

Request #: 463 - PSY - Thesis

Bibliotherapy for Depression: Evaluating CBT and ACT and Examining the Role of Client Choice

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Background

I am comparing the effects of online self-help books on college students with depression. Participants are randomized to one of two books. An additional subset is randomized to receive their choice of book to use.

Sample

Data is collected at 4 timepoints: baseline, 5 weeks (mid), 10 weeks (post), and 5 months (follow-up).

The primary outcome measure is a depression scale. A secondary outcome measure is of depression-related stigma. Process measures (potential mechanisms of change) are also administered at each time point, in addition to surveys of adherence to treatment and satisfaction.

140 participants completed baseline, 70 completed mid, 54 completed post, and 60 completed follow-up.

Hypothesis

At this early stage, I am more interested in analyzing the effect of condition on depression symptoms over time (primary outcome) than on process measures/moderators.

Hypothesis 1: CBT and ACT will both result in decreased depression, distress, and self-stigma associated with depression. Life satisfaction and values progress will increase in both conditions. Hypothesis 2: CBT will result in greater use of reappraisal than ACT. Hypothesis 3: ACT will result in greater use of defusion and decreased psychological inflexibility than CBT. Hypothesis 4: Changes in experiential avoidance and defusion will predict changes in depression in the ACT condition. Hypothesis 5: Changes in reappraisal will predict changes in depression in the CBT condition. Hypothesis 6: Participants who are given their choice of treatment will show better adherence and satisfaction in the intervention.

Progress

Data cleaning and measure scoring

Request

I am hoping for some guidance in deciding on which analyses to use. Primarily, I would like to determine the most appropriate way to compare the three arms participants were randomized to (ACT, CBT, or choice) and their effect on the primary outcome over time. I would be interested in other ideas for how to incorporate the choice condition as well...e.g. comparing the effect of being assigned a treatment vs. choosing that treatment. Additionally, I would value guidance on how best to manage missing data given my relatively low retention rates.

Timeline

I am planning to present this project at a conference in mid-July, so would need to have some initial results prepared by then. More complex analyses could wait until after that time when I write up the full thesis.