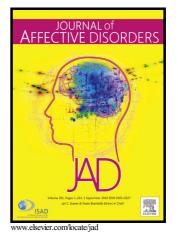
## Author's Accepted Manuscript

Memory Performance Predicts Response to Psychotherapy for Depression in Bipolar Disorder: A Pilot Randomized Controlled Trial with Exploratory Functional Magnetic Resonance Imaging



Thilo Deckersbach, Amy T. Peters, Conor Shea, Aishwarya Gosai, Jonathan P. Stange, Andrew D. Peckham, Kristen K. Ellard, Michael W. Otto, Scott L. Rauch, Darin D. Dougherty, Andrew A. Nierenberg

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### ACCEPTED MANUSCRIPT

#### Memory Performance Predicts Response to Psychotherapy for Depression in Bipolar Disorder: A Pilot

#### Randomized Controlled Trial with Exploratory Functional Magnetic Resonance Imaging

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#### Abstract: Objective:

This pilot randomized controlled trial compared Cognitive Behavior Therapy (CBT) and Supportive Psychotherapy (SP) for the treatment of depression in bipolar I disorder. We also examined whether exploratory verbal memory, executive functioning, and neural correlates of verbal memory during functional magnetic resonance imaging (fMRI) predicted change in depression severity. **Methods**: Thirty-two adults (ages 18-65) with DSM-IV bipolar I disorder meeting current criteria for a major depressive episode were randomized to 18 weeks of CBT or SP. Symptom severity was assessed before, at the mid-point, and after the 18-week intervention. All participants completed a brief pre-treatment neuropsychological testing battery (including the California Verbal Learning Test-2<sup>nd</sup> Edition, Delis Kaplan Executive Functioning System [DKEFS] Trail-making Test, and DKEFS Sorting Test), and a sub-set of 17

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