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MALAYSIA: A RANDOMISED CONTROLLED
TRIAL

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POSITIVE EFFECTS OF INDIVIDUAL COGNITIVE BEHAVIOR THERAPY FOR PATIENTS WITH UNIPOLAR MOOD DISORDERS WITH SUICIDAL IDEATION IN MALAYSIA: A RANDOMISED CONTROLLED TRIAL

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Abstract

The aim of this study was to investigate the effectiveness of Individual Cognitive Behavior Therapy (ICBT) in treating patients with mood disorders with suicidal ideation. A total of 69 patients (48 females, 21 males) with the diagnoses above were randomly allocated to either the group of Treatment As Usual (TAU) + ICBT (n=33) or the TAU group (n=36). All participants completed the Beck Depression Inventory (BDI), Beck Scale for Suicide Ideation (BSS), Positive and Negative Suicide Ideation Inventory (PANSI), Beck Hopelessness Scale (BHS), and Depression Anxiety Stress Scale-21 (DASS-21). These questionnaires were administered at pre-treatment, midway through treatment (week 4), post-treatment (week 8), and at follow-ups after three months (week 20) and six months (week 32). Factorial ANOVA results showed that the TAU+ICBT patients improved significantly and at faster rate as compared to the TAU group, which showed improvement only from pre to mid treatment on DASS-D and BHS-T measures.

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