

Effectiveness of Integrated Body–Mind–Spirit Group Intervention on the Well-Being of Indian Patients With Depression: A Pilot Study

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ABSTRACT

Background: Depression is a leading cause of disability worldwide. There is a need to develop effective strategies to treat depression and prevent recurrence. Treatments that combine pharmacological and psychotherapeutic approaches are preferred for treating severe forms of depression.

Purpose: The study assesses the effect of an integrated body–mind–spirit group intervention in patients with depression.

Methods: This pilot study was a pretest–posttest design study. Thirty adult patients diagnosed with depression attending the psychiatric outpatient department at a district hospital were randomly assigned to either the intervention group or comparison group. Each group had 15 patients. The intervention group received both the intervention and routine hospital treatment and underwent four group integrated body–mind–spirit group intervention therapy sessions. These sessions were held once per week on either Saturday or Sunday, with each session lasting more than 3 hours. Comparison group participants received routine hospital treatment only. Outcome measures, including level of depression, well-being, and work and social adjustment, were measured using the Beck Depression Inventory-II, body–mind–spirit well-being scale, and work and social adjustment scale. Both groups were evaluated at baseline, 1 month, 2 months, and 3 months.

Results: Results showed that both groups had significant reductions in the level of depression, improvements in well-being, and work and social adjustment at 3-month follow-up compared with baseline. In addition, the intervention group showed significant mean differences in levels of depression, well-being, and work and social adjustment compared with the comparison group.

Conclusion: The integrated body–mind–spirit group intervention model appears to reduce depressive symptoms and improve well-being in patients with depression.

KEY WORDS

depression, integrated body–mind–spirit group intervention, well-being.

Introduction

Depression is an illness that affects both the body and the mind and is a leading cause of disability, workplace absenteeism, decreased productivity, and suicide (Michaud, Murray, & Bloom, 2001). The World Health Organization estimates that depression will be the second most prevalent form of disability worldwide, after heart disease, by 2020 (World Health Organization, 2008). Depression is a common, serious, and complex illness that affects an estimated 121 million people (Schotte, Bossche, Doncker, Claes, & Cosyns, 2006). The high burden of depression requires formulating effective strategies to shorten episode duration and prevent recurrence. For severe forms of depression, treatments combining pharmacological and psychotherapeutic approaches have been shown to be effective (Selhub, 2007).

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