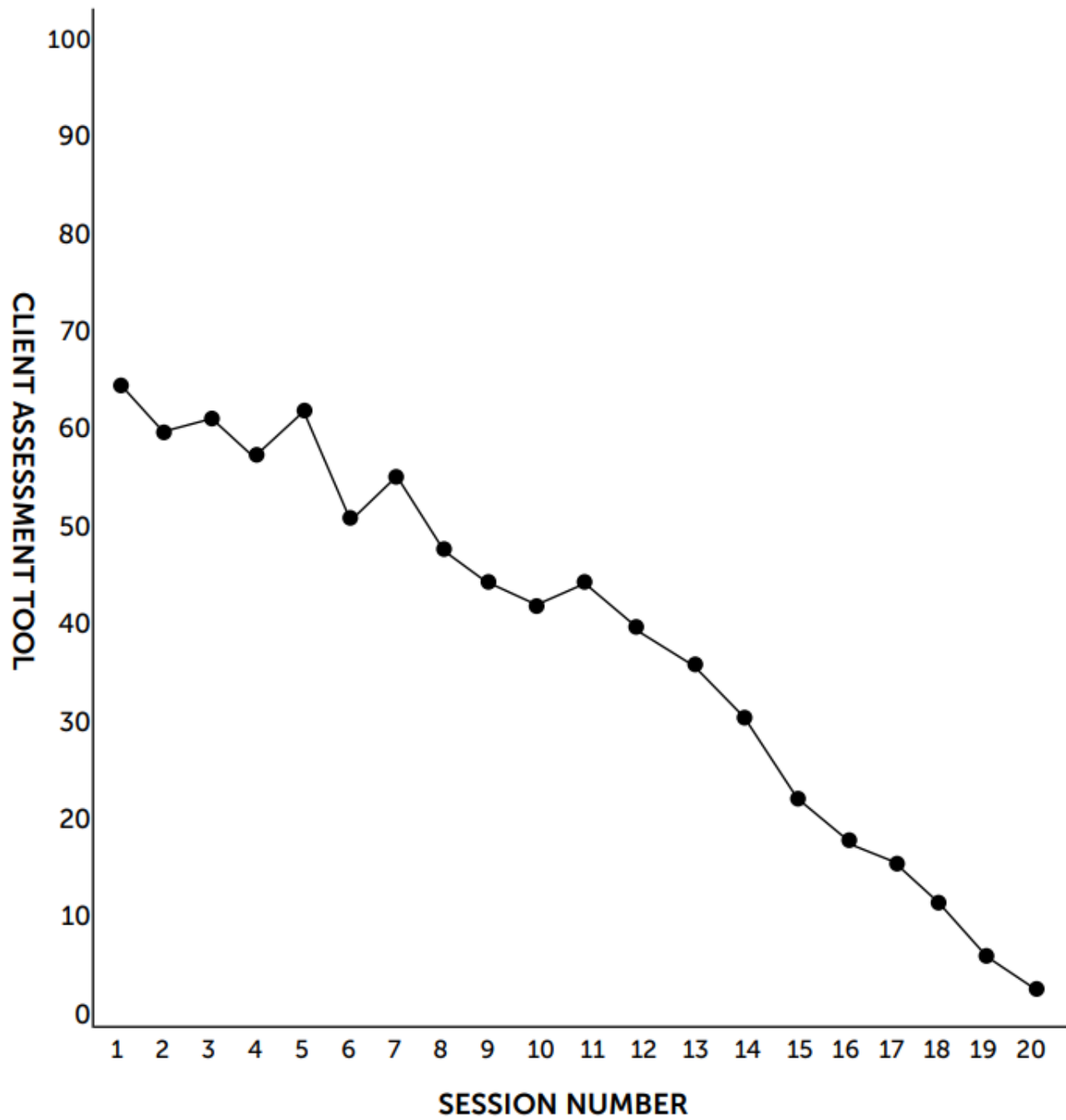
10 – moderate depression

15 – moderately severe depression

20 – severe depression

Q9 – single question that should trigger a fast response from clinicians if you rate at 2 +





Dysfunctional Thought Record (Example) given below in the table;

Example of 'homework' set for a CBT client

Date/Time	Situation	Negative Emotion (0-100)	Dysfunctional Thought (0-100)	Alternative Rational Thought (0-100)	Mood/Emotion Outcomes (0-100)
1-July-20	(Physiologically trigger), I 'm so exhausted and ill today. I have had to return to bed because I am overwhelmed with the fatigue	Sadness 85% Anxious 90%	I am ill and I will never get better. I will never be able to do normal things or achieve my goals. I don't have enough energy to go to work done.	I need to rest as I am so tired today. I fee bit better after taking rest. I will be able to carry on with my day later and achieve most of what I want to do and done my work.	Feeling calm, relaxed. Sadness 25% Anxious 30%



A01 and A03 questions

- Complete the reading questions for A01 and A03 to help you understand how CBT can be used

A note on B+ to A*

- **Getting high grades in Psychology means getting in the depth and detail of your explanations and evaluation points**
- For explanations (A01) use 'stretch and challenge', 'think link', and the 'extra' boxes
- **For evaluation (A03) focus on the justification of your strengths and weaknesses (especially evidence)**