

グループ療法はうつ病を有する心疾患患者に役立つ

認知行動療法プログラムはうつ病を有する心疾患患者が健康的な行動およびよりポジティブな気分を抱くのに役立つ

Cognitive behavioral therapy program helps depressed cardiac patients embrace healthy behaviors and a more positive mood

患者が健康的な行動およびよりポジティブな気分を抱くのに役立つ8週間の'Beating Heart Problems'グループプログラムの有益性を示したスタディの結果が2011年 European Society of Cardiology学会で発表された。心筋梗塞または冠動脈バイパス術後に4人に1人の患者がうつ症状を経験した。Beating Heart Problemsプログラムでは、患者が「助けにならない思想」を見極めそれらをより助けになるものに転換する認知行動療法の原則を用いる。このプログラムは、うつ、不安および怒りの対処、身体活動、健康的な食生活、および禁煙からなる8つの項目を網羅した。うつ病患者およびうつ病でない患者と一緒に1つのグループにしたこのプログラムを用いることにより、うつ病患者は劇的に改善した。うつ病患者はまた、身体活動レベルを有意に上昇させ、高密度リポ蛋白レベルも実質的に改善した。以前から身体活動の増加が心疾患患者および一般の人々においてうつ症状を改善することが知られている。このプログラムに参加しなかった患者にはこれらの有益性は認められなかった。

Full Text

Researchers from the Heart Research Center in Melbourne, Australia, have demonstrated the benefits of the 8-week 'Beating Heart Problems' group program that helped patients embrace healthy behaviors and a more positive mood in a randomized controlled trial presented at the European Society of Cardiology 2011 conference.

According to Principal Research Fellow at the Center, Dr. Barbara Murphy, depressed participants appear to have benefited from the contact with their non-depressed peers: "In groups for depressed patients, progress can be slow. With our program, which involved depressed and non-depressed patients in a group together, we saw that the depressed patients improved dramatically. We believe that the 'well' patients were positive role models for the depressed patients, helping them to embrace healthy behaviors and a more positive mood."

After a myocardial infarction or coronary bypass surgery, about one in four patients experience symptoms of depression. For some, these symptoms continue on for months and even years. Depressed patients are more likely to experience another acute event in the year after their heart attack, and have an increased likelihood of death in the years to follow. Treating depression is a key step in preventing disability and premature death.

The Beating Heart Problems program uses principles of cognitive behavior therapy, which helps patients to identify 'unhelpful thoughts' and replace them with more helpful ones. "Often it is not the actual events in our lives but the way we think about those events that causes low mood or depression" says Dr. Murphy. "The Beating Heart Problems program helps patients to focus on their thoughts about their heart attack or heart condition, and come up with more helpful ways of thinking about it. In the same way, we can practice more helpful ways of thinking about physical activity, healthy eating and quitting smoking".

"Another feature of our program is that it is very patient-centered. We don't tell people which behaviors to change or which thoughts to think. Patients in the group are encouraged to make the lifestyle changes that they want to make, and to work at their own pace."

The 8-week program covers eight topics including depression, anxiety and anger management, physical activity, healthy eating, and smoking cessation. Depressed patients who attended the 8-week program also significantly increased their physical activity levels, and had substantial improvements in the high-density lipoprotein levels, the 'good' cholesterol in the blood. Increased physical activity has long been known to improve symptoms of depression, in both cardiac patients and in the general population. Patients who did not attend the program did not obtain these benefits.

The study, funded by Australian Rotary Health, the Eirene Lucas Foundation and Perpetual Trustees, involved 275 patients from the Royal Melbourne Hospital and Melbourne Private Hospital, both in Victoria, Australia. All patients had been recently hospitalized after heart attack or for coronary bypass surgery.

"Overall we are very excited about these findings," says Dr. Murphy. "Depression is very debilitating for cardiac patients, and makes their recovery process more protracted and difficult. Our program helps to make the recovery process easier. And having non-depressed patients in the group certainly seems to be a strong point of the program"

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