

Beating the Blues

CHL5222 Final Project (Group D)

Depression is a common mental health disorder. Cognitive behavioral therapy (CBT) is effective, but the usual face-to-face therapy is expensive and dependent on the availability of trained therapists. As a result, an interactive multimedia program of CBT called Beating the Blues (BtheB) was developed. A randomized trial was conducted in patients suffering from anxiety and/or depression. Each patient was randomly assigned to either receive BtheB therapy or treatment as usual (TAU). BtheB consisted of 8, 50-minute computerized weekly sessions with “homework” projects between sessions, while TAU consisted of whatever treatment the patient’s general practitioner (GP) prescribed, including drug treatment or referral to a counselor. The primary response was the Beck Depression Inventory (BDI), measured prior to treatment, at the end of treatment (2 months later), and at 2, 4, and 6 months follow-up visits.

Data dictionary

Table 1: Data dictionary for depression study

variable_name	variable_description
bdi.2m	BDI level after 2 months (at the end of treatment phase)
bdi.4m	BDI level after 4 months (or 2 months after treatment ended)
bdi.6m	BDI level after 6 months (or 4 months after treatment ended)
bdi.8m	BDI level after 8 months (or 6 months after treatment ended)
bdi.pre	Baseline BDI at time of study entry (before treatment began)
drug	Was the subject prescribed concomitant drug therapy?
length	Was the current episode of depression (at study entry) longer or shorter than 6 months?
treatment	Treatment assigned to subject

Objective

To examine the efficacy of BtheB (in both the active treatment phase and the post-treatment follow-up) measured by BDI, controlling for potential confounding variables.