



Grant recipient

Dr Katie Douglas
University of Otago
Psychological Medicine

katie.douglas@otago.ac.nz
03 3720400
Department of Psychological Medicine
University of Otago, Christchurch PO Box 4345
8140

Grant details

GRANT TYPE	Project Grant	FUNDING ROUND	2016 PRO
GRANT REFERENCE	PRO(16/03)	GRANT AMOUNT	\$92,066

Final report

1. Report for the Scientific Assessing Committee

View an attachment by double clicking the icon to the left of the file name. Icons are not displayed and attachments are not accessible when this PDF is viewed in a web browser; you must open it in [PDF reader software](#).

CMRF Progress Report - 24 months 24.1.2019.pdf
137.5 KIB

2. Brief summary

After recovery from a depressive episode, individuals often continue to experience problems with cognitive (i.e., thinking, organisation, memory) and general functioning, and report these problems to be distressing and disabling. This pilot study examined the feasibility and effectiveness of a cognitively-enhanced Interpersonal and Social Rhythms Therapy (Cognitive Remediation combined with IPSRT) compared with IPSRT alone, in improving cognitive and general functioning in individuals with major depressive disorder after they are discharged from specialist mental health services (SMHS) in Canterbury.

We recruited 56 patients into this study, with 23 having completed the therapy trial and follow-up assessments, and 28 still in therapy at present. The high retention rate in this study over the 12-month treatment period suggests that the interventions were acceptable and feasible for this patient group.

While we are yet to analyse data from this study, we have presented the rationale and protocol for this study at several international conferences and meetings, and aim to publish findings in scientific journals once data collection is complete.

3. Photographs

View an attachment by double clicking the icon to the left of the file name. Icons are not displayed and attachments are not accessible when this PDF is viewed in a web browser; you must open it in [PDF reader software](#).



KDouglas Portrait.jpg
1.5 MiB



4. Feedback