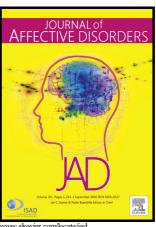
### Author's Accepted Manuscript

Evaluation of a Text-Message-Based Maintenance Intervention for Major Depressive Disorder after Inpatient Cognitive Behavioral Therapy

Sandra Schlicker, David D. Ebert, Middendorf, Ingrid Titzler, Matthias Berking



ww.elsevier.com/locate/iad

PII: S0165-0327(17)31765-2

DOI: https://doi.org/10.1016/j.jad.2017.10.047

JAD9312 Reference:

To appear in: Journal of Affective Disorders

Received date: 23 August 2017 Revised date: 19 October 2017 Accepted date: 27 October 2017

Cite this article as: Sandra Schlicker, David D. Ebert, Thomas Middendorf, Ingrid Titzler and Matthias Berking, Evaluation of a Text-Message-Based Maintenance Intervention for Major Depressive Disorder after Inpatient Cognitive Behavioral Therapy, Journal **Affective** Disorders. of https://doi.org/10.1016/j.jad.2017.10.047

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

#### **ACCEPTED MANUSCRIPT**

## Evaluation of a Text-Message-Based Maintenance Intervention for Major Depressive Disorder after Inpatient Cognitive Behavioral Therapy

Sandra Schlicker<sup>1,2</sup>, David D. Ebert<sup>1</sup>, Thomas Middendorf<sup>3</sup>, Ingrid Titzler<sup>1</sup>, Matthias Berking<sup>1</sup>

<sup>1</sup>Friedrich-Alexander University Erlangen-Nuernberg

<sup>2</sup>Philipps-University Marburg

<sup>3</sup>Schön Klinik Bad Arolsen, Psychosomatic Hospital

\*Corresponding author: Sandra Schlicker, Friedrich-Alexander University Erlangen-Nuernberg, Department of Clinical Psychology and Psychotherapy, Naegelsbachstraße 25a, 91054 Erlangen. Tel.: +49 (0)9131 85 67567; Fax: +49 (0)9131 85 67576. Sandra.Schlicker@fau.de

Abstract

Introduction

High relapse rates in Major Depressive Disorder (MDD) indicate the need for interventions enhancing the sustainability of treatment outcomes. Primary aim of the present study was to evaluate the effectiveness of a text-message-based maintenance intervention for depression (TMMI-D). Additionally, we aimed to clarify whether the use of individualized messages would lead to better outcome than the use of standardized messages which focused upon adaptive ways of regulating undesired emotions.

#### Methods

In this RCT, 226 individuals who had completed inpatient treatment for MDD were randomly allocated to a condition in which participants received TMMI-D with standardized messages targeting emotion regulation, or to a condition with individualized messages, or to a waitlist control condition. Primary outcome was depressive symptom severity assessed with the BDI-II.

#### Results

Multilevel analyses suggest that participants receiving TIMMI-D with standardized messages reported a significantly smaller increase of depressive symptoms during the post-treatment and follow-up interval than did patients in the waitlist control condition. Contrastingly, there was no such effect for patients who had used TIMMI-D with individualized messages.

# دريافت فورى ب متن كامل مقاله

## ISIArticles مرجع مقالات تخصصی ایران

- ✔ امكان دانلود نسخه تمام متن مقالات انگليسي
  - ✓ امكان دانلود نسخه ترجمه شده مقالات
    - ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
  - ✓ امكان دانلود رايگان ۲ صفحه اول هر مقاله
  - ✔ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
    - ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات